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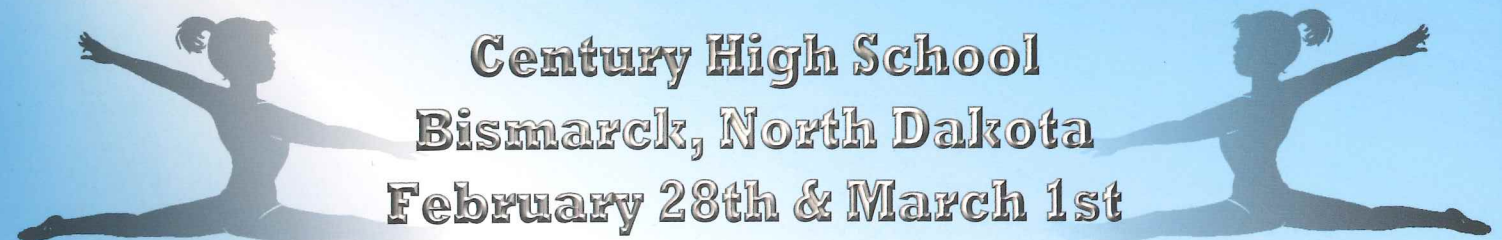
Today's youth are the future of North Dakota and healthy activity builds better community involvement and personal character.

That's why Farmers Union Insurance proudly invests in our state's youth with a continuing commitment as the Premiere Partner of the North Dakota High School Activities Association.



2014 North Dakota Gymnastics Meet

NDHSAA
Tournament Program
Permanent Record File
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Dickinson High - 2013 Team State Champions



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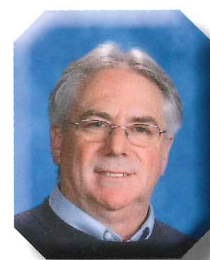
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Dept. of Public Instr.

BISMARCK WELCOMES 2014 STATE GYMNASTICS MEET

The City of Bismarck, The Bismarck Public Schools and Century High School are very pleased to host this special high school sporting event. This will be the 45th State Gymnastics Meet and we would like to extend a warm welcome. We look forward to providing an exciting and memorable experience for all athletes, coaches and fans.

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

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

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

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

- Jim Haussler, Tournament Manager

Meet Officials

Manager: Jim Haussler
Assistant Managers: Sharon Espeland, Ken Gabriel
Tournament Committee: Curt Sherbrooke, Linda Grina
Tournament Secretary: Rose Johnson
Ticket Manager: Pam Bethke
Hospitality: Kristin Morris
Program: Carissa Schmidt
Sports Medicine: Sanford Orthopedics & Sports Medicine
T-Shirt Sales: Mary Wagner, Bruce Link, Vanessa DeCoteau
Cassidy Prince, Madison Edwards
Announcer: Trent Barstad
Head Table Scorers: Corey Prince, Jennifer Prince
Vanessa DeCoteau

Music: Sarah Feist, Krista Jacobson
Runners: Brooklyn Morris, Sierra LaCoe, Teah Schulte,
Kyra Stahl, Taylor Koster, Kyrie Link, Emily Kvien,
Taylor DeCoteau, Hailey Massey, Corrina Ugland,
Sasha Thompson, Alexis Miller, Madison Butler,
Kalyssa Erickson, Mikah Johnson, Alyssa Larson, Jasmine Stahl
Timers: MacKenzie Johnson, Kay Woock, Jamie Stahl,
Lauren Carlson, Gail Carlson, Sierra Link,
Laura Larson, Destiny Steidler

Averagers: Staci Massey, Heather LaCoe, Joan Riley,
Jamie Stahl, Heidi Erickson, Karen Dahlseng

Meet Referee: Tara Hofmann

Vault

Chief Judge: Kim Ressler
Acting Judge: Lora Fisher
Acting Judge: Sarah Weninger

Uneven Bars

Chief Judge: Pamela Tweten
Acting Judge: Mary Meyer
Acting Judge: Casey Kostecky

Balance Beam

Chief Judge: Caitlin Hoff
Acting Judge: Ruth Walsh
Acting Judge: Laurie Strommen

Floor Exercise

Chief Judge: Brooke Erstad
Acting Judge: Stacey Ringoen
Acting Judge: Cassidy Wingenbach

National Anthem:

Friday Abby & Amelia Kost - Century High School
Saturday Dan Bullinger, Bismarck High School

"The live streaming of the competition is brought to you by the NFHS Network. Live coverage and replays of the events can be viewed at NFHSnetwork.com"

State Schedule

Friday, February 28 – Team Day

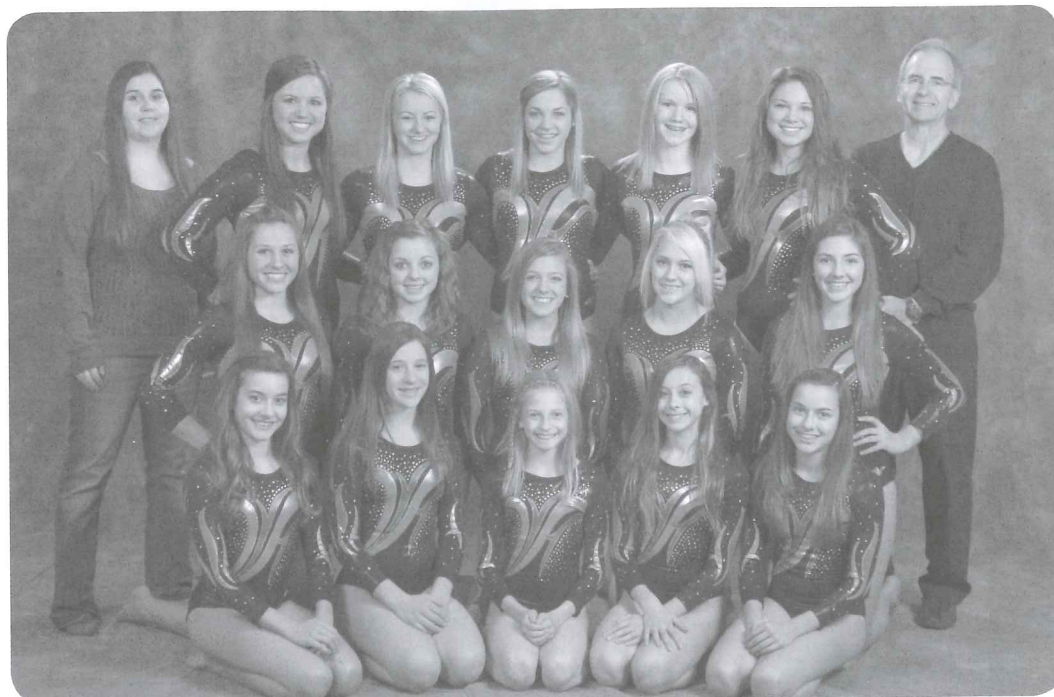
1:00 p.m. – Gym Opens
1:15 p.m. – Coaches Meeting
2:00 p.m. – 3:30 p.m. - Timed Warm-ups
3:00 p.m. – Officials Meeting and Video Review of Base Score
3:45 p.m. – Opening Ceremony
4:00 p.m. – Competition Begins

Saturday, March 1 – Individual Day

10:45 a.m. – Gym Opens
11:00 a.m. – Coaches Meeting
11:30 p.m. – Timed Warm-ups Begin
12:30 p.m. – Video Review for Base Score
12:45 p.m. – Opening Ceremonies
1:00 p.m. – Competition Begins

