



**NORTH DAKOTA HIGH SCHOOL
ACTIVITIES ASSOCIATION
STATE GYMNASTICS CHAMPIONSHIP**



**JERRY MEYER ARENA
JAMESTOWN HIGH SCHOOL
FEBRUARY 22 & 23, 2019**





Matthew J. Fetsch
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Associate Director



Justin Fletschock
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Kevin Morast
Assistant Director



Brenda Schell
Assistant Director



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Travis Jordan
Beulah



Mark Rerick
Grand Forks



Michael Sorlie
Gwinner



Warren Strand
Fessenden



Dr. Mark Vollmer
Minot



Kirsten Baesler
Dept of Public Inst.
Bismarck



Alexis Baxley
School Boards Assoc.
Bismarck

MEET PERSONNEL & SCHEDULE

MEET REFEREE Tara Hofmann
Vault..... Lora Fischer (Cheif Judge), Mary Meyer, Rachel Johnson
Bars Caitlin Hoff (Cheif Judge), Jess Siders, Cindy Gee
Beam Ruth Walsh (Cheif Judge), Whitney Conmy, Kim Ressler
Floor Stacey Ringoen (Cheif Judge), Brook Erstad, Sheila Anderson
ANNOUNCER Ken Gardner
COMPUTER/SCORING Kailey Albers, Bre Carlson, Kerrie Soulis
ATHLETIC TRAINING Jay Determan, ATC, Jamestown Regional Medical Center

FRIDAY, FEBRUARY 22

1:00 PM.....Gym Opens for Teams
1:15 PM.....Coaches' Meeting
1:55 PM.....Timed Warm Ups
3:00 PM.....Officials Meeting & Review
3:45 PM.....Opening Ceremony
4:00 PM.....Competition Begins

SATURDAY, FEBRUARY 23

10:45 AMGym Opens for Teams
11:00 AMCoaches' Meeting
11:30 AM.....Timed Warm Ups
12:30 PM.....Officials Meeting & Review
12:45 PM.....Opening Ceremony
1:00 PM.....Competition Begins

TEAM COMPETITION WARM UP & ROTATION

TIME

1:55 PM
2:04 PM
2:07 PM
2:16 PM
2:19 PM
2:28 PM
2:31 PM
2:40 PM
2:43 PM
2:52 PM
2:55 PM
3:04 PM
3:07 PM
3:16 PM
3:19 PM

	VAULT	BEAM	BARS	FLOOR
	Dickinson	Legacy	Valley City	Wahpeton
	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
	Bismarck	Grand Forks	Jamestown	Davies
	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
	Whapeton	Dickinson	Davies	Bismarck
	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
	Legacy	Jamestown	Grand Forks	Valley City
	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
	Valley City	Davies	Dickinson	Jamestown
	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
	Grand Forks	Bismarck	Wahpeton	Legacy
	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
	Jamestown	Valley City	Legacy	Grand Forks
	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
	Davies	Wahpeton	Bismarck	Dickinson

ROTATION	VAULT	UNEVEN BARS	BALANCE BEAM	FLOOR
1	Bismarck High Dickinson	Legacy Grand Forks	Valley City Jamestown	Wahpeton Davies
2	Wahpeton Legacy	Dickinson Jamestown	Davies Grand Forks	Bismarck High Valley City
3	Grand Forks Valley City	Davies Bismarck High	Dickinson Wahpeton	Jamestown Legacy
4	Jamestown Davies	Valley City Wahpeton	Legacy Bismarck High	Grand Forks Dickinson



NDHSAA MINIMAL BEHAVIOR EXPECTATIONS FOR REGULAR AND POSTSEASON COMPETITIONS:

- Respect the American flag and the National Anthem.
- Contesting schools shall each have an authorized faculty representative present who shall be responsible for his/her school's participants, students, and fans throughout the contest.
- Spectators must wear clothing that covers the entire torso. Those who do not comply or who wear clothing that is vulgar, obscene or that in some other way inappropriate, as determined by school/tournament personnel, will be removed from the facility if they do not cooperate with this behavior expectation.
- The use of appropriate language is expected at all times. Profanity, negative chants, trash talk, name-calling, personal attacks or other acts of disrespect are unacceptable and must be immediately addressed by school/tournament administrators.
- Any attendee ejected from a NDHSAA tournament venue will be banned from the venue(s) for the remainder of the event.
- Respect the game/contest. Under no condition shall anyone other than the members of the official squad enter the playing surface. No one may interfere with the contest in any way.
- Hand held signs and flags, which do not obstruct the view of others, are permitted provided they are in good taste. Signs or other similar items contest/tournament officials deem to be in poor taste will be removed. Message or "white" boards are prohibited. The carrying of flags around the playing surface is NOT allowed.
- Artificial noisemakers of any kind (i.e. megaphones, cowbells, sirens, whistles, thunder sticks, and other similar items) are not allowed at any indoor events, including outdoor sports played at indoor venues. Exception – Megaphones appropriately used by cheerleaders are permitted if allowed by contest officials.
- Laser lights or any other lights deemed distracting to participants are strictly prohibited.
- Confetti is banned at all NDHSAA tournament venues. Tournament staff is instructed to confiscate such articles at the door.
- Objects shall not be thrown into the stands at any NDHSAA tournament venue.
- The use of unmanned aerial vehicles (UAV), also known as drones, is prohibited for any persons at NDHSAA tournament venues.



HISTORY OF GYMNASTICS IN NORTH DAKOTA

The first gymnastics championships sponsored by the North Dakota High School Activities Association took place in 1969. Jamestown High School came away with the first championship title.

Competition has changed since the first championships. At the first meet, 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 state championships have included only five events. The tumbling and trampoline events were eliminated and the side-horse became the vault. In 2003, the apparatus used in the vault event changed from a vaulting horse to the vault table.

The 1974 state meet saw the last novice, intermediate and junior divisions. Currently, North Dakota has two championships prior to the state meet. The EDC in the east and the WDA meet in the west. Although the qualifying mechanism has changed over the years, the state meet continues to have the top 40 qualifiers on each event in the state and the top 30 all-around qualifiers in the state vying for the event championships. What hasn't changed is the dedication and hard work of the coaches and the competitors.

TEAM CHAMPIONS & RUNNER UPS

Year	Champion	Runner-up
1969	Jamestown	St. Mary's
1970	Jamestown	Fargo South
1971	Fargo South	Jamestown
1972	Fargo South	Dickinson
1973	Fargo South	Dickinson
1974	Dickinson, Fargo South (tie)	
1975	Dickinson	Fargo South
1976	Dickinson	Fargo South
1977	Fargo South	Dickinson
1978	Fargo South	Dickinson
1979	Fargo South	Dickinson
1980	Fargo South	Dickinson
1981	Fargo South	Dickinson
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

Year	Champion	Runner-up
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
2008	Dickinson	Minot
2009	Minot	Dickinson
2010	Minot	Dickinson
2011	Minot	Dickinson
2012	Minot	Dickinson
2013	Dickinson	Minot
2014	Dickinson	Minot
2015	Minot	Dickinson
2016	Dickinson	Minot
2017	Dickinson	Bismarck
2018	Dickinson	Bismarck

THANK YOU PARENTS & JAMESTOWN GYMNASTICS CLUB FOR YOUR HOSPITALITY AND HELP DURING THIS YEARS STATE CHAMPIONSHIPS



2018 STATE TEAM CHAMPIONS DICKINSON MIDGETS

Front (L-R): Peyton Laser, Amy Fridley, Brooklyn Deguzman, Ruby Benton, Brinklyn Schumacher **Middle (L-R):** Katie Henry, Ayanna Fossum, Faith Beck, Macy Leiss, Courtney Roller **Back (L-R):** Kent Van Ells (Head Coach), Dacia Rambousek, Veronica Pavek, Meghan Ackerman, Teghan Hoff, Casey Kostelecky (Asst. Coach)



2018 STATE FLOOR CHAMPION
Ayanna Fossum—Dickinson



**2018 STATE CHAMPION
VAULT, BARS & ALL-AROUND**
Julia Red Wing—Bismarck



2018 STATE BEAM CHAMPION
Teghan Hoff, Dickinson

INDIVIDUAL EVENT CHAMPIONS

1969

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

1970

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

1971

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

1972

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

1973

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

1974

Vault	Tracy Gunkelman	Fargo South
Floor Exercise	Robin Huebner	Dickinson
Beam	Robin Huebner	Dickinson
Bars	Marcia Urban	Fargo South
All Around	Robin Huebner	Dickinson

1975

Vault	Robin Huebner	Dickinson
Floor Exercise	Robin Huebner	Dickinson
Beam	Robin Huebner	Dickinson
Bars	Robin Huebner	Dickinson
All Around	Robin Huebner	Dickinson

1976

Vault	Robin Huebner	Dickinson
Floor Exercise	Robin Huebner	Dickinson
Beam	Robin Huebner	Dickinson
Bars	Robin Huebner	Dickinson
All Around	Robin Huebner	Dickinson