2013

State Team CHAMPIONS

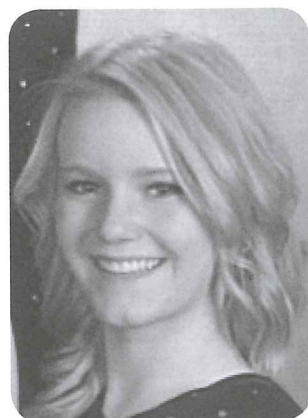


Dickinson Midgets

FRONT ROW L TO R: Audrey Praus, Karsen Stroh, Faith Beck, BayLee Fetch, Nicole Praus
SECOND ROW L TO R: Mikaela Kessel, Madison Hughes, Kean Kudrna, Makenzie Heiser, Abby Kessel
BACK ROW L TO R: Jennifer Bachamp (Assistant Coach), Jenna Mueller, Chantel Urlacher, Kenzie Kostecky, Acacia Fossum, Jill Mueller, Kent Van Ells (Head Coach)

2013

State Individual CHAMPIONS



Acacia Fossum
Dickinson
 All Around Champion



Faith Marty
Fargo
 Beam & Vault Champion



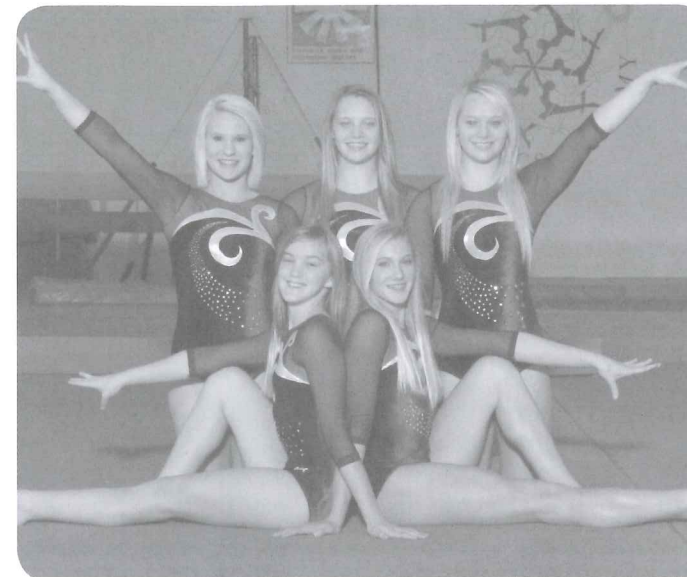
Mikaela Kessel
Dickinson
 Floor Exercise Champion



Jessica Gabriel
Bismarck Century
 Uneven Bars Champion

Team PARTICIPANTS

Bismarck



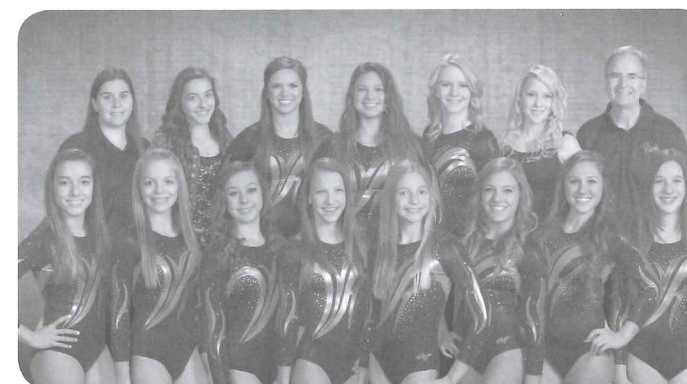
FRONT ROW L TO R: Carissa Albert, Blythe Ehrmantraut
BACK ROW L TO R: Kaylee Keller, Megan Kelley, Katlin Kelley

Bismarck Century



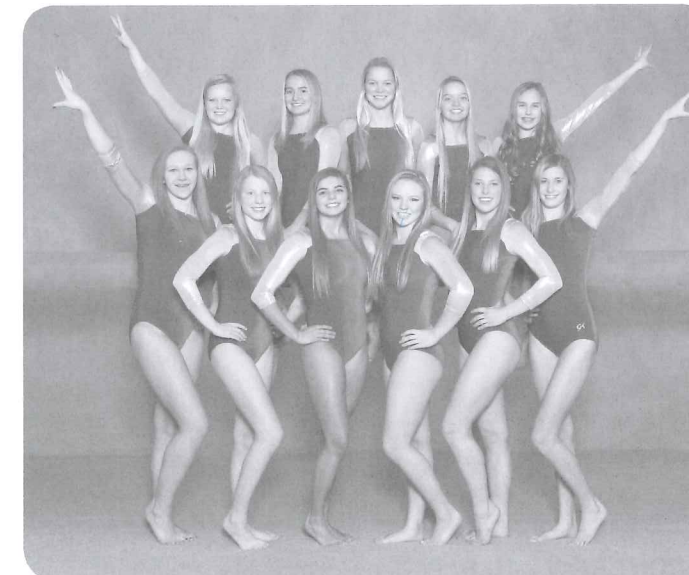
FRONT ROW L TO R: Sarah Ashley, Jessica Gabriel, Sophia Thompson
BACK ROW L TO R: Whitney Perrin, Ashley Gessele, Kelly Haman

Dickinson



FRONT ROW L TO R: Nicole Praus, Dacia Rambousek, BayLee Fetch, Meghan Ackerman, Faith Beck, Keana Kudrna, Mikaela Kessel, Karsen Stroh
BACK ROW L TO R: Assistant Coach Jennifer Bachamp, Audrey Praus (Manager), Jenna Mueller, Jill Mueller, Acacia Fossum, Makenzie Heiser (Manager), Head Coach Kent Van Ells

Fargo Davies



FRONT ROW L TO R: MiKayla Parrett, Sophie Backlund, Jenna Rieith, Kiara Bock, Kendra Roach, Brittney Hall
BACK ROW L TO R: Jordan Peterson, Leah Carlson, Torie Danielson, Kim Hansen, Anna Suppes

Team PARTICIPANTS

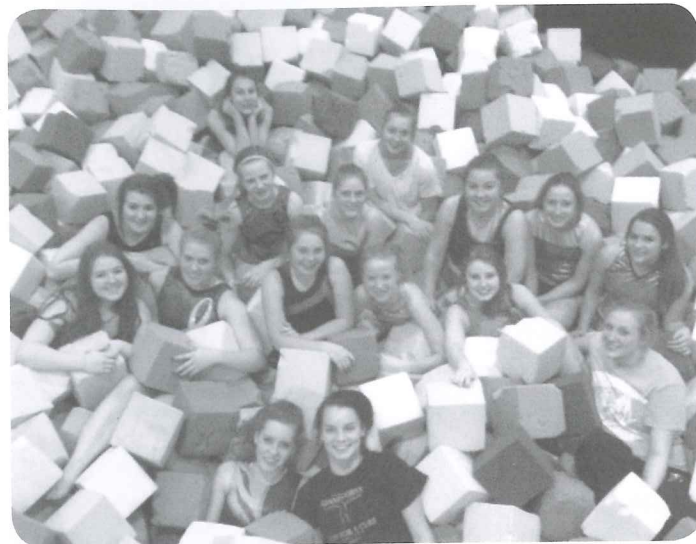
Fargo North/South



FRONT ROW L TO R: Maris Pederson, Ally Simonson, Jada Persons, Ellie Praefcke, Kaelee Werder, Quincee Simonson, Jackie Kelsh

BACK ROW L TO R: Jordan Devereux, Sarah Griffin, Madison Uglem, Veronica Smith, Alma Conway

Grand Forks



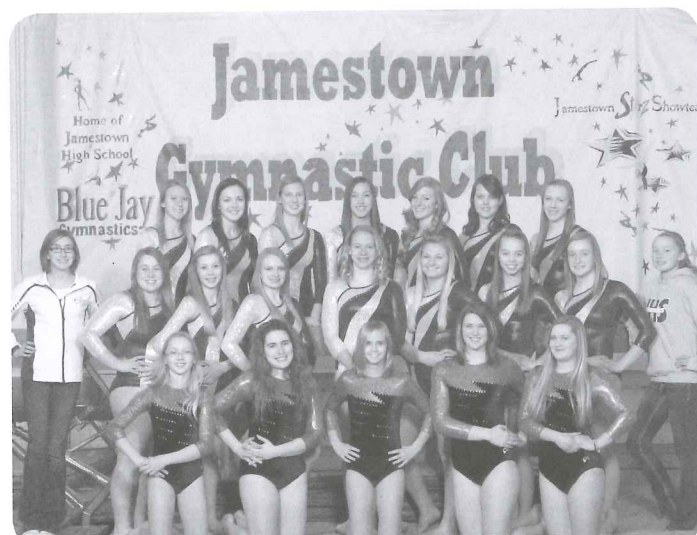
FRONT ROW L TO R: Captain Ashley Castellanos, Captain Ariana Storbakken

SECOND ROW L TO R: Meghan Hintz, Megan Johnson, Macy Maddock, Kenedee Lee, Taylor Ebertowski, Megan Durka

THIRD ROW L TO R: Kaitlyn O'Hara, Emily Kilichowski, Annabel Jiran, Brittany Funk, Becca Warnke, Mary Cremers

BACK ROW L TO R: Ingrid Meberg, Emily Jenson

Jamestown



FRONT ROW L TO R: Peyton Rudnick, Mayara Jorge, Nadia Netolicky, LaMae Turk, Leoni Eulberg

SECOND ROW L TO R: Maya Moltzen, Jayden Diemert, Hannah Schiele, Savannah Kramlich, Morgan Mewes, Glynn Godfrey, Alexis Triebenbach, Erin Hillerud, Molly Fritz

BACK ROW L TO R: Abbie Conlon, Maggie Ridley, Kailey Alber, Kaiann Arellano, Jenna Stilwell, Jenny Allmer, Madison Mandan

Mandan



FRONT ROW L TO R: Kierra French, Jaysea Bowers

SECOND ROW L TO R: McKenzie Swallow

BACK ROW L TO R: Chantell Mindt, Head Coach Amanda Lantz, Assistant Coach JenaDee Bowers, Morgan Anderson

Team PARTICIPANTS

Minot



FRONT ROW L TO R: Olivia Schoffstall, Adisynn Widdel, Ashlee Pelzer, Hailey Fix

SECOND ROW L TO R: Stephanie Huether, Savannah Fix, Hannah Werchau, Nikayla Wacha

BACK ROW L TO R: Madison Reiter, Sierra Cook, Jenna Breuer

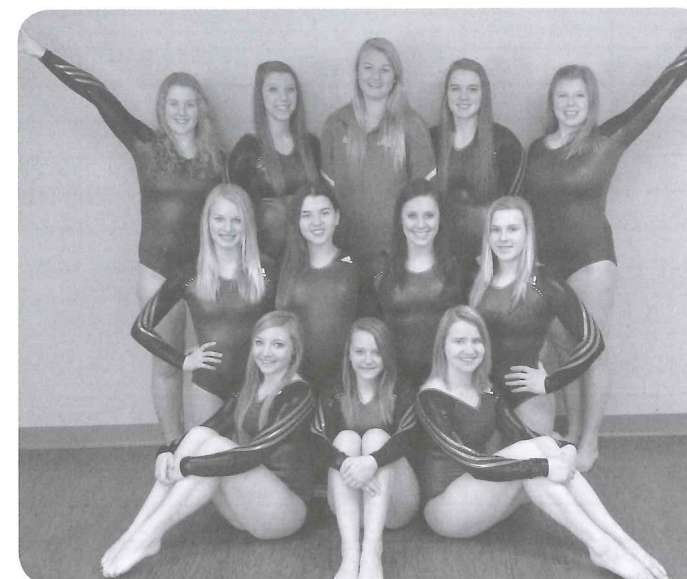
Valley City



FRONT ROW L TO R: Bethany Crump, Kennadee Jorissen, Eryn Crump, Taylor Johnson, Michaela Thibert

BACK ROW L TO R: Assistant Coach Suzanne Fisher, Rebekah Fisher, Hunter Sayler, Hannah Sorensen, Abby Brown, Brienne Roehrich, Head Coach Dave Fisher

Wahpeton



FRONT ROW L TO R: Kiara Bassingthwaite, Jessica Munter, Chelsy Filbert

SECOND ROW L TO R: Nicole Witt, Alexa Pearson, Lizzie Brown, Tessa Krueger

BACK ROW L TO R: Mikki Braun, Rachelle Lewis, Brigitte Witt, Kennedy Wixo, Elise Pietron

Bismarck
Head Coach: Curt Sherbrooke, Assistants: Linda Grina, Michelle Kirchgassner

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
207	Blythe Ehrmantraut	8					
211	Kaylee Keller	12					
212	Katlin Kelley	11					
213	Megan Kelley	11					
214	Carissa Albert	7					

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

Bismarck Century
Head Coach: Curt Sherbrooke, Assistants: Linda Grina, Michelle Kirchgassner

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
951	Kelly Haman	8					
952	Whitney Perrin	11					
954	Ashley Gessele	9					
955	Sarah Ashley	11					
960	Jessica Gabriel	12					
961	Sophia Thompson	10					

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

Dickinson
Head Coach: Kent Van Ells, Assistant: Jennifer Bachamp

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
402	Acacia Fossum	10					
404	Dacia Rambousek	7					
405	Mikaela Kessel	12					
406	Meghan Ackerman	7					
407	Jenna Mueller	12					
408	Keana Kudrna	10					
409	Jill Mueller	11					
410	Faith Beck	8					
411	BayLee Fetch	8					
414	Karsen Stroh	8					
415	Nicole Praus	9					

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

Fargo North/South
Head Coach: Amber Diemert, Assistants: Samantha Palmer, Kyrstin Emil, Kaitlyn Bock

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
903	Ally Simonson	11					
905	Sarah Griffin	11					
907	Maris Pederson	9					
915	Quincee Simonson	9					
925	Jada Persons	7					
926	Ellie Prafcke	7					
928	Kaelee Werder	9					

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

Fargo Davies
Head Coach: Amber Diemert, Assistants: Samantha Palmer, Kyrstin Emil, Kaitlyn Bock

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
300	Kiara Bock	12					
301	Mikayla Parrett	10					
302	Kendra Roach	10					
304	Lexi Brundin	9					
306	Kim Hansen	12					
307	Brittney Hall	10					
308	Jenna Rieth	10					
309	Leah Carlson	10					
311	Sophie Backlund	10					
315	Anna Suppes	8					
316	Jordan Peterson	10					
317	Torie Danielson	10					

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

Grand Forks
Head Coach: Courtney Gripentrog, Assistants: Derinda Kocik, Jesse Lindholm

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
504	Ashley Castellanos	12					
508	Mara Nash	9					
512	Ariana Storbakken	12					
513	Kaitlyn O'Hara	9					
514	Rebecca Warnke	9					
520	Miranda Phelps	12					
525	Brittany Funk	10					
524	Charisse Vetsch	7					
526	Emily Jenson	10					
540	Annabel Jiran	11					
546	Claire Anderson	8					

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

Jamestown
Head Coach: Dave Tews, Assistants: Andrea Bitz, Rachel Krapp, Ashley Kronebusch

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
150	Abbie Conlon	12					
159	Kaiann Arellano	12					
160	Madison Mandan	9					
162	Maggie Ridley	9					
164	Glynnna Godfrey	12					
175	Hannah Schiele	8					
177	Kailey Alber	10					
180	Erin Hillerud	10					
181	Morgan Mewes	9					
185	Jenna Stilwell	11					
187	Alexis Triebenbach	8					
188	Jayden Diemert	11					

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

Mandan
Head Coach: Amanda Lentz, Assistant: JenaDee Bowers

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
555	Chantell Mindt	10					
566	Kierra French	10					
577	Morgan Anderson	8					
582	McKenzie Swallow	11					
588	Jaysea Bowers	7					

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

Minot
Head Coaches: Robbie Werchau, Marissa Albertson, Assistant: Gary Leslie

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
2	Nikayla Wacha	8					
4	Hailey Fix	11					
5	Olivia Schoffstall	7					
6	Stephanie Huether	11					
7	Jenna Breuer	11					
8	Madison Reiter	11					
9	Savannah Fix	10					
11	Adisynn Widdel	7					
12	Hannah Werchau	10					

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

Valley City
Head Coach: Dave Fisher, Assistant: Suzanne Fisher

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
856	Taylor Johnson	9					
862	Hunter Saylor	10					
865	Abby Brown	11					
868	Brienne Roehrich	10					
870	Rebekah Fisher	11					
873	Kennadee Jorissen	8					
874	Hannah Sorensen	8					
875	Michaela Thibert	7					
876	Bethany Crump	11					
877	Eryn Crump	8					

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

Wahpeton
Head Coach: Ashley Weiland, Assistant: Joe Keaveny

No.	Name	Grade	Vault	Bars	Beam	Floor	All Around
252	Milkki Braun	12					
253	Jessica Munter	7					
255	Lizzie Brown	11					
261	Chelsy Filbert	10					
267	Elise Pietron	10					
270	Kennedy Wixo	10					
275	Alexa Pearson	7					
285	Tessa Krueger	10					
288	Nicole Witt	7					
298	Rachelle Lewis	10					
299	Kiara Bassingthwaite	11					

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

Touch and competition procedures for half of each rotation (6 gymnasts).

UB AND V TOUCH WARM-UP PROCEDURE:

Team listed first touches three gymnasts. *Then the team listed second touches three gymnasts.*

UB AND V COMPETITION:

Team listed first competes three gymnasts. *Then the team listed second competes three gymnasts.*

BB and FX TOUCH WARM-UP PROCEDURE:

Team listed first touches three gymnasts. *Then the team listed second touches three gymnasts.*

BB and FX COMPETITION:

Team listed first competes the first gymnast. After that the team alternates.

TEAM COMPETITION ROTATIONS

	V	UB	BB	FX
1	Bismarck Dickinson	Century Minot	Jamestown Valley City	Fargo Davies
2	Fargo Century	Dickinson Valley City	Davies Minot	Bismarck Jamestown
3	Minot Jamestown	Davies Bismarck	Dickinson Fargo	Valley City Century
4	Valley City Davies	Jamestown Fargo	Century Bismarck	Minot Dickinson

Individual Competitors

Rotation 1

Rotation 1			
Vault	Bars	Beam	Floor
___928 Kaelee Werder..... Fargo	___255 Lizzie Brown Wahp	___177 Kailey Alber.....Jmst	___300 Kiara Bock.....Davies
___405 Mikaela Kessel Dksn	___7 Jenna Breuer.....Minot	___504 Ashley Castellanos.....GF	___299 Kiara Bassingthwaite . Wahp
___526 Emily Jenson GF	___402 Acacia Fossum.....Dksn	___12 Hannah Werchau.....Minot	___150 Abbie Conlon.....Jmst
___868 Brienne Roehrich VC	___207 Blythe Ehrmantraut..Bismarck	___212 Katlin KelleyBismarck	___180 Erin Hillerud.....Jmst
___870 Rebekah Fisher VC	___5 Olivia Schoffstall.....Minot	___876 Bethany Crump..... VC	___315 Anna Suppes.....Davies
___513 Kaitlyn O'hara..... GF	___407 Jenna Mueller..... Dksn	___252 Mikki Braun..... Wahp	___211 Kaylee Keller.....Bismarck
___952 Whitney Perrin..... Century	___546 Claire Anderson..... GF	___159 Kaiann Arellano.....Jmst	___6 Stephanie Huether.....Minot
___960 Jessica Gabriel..... Century	___856 Taylor Johnson..... VC	___301 Mikayla Parrett.....Davies	___162 Maggie Ridley.....Jmst
___408 Keana Kudrna..... Dksn	___955 Sarah Ashley.....Century	___875 Michaela Thibert..... VC	___8 Madison Reiter.....Minot
___582 McKenzie Swallow.....Mandan	___877 Eryn Crump VC		___915 Quincee Simonson...Fargo
	___11 Adisynn Widdel.....Minot		
	___175 Hannah SchieleJmst		

Rotation 2

Rotation 2			
Vault	Bars	Beam	Floor
___187 Alexis Triebenbach.....Jmst	___870 Rebekah Fisher..... VC	___207 Blythe Ehrmantraut..Bismarck	___252 Mikki Braun..... Wahp
___180 Erin Hillerud.....Jmst	___308 Jenna RiethDavies	___856 Taylor Johnson..... VC	___212 Katlin Kelley.....Bismarck
___164 Glynna Godfrey.....Jmst	___410 Faith Beck..... Dksn	___175 Hannah Schiele.....Jmst	___875 Michaela Thibert..... VC
___8 Madison Reiter.....Minot	___405 Mikaela Kessel Dksn	___955 Sarah Ashley.....Century	___306 Kim Hansen.....Davies
___211 Kaylee Keller.....Bismarck	___952 Whitney Perrin..... Century	___402 Acacia Fossum.....Dksn	___159 Kaiann Arellano.....Jmst
___299 Kiara Bassingthwaite.. Wahp	___582 McKenzie Swallow..Mandan	___877 Eryn Crump..... VC	___12 Hannah Werchau.....Minot
___150 Abbie Conlon.....Jmst	___928 Kaelee Werder.....Fargo	___255 Lizzie Brown..... Wahp	___301 Mikayla Parrett.....Davies
___915 Quincee Simonson... Fargo	___408 Keana Kudrna..... Dksn	___4 Hailey Fix.....Minot	___504 Ashley Castellanos..... GF
___162 Maggie Ridley.....Jmst	___960 Jessica Gabriel..... Century	___7 Jenna Breuer.....Minot	___160 Madison Mandan.....Jmst
___267 Elise Pietron..... Wahp	___868 Brienne Roehrich..... VC	___407 Jenna Mueller.....Dksn	___876 Bethany Crump..... VC
___315 Anna Suppes.....Davies	___409 Jill Mueller..... Dksn		
___6 Stephanie Huether.....Minot	___526 Emily Jenson..... GF		

Individual Competitors

Rotation 3

Rotation 3			
Vault	Bars	Beam	Floor
___306 Kim Hansen.....Davies	___211 Kaylee Keller.....Bismarck	___582 McKenzie Swallow..Mandan	___11 Adisynn Widdel.....Minot
___876 Bethany Crump..... VC	___162 Maggie Ridley.....Jmst	___960 Jessica Gabriel.....Century	___4 Hailey Fix.....Minot
___504 Ashley Castellanos..... GF	___150 Abbie Conlon.....Jmst	___414 Karsen Stroh Dksn	___877 Eryn Crump VC
___301 Mikayla Parrett.....Davies	___6 Stephanie HuetherMinot	___408 Keana Kudrna..... Dksn	___7 Jenna Breuer.....Minot
___875 Michaela Thibert..... VC	___915 Quincee Simonson... Fargo	___410 Faith Beck..... Dksn	___207 Blythe Ehrmantraut..Bismarck
___270 Kennedy Wixo..... Wahp	___299 Kiara Bassingthwaite.. Wahp	___928 Kaelee Werder..... Fargo	___402 Acacia Fossum..... Dksn
___406 Meghan Ackerman Dksn	___187 Alexis TriebenbachJmst	___925 Jada Persons..... Fargo	___175 Hannah SchieleJmst
___252 Mikki Braun..... Wahp	___8 Madison ReiterMinot	___409 Jill MuellerDksn	___255 Lizzie Brown Wahp
___12 Hannah Werchau.....Minot	___315 Anna Suppes.....Davies	___868 Brienne Roehrich VC	___955 Sarah AshleyCentury
___177 Kailey AlberJmst	___540 Annabel Jiran GF	___952 Whitney Perrin.....Century	___856 Taylor Johnson VC
___212 Katlin Kelley.....Bismarck	___180 Erin Hillerud.....Jmst	___405 Mikaela Kessel Dksn	
		___870 Rebekah Fisher..... VC	

Rotation 4

Rotation 4			
Vault	Bars	Beam	Floor
___877 Eryn Crump VC	___252 Mikki Braun..... Wahp	___6 Stephanie HuetherMinot	___862 Hunter Saylor VC
___404 Dacia Rambousek Dksn	___159 Kaiann ArellanoJmst	___8 Madison ReiterMinot	___925 Jada Persons..... Fargo
___508 Mara Nash..... GF	___875 Michaela Thibert..... VC	___915 Quincee Simonson... Fargo	___409 Jill Mueller Dksn
___207 Blythe Ehrmantraut..Bismarck	___301 Mikayla Parrett.....Davies	___211 Kaylee KellerBismarck	___868 Brienne Roehrich VC
___856 Taylor Johnson VC	___951 Kelly HamanCentury	___315 Anna Suppes.....Davies	___952 Whitney Perrin Century
___11 Adisynn Widdel.....Minot	___876 Bethany Crump VC	___180 Erin Hillerud.....Jmst	___408 Keana Kudrna..... Dksn
___255 Lizzie Brown Wahp	___12 Hannah Werchau.....Minot	___162 Maggie Ridley.....Jmst	___582 McKenzie Swallow..Mandan
___955 Sarah AshleyCentury	___212 Katlin KelleyBismarck	___9 Savanah Fix.....Minot	___960 Jessica Gabriel..... Century
___402 Acacia Fossum Dksn	___504 Ashley Castellanos..... GF	___300 Kiara BockDavies	___928 Kaelee Werder..... Fargo
___4 Hailey Fix.....Minot		___150 Abbie Conlon.....Jmst	___405 Mikaela Kessel Dksn
___7 Jenna Breuer.....Minot			___870 Rebekah Fisher..... VC



Ashley Weiland, Wahpeton Head Coach

Ashley Weiland did gymnastics for 16 years in her hometown of Grand Forks, ND. She first competed in USAG until 7th grade when she switched to high school gymnastics. After graduating from Red River High School in 2012 she now lives in Wahpeton attending NDSCS for dental hygiene. Last year she was the assistant coach and this year the head coach. She loved being able to compete as a gymnast and is even more excited to coach the sport.

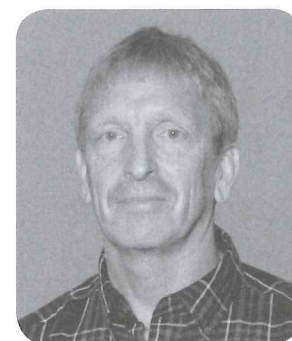
Robbie Werchau, Minot High Co-Head Coach

Robbie was a competitive gymnast through high school eventually competing for Valley City State University. In 1991, she moved to Minot and began her competitive coaching career. She has been actively involved since that time coaching USAG gymnastics, as well as the Minot High School gymnastics team. She currently teaches physical education at Central Campus after many years teaching English. She is married to Lance and has two children. Hannah is a sophomore and a current competitive gymnast and her son, Trevor, is a senior this year at Minot High.



Marisa Albertson, Minot High Co- Head Coach

Marisa is a Minot native and has been involved in gymnastics her entire life. She started coaching competitive gymnastics in 1998, which included USAG gymnastics, as well as the Minot High School gymnastics team. She left to attend medical school at UND in 2005 and is currently a Family Medicine physician with Trinity. She has two children, Caden, a sophomore, and Sydney, a fourth grader, who both attend Bishop Ryan.

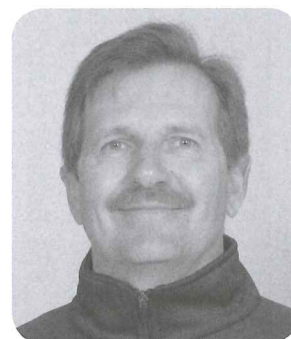


Curt Sherbooke, Bismarck & Bismarck Century Head Coach

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

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



Dave Fisher, Valley City Head Coach

Dave Fisher has coached gymnastics for 20 years, from pre-school thru the elite level. He has coached numerous state champions, as well as regional and national competitors.

Dave is married and has three daughters , all of whom are gymnasts!



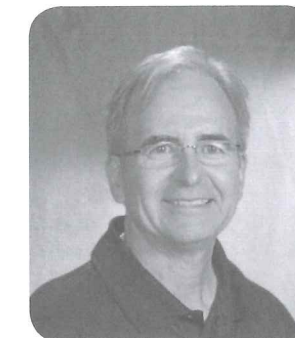
Amanda Lantz, Mandan Head Coach

Amanda Lantz, a former Braves gymnast (2003-2007), is the head coach of the Mandan Braves gymnastics team. The Braves are proud to participate in the team's second season since its return to competition after five years of inactivity. Coach Lantz has 11 years of gymnastics coaching experience with gymnast ability levels ranging from beginner recreational to advanced competitive teams, with her main focus being competitive teams since 2006; her broad range of experience benefits the Braves gymnasts because of her ability to adapt practices to the team's widely varied ability levels. In addition to her Braves team duties, Amanda is currently the Program Director at Dakota Star Gymnastics in Mandan, where she has been overseeing the recreational programs, administrative processes, and has been the head coach for the USA Gymnastics competitive club teams since 2010.

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 has a bachelor's degree in political science and a master's degree in physical education from South Dakota State University.

He is married to Valerie and has two children, Mara and Luke.



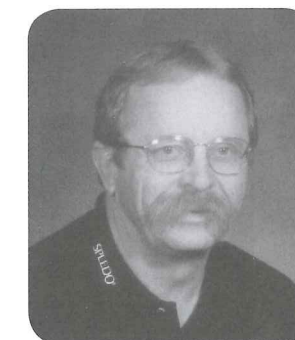
Courtney Gripentrog, Grand Forks Head Coach

Courtney Gripentrog is from Maple Grove, Minnesota where she competed on their high school gymnastics team for three years. Before high school, she competed for Twin City Twisters and Midwest Gymnastics. This is her third year with the Knightriders gymnastics team, and it is her second year as head coach.

She graduated from the University of North Dakota with a degree in Anthropology and Psychology in December of 2013.

Dave Tews, Jamestown Head Coach

Dave has been coaching the Blue Jays for 36 years. He graduated from Jamestown College in 1977. Dave taught middle school physical education for six years and has taught middle school social studies for 30 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 MS girl's track and field



Amber Diemert, Fargo & Davies Head Coach

Amber graduated from Minnesota State University Moorhead with degrees in Physical Education, Health Education, and Business Administration. She is currently an elementary physical education teacher in Fargo. This is her first year as head coach for the Fargo and Davies gymnastics teams. She was an assistant coach for Fargo and Davies for two years. She previously coached at American Gold Gymnastics and Valley Twisters Gymnastics.

Amber is originally from Valley City and competed for the Hi-Liners. She and her husband Josh live in West Fargo and are expecting their first child in April.

CLASS A & SINGLE CLASS SYSTEM RECORDS

Team Champions & Runner-ups (Since 1969)							
Year	Champion	Runner Up		4 Titles	Teri Ann Krefting	Minot	
1969	Jamestown	St. Mary's		4 Titles	Kathy Sullivan	Jamestown	
1970	Jamestown	Fargo South		3 Titles	Robin Wheeler	Dickinson	
1971	Fargo South	Jamestown		3 Titles	Stacie Lowman	Devils Lake,Fargo North	
1972	Fargo South	Dickinson		3 Titles	Rachel Johnson	Bismarck	
1973	Fargo South	Dickinson		3 Titles	Gina Lang	Bismarck	
1974	Dickinson, Fargo South (tie)			3 Titles	Andrea Albertson	Minot	
1975	Dickinson	Fargo South		2 Titles	Chelsea Preston	Fargo South	
1976	Dickinson	Fargo South		2 Titles	Melissa Henning	Fargo South	
1977	Fargo South	Dickinson		2 Titles	Linda Basaraba	Dickinson	
1978	Fargo South	Dickinson		2 Titles	Jo Pavicic	Fargo South	
1979	Fargo South	Dickinson		2 Titles	Nancy Davis	Dickinson	
1980	Fargo South	Dickinson		2 Titles	Greta Sjursen	Dickinson	
1981	Fargo South	Dickinson		2 Titles	Kristi Tryhus	Fargo South	
1982	Fargo South	Valley City		2 Titles	Kristi Dewald	West Fargo	
1983	Fargo South	Dickinson		2 Titles	Jenny Nelson	Fargo North	
1984	Minot	Dickinson		2 Titles	Nicole Ziegler	Century	
1985	Fargo South	Dickinson		2 Titles	Marie Boyeff	Minot	
1986	Fargo South	Bismarck		2 Titles	Krista Riley	Bismarck	
1987	Dickinson	Fargo South		2 Titles	Briana Jones	Grand Forks	
1988	Dickinson	Century		2 Titles	Emily Wong	Grand Forks	
1989	Fargo South	Minot		2 Titles	Brogan Burwick	Dickinson	
1990	Fargo South	Minot		2 Titles	Alex Braaten	Grand Forks	
1991	Minot	Fargo South		2 Titles	Jennifer Albers	Century	
1992	Minot	Fargo South		1 Title	Mackenzie Keidel	Bismarck	
1993	Minot	Fargo South		1 Title	Marilyn Falk	Jamestown	
1994	Minot	Fargo South		1 Title	Heather Snell	Jamestown	
1995	Century	Minot		1 Title	Kathy Ohnstad	Fargo South	
1996	Century	Minot		1 Title	Julie Nelson	Jamestown	
1997	Minot	Century		1 Title	Margaret Hagen	St. Mary's	
1998	Minot	Century		1 Title	Marcia Urban	Fargo South	
1999	Century	Bismarck		1 Title	Mo Day	Fargo South	
2000	Century	Bismarck		1 Title	Jane Vanyo	Fargo South	
2001	Bismarck	Century		1 Title	Lori Malsom	Minot Ryan	
2002	Bismarck	Century		1 Title	Shelby Young	Century	
2003	Bismarck	Grand Forks		1 Title	Jodi Hansen	Dickinson	
2004	Grand Forks	Minot		1 Title	Julie Winje	Minot	
2005	Grand Forks	Bismarck		1 Title	Teri Zimbelman	Minot	
2006	Grand Forks	Minot		1 Title	Tara Lefor	Dickinson	
2007	Dickinson	Minot		1 Title	Molly McDonald	Century	
2008	Dickinson	Minot		1 Title	Krista Isakson	Minot	
2009	Minot	Dickinson		1 Title	Whitney Buchholz	Century	
2010	Minot	Dickinson		1 Title	Jennifer Bachamp	Dickinson	
2011	Minot	Dickinson		1 Title	Brittany Johnson	Grand Forks	
2012	Minot	Dickinson		1 Title	Kelsey Dukart	Dickinson	
2013	Dickinson	Minot		1 Title	Kaylee Keller	Bismarck	
				1 Title	Joley Beeler	Minot	
				1 Title	Samantha Huether	Minot	
				1 Title	Kiara Bock	Fargo Davies	
				1 Title	Mikaela Kessel	Dickinson	
				1 Title	Jessica Gabriel	Century	

Most Individual Titles, Career			
No. of Titles	Name	School	
16 Titles	Kim Sveum	Minot	
13 Titles	Robin Huebner	Dickinson	
11 Titles	Cassie Osborn	Fargo South	
10 Titles	Stacey Simle	Fargo South	
10 Titles	Tiffany Tello	Bismarck	
9 Titles	Cindy Rodlund	Fargo South	
9 Titles	Heidi Goehring	Century	
7 Titles	Jodi Schwehr	Century	
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	
6 Titles	Acacia Fossum	Dickinson	
5 Titles	Susie Schraufek	Fargo South	
5 Titles	Kari Nolz	Bismarck	
5 Titles	Brooklyn Bender	Minot	

CLASS A & SINGLE CLASS SYSTEM RECORDS

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
38.40	Cassie Osborn	Fargo South	1989
38.40	Kim Sveum	Minot	1993
38.40	Kim Sveum	Minot	1994
38.333	Acacia Fossum	Dickinson	2013
38.31	Gina Lang	Bismarck	1998
38.31	Rachel Johnson	Bismarck	1986
38.30	Kari Nolz	Bismarck	2001
38.283	Acacia Fossum	Dickinson	2012
38.250	Acacia Fossum	Dickinson	2011
38.217	Mackenzie Keidel	Bismarck	2012
38.21	Marie Boyeff	Minot	1997
38.20	Lindsey Wong	Grand Forks	2004
38.20	Kaitlyn Towery	Minot	2004
38.20	Cassie Osborn	Fargo South	1990
38.20	Brooklyn Bender	Minot	2010
38.15	Jade Beattie	Bismarck	2003
38.15	Chelsea Preston	Fargo South	2005
38.15	Kim Sveum	Minot	1992
38.10	Tami Russell	Century	1988
38.09	Jodi Schwehr	Century	1995
38.067	Andrea Albertson	Minot	2000
38.050	Jessica Gabriel	Century	2013
38.050	Kaylee Keller	Bismarck	2013
38.033	Tiffany Tello	Bismarck	2001
38.020	Tami Russell	Century	1986
38.017	Briana Jones	Grand Forks	2006
38.000	Teri Ann Krefting	Minot	1996

Team Championships All Time			
School	# Championships	School	# Championships
Fargo South	15	Bismarck	3
Minot	11	Grand Forks	3
Dickinson	8	Jamestown	2
Century	4		

Individual Championships All Time			
School	# Championships	School	# Championships
Fargo South	58	Minot Ryan	7
Minot	35	Grand Forks	7
Dickinson	35	Fargo North	5
Bismarck	32	West Fargo	2
Century	30	Fargo	2
Jamestown	13	Devils Lake	1
		St. Mary's	1

HISTORY OF GIRLS STATE GYMNASTICS CHAMPIONSHIPS

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

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

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

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

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

INDIVIDUAL EVENT CHAMPIONS

Class A and Single Class System

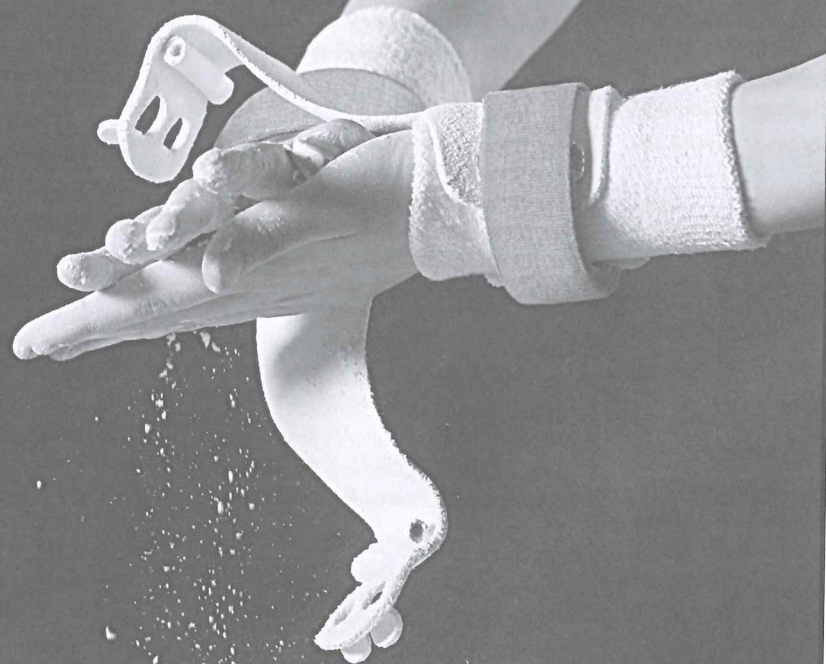
1969 Tumbling: Marilyn Falk, Jamestown Balance Beam: Heather Snell, Jamestown Trampoline: Kathy Ohnstad, Fargo South Uneven Bars: Julie Nelson, Jamestown Floor Exercise: Barbara Mitchell, Jamestown All Around: Barbara Mitchell, Jamestown	1977 Beam: Susie Schraufek, Fargo South Uneven Bars: Stacey Simle, Fargo South Vault: Mo Day, Fargo South Floor Exercise: Greta Sjursen, Dickinson All Around: Greta Sjursen, Dickinson	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
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	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	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
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	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	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
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	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	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
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	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	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
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	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	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
1975 Beam: Robin Hubner, Dickinson Uneven Bars: Robin Hubner, Dickinson Vault: Robin Hubner, Dickinson Floor Exercise: Robin Hubner, Dickinson All Around: Robin Hubner, Dickinson	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	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
1976 Beam: Robin Hubner, Dickinson Uneven Bars: Robin Hubner, Dickinson Vault: Robin Hubner, Dickinson Floor Exercise: Robin Hubner, Dickinson All Around: Robin Hubner, Dickinson	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	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	2001 Beam: Tiffany Tello, Bismarck Bars: Kari Nolz, Bismarck Vault: Tiffany Tello, Bismarck Floor Exercise: Kari Nolz, Bismarck All Around: Kari Nolz, Bismarck	2008 Beam: Jennifer Bachamp, Dickinson Bars: Brogan Burwick, Dickinson Vault: Brooklyn Bender, Minot Floor Exercise: Brittany Johnson, Grand Forks All Around: Mackenzie Keidel, Bismarck
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	2002 Beam: Tiffany Tello, Bismarck Bars: Whitney Buchholz, Bismarck Century Vault: Tiffany Tello, Bismarck Floor Exercise: Tiffany Tello, Bismarck All Around: Tiffany Tello, 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
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	2003 Beam: Tiffany Tello, Bismarck Bars: Tiffany Tello, Bismarck Vault: Kari Nolz, Bismarck Floor Exercise: Tiffany Tello, Bismarck All Around: Tiffany Tello, Bismarck	2010 Beam: Faith Marty, Fargo North Bars: Kaylee Keller, Bismarck Vault: Brooklyn Bender, Minot Floor Exercise: Brooklyn Bender, Minot All Around: Brooklyn Bender, 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	2004 Beam: Jade Beattie, Bismarck Bars: Jade Beattie, Bismarck Vault: Jade Beattie, Bismarck Floor Exercise: Jade Beattie, Bismarck All Around: Jade Beattie, Bismarck	2011 Beam: Acacia Fossum, Dickinson Bars: Jennifer Albers, Bismarck Century Vault: Samantha Huether, Minot Floor Exercise: Acacia Fossum, Dickinson All Around: Acacia Fossum, Dickinson
1998 Beam: Teri Ann Krefting, Minot Bars: Gina Lang, Bismarck Vault: Heidi Goehring, Bismarck Century Floor Exercise: Heidi Goehning, Bismarck Century All Around: Gina Lang, Bismarck	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	2012 Beam: Kiara Bock, Fargo Davies Bars: Jennifer Albers, Bismarck Century Vault: Mackenzie Keidel, Bismarck Floor Exercise: Acacia Fossum, Dickinson All Around: Acacia Fossum, Dickinson
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	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	2013 Beam: Faith Marty, Fargo Bars: Jessica Gabriel, Bismarck Century Vault: Faith Marty Fargo Floor Exercise: Mikaela Kessel, Dickinson All Around: Acacia Fossum, Dickinson
2000 Beam: Kari Nolz, Bismarck Bars: Andrea Albertson, Minot Vault: Andrea Albertson, Minot Floor Exercise: Heidi Goehring, Bismarck Century All Around: Heidi Goehring, Bismarck Century	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	

On the cover: 2013 State Champions - Dickinson Midgets

FRONT ROW L TO R: Audrey Praus, Karsen Stroh, Faith Beck, BayLee Fetch, Nicole Praus
SECOND ROW L TO R: Mikaela Kessel, Madison Hughes, Kean Kudrna, Makenzie Heiser, Abby Kessel
BACK ROW L TO R: Jennifer Bachamp (Assistant Coach), Jenna Mueller, Chantel Urlacher, Kenzie Kostelecky, Acacia Fossum, Jill Mueller, Kent Van Ells (Head Coach)

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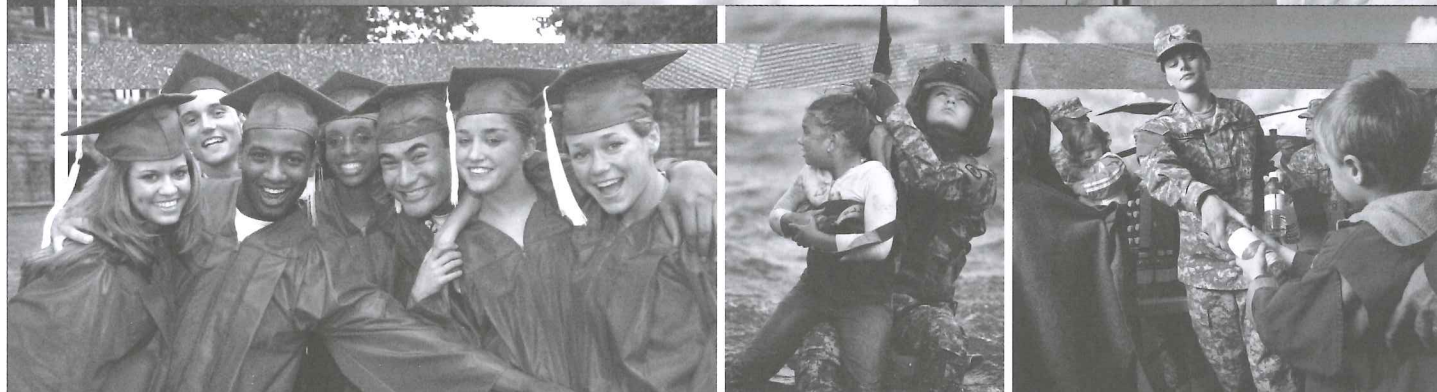
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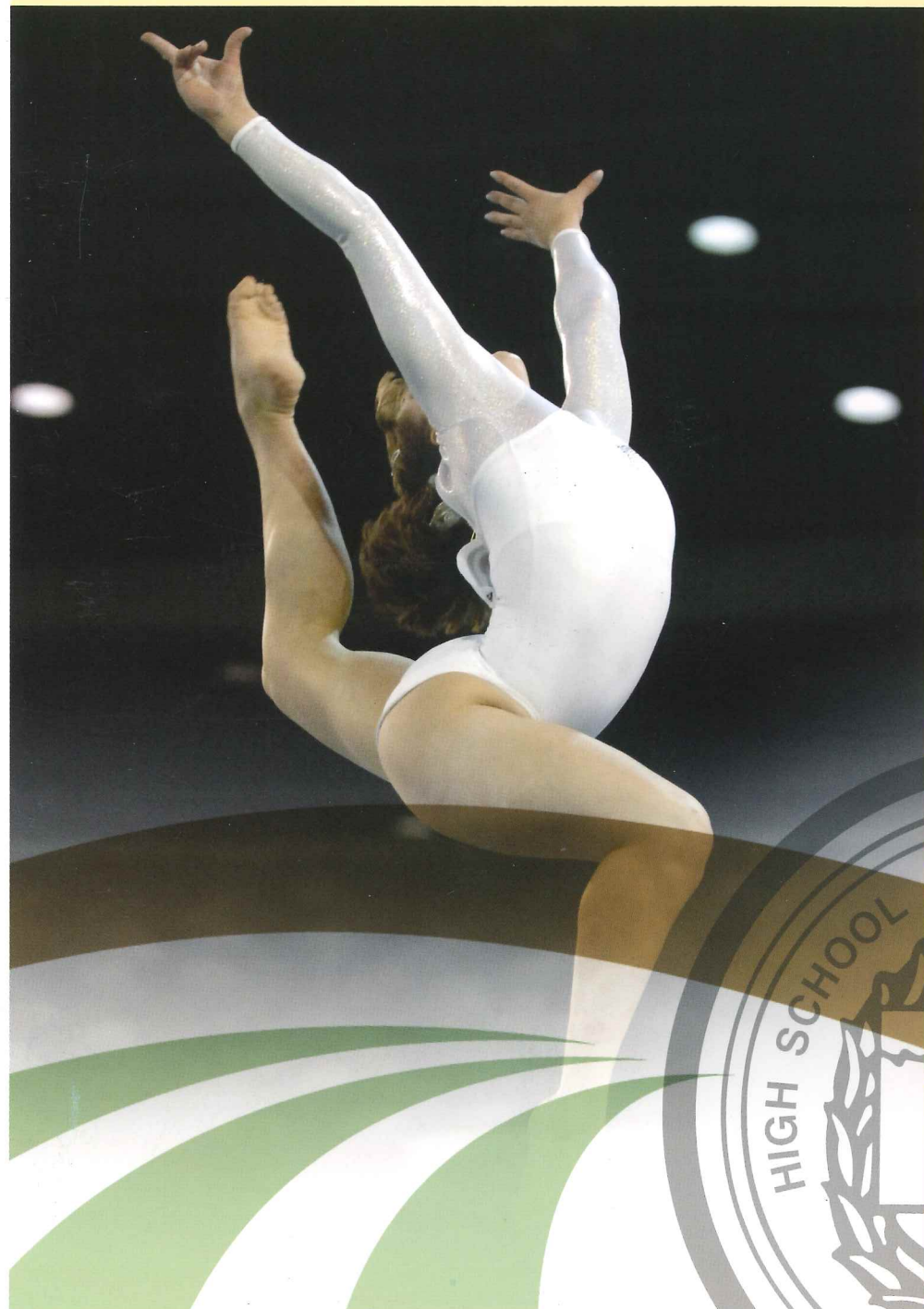
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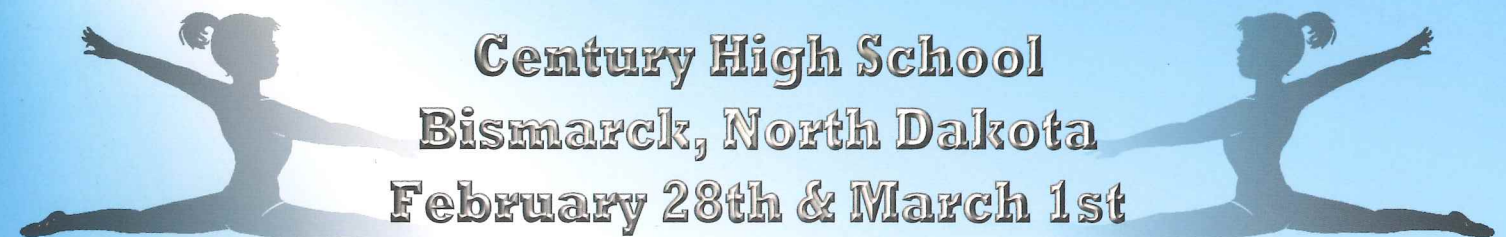
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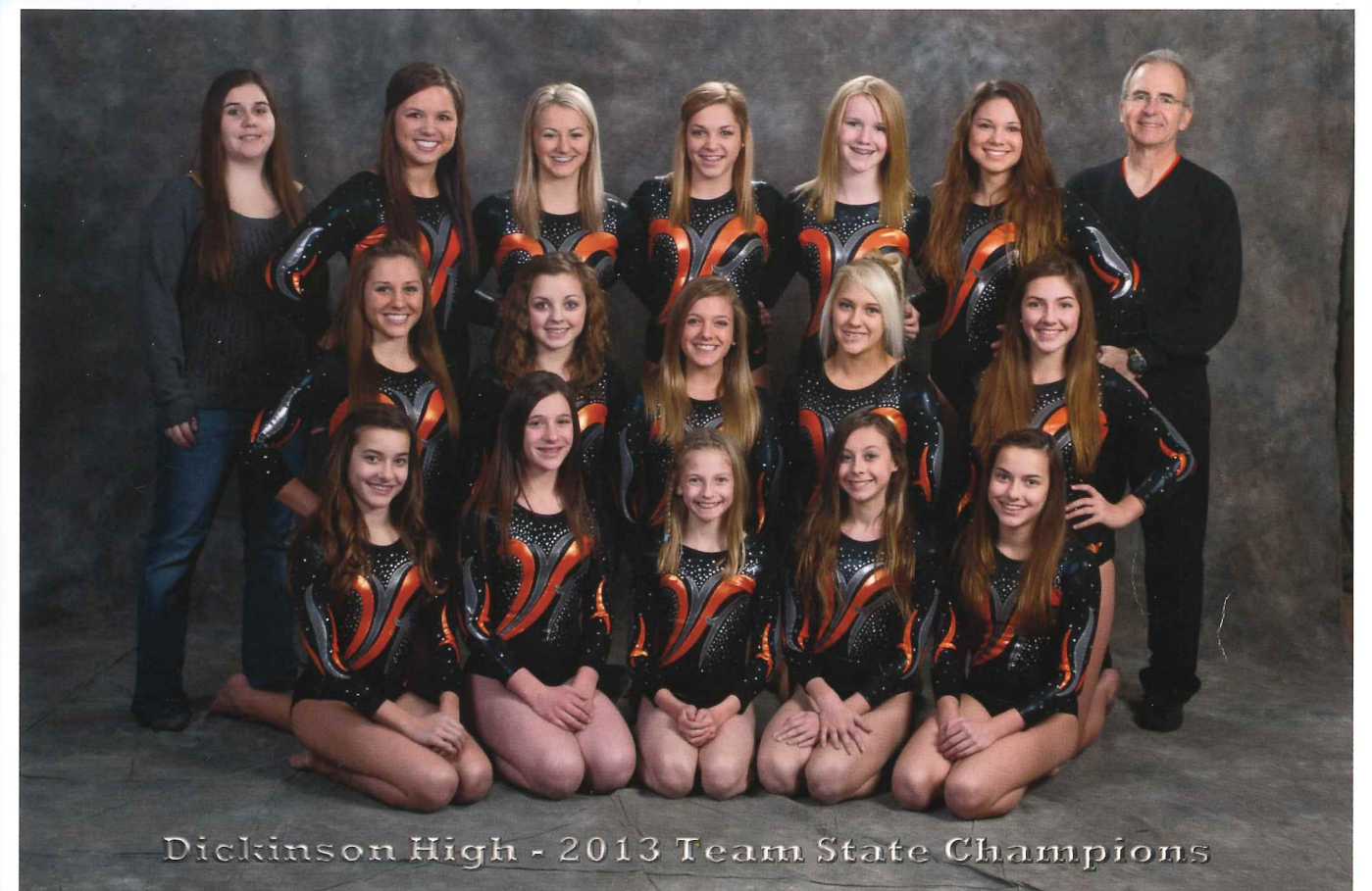


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