1977

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

1978

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

1979

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

1980

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

1981

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

1982

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

1983

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

1984

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

1985

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

1986

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

1987

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

1988

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

1989

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

1990

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

1991

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

1992

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

INDIVIDUAL EVENT CHAMPIONS

<u>1993</u>			<u>2001—cont'd</u>		
Vault	Kim Sveum	Minot	Beam	Tiffany Tello	Bismarck
Floor Exercise	Kim Sveum	Minot	Bars	Kari Nolz	Bismarck
Beam	Kim Sveum	Minot	All Around	Kari Nolz	Bismarck
Bars	Kim Sveum	Minot	<u>2002</u>		
All Around	Kim Sveum	Minot	Vault	Tiffany Tello	Bismarck
<u>1994</u>			Floor Exercise	Tiffany Tello	Bismarck
Vault	Kim Sveum	Minot	Beam	Tiffany Tello	Bismarck
Floor Exercise	Kim Sveum	Minot	Bars	Whitney Buchholz	Bismarck Century
Beam	Jodi Schwehr	Bismarck Century	All Around	Tiffany Tello	Bismarck
Bars	Kim Sveum	Minot	<u>2003</u>		
All Around	Kim Sveum	Minot	Vault	Kari Nolz	Bismarck
<u>1995</u>			Floor Exercise	Tiffany Tello	Bismarck
Vault	Jodi Schwehr	Bismarck Century	Beam	Tiffany Tello	Bismarck
Floor Exercise	Jodi Schwehr	Bismarck Century	Bars	Tiffany Tello	Bismarck
Beam (tie)	Molly McDonald	Bismarck Century	All Around	Tiffany Tello	Bismarck
Beam (tie)	Nicole Ziegler	Bismarck Century	<u>2004</u>		
Bars	Krista Isakson	Minot	Vault	Jade Beattie	Bismarck
All Around	Jodi Schwehr	Bismarck Century	Floor Exercise	Jade Beattie	Bismarck
<u>1996</u>			Beam	Jade Beattie	Bismarck
Vault	Gina Lang	Bismarck	Bars	Jade Beattie	Bismarck
Floor Exercise	Teri Ann Krefting	Minot	All Around	Jade Beattie	Bismarck
Beam	Jodi Schwehr	Bismarck Century	<u>2005</u>		
Bars	Jodi Schwehr	Bismarck Century	Vault	Chelsea Preston	Fargo South
All Around	Jodi Schwehr	Bismarck Century	Floor Exercise	Chelsea Preston	Fargo South
<u>1997</u>			Beam	Krista Riley	Bismarck
Vault	Heidi Goehring	Bismarck Century	Bars	Jade Beattie	Bismarck
Floor Exercise	Teri Ann Krefting	Minot	All Around	Chelsea Preston	Fargo South
Beam	Marie Boyeff	Minot	<u>2006</u>		
Bars	Teri Ann Krefting	Minot	Vault	Krista Riley	Bismarck
All Around	Marie Boyeff	Minot	Floor Exercise	Emily Wong	Grand Forks
<u>1998</u>			Beam	Briana Jones	Grand Forks
Vault	Heidi Goehring	Bismarck Century	Bars	Emily Wong	Grand Forks
Floor Exercise	Heidi Goehring	Bismarck Century	All Around	Briana Jones	Grand Forks
Beam	Teri Ann Krefting	Minot	<u>2007</u>		
Bars	Gina Lang	Bismarck	Vault	Chelsea Preston	Fargo South
All Around	Gina Lang	Bismarck	Floor Exercise	Chelsea Preston	Fargo South
<u>1999</u>			Beam	Joley Beeler	Minot
Vault	Heidi Goehring	Bismarck Century	Bars	Chelsea Preston	Fargo South
Floor Exercise	Heidi Goehring	Bismarck Century	All Around	Chelsea Preston	Fargo South
Beam	Heidi Goehring	Bismarck Century	<u>2008</u>		
Bars	Andrea Albertson	Minot	Vault	Brooklyn Bender	Minot
All Around	Heidi Goehring	Bismarck Century	Floor Exercise	Brittany Johnson	Grand Forks
<u>2000</u>			Beam	Jennifer Bachamp	Dickinson
Vault	Andrea Albertson	Minot	Bars	Brogan Burwick	Dickinson
Floor Exercise	Heidi Goehring	Bismarck Century	All Around	Mackenzie Keidel	Bismarck
Beam	Kari Nolz	Bismarck	<u>2009</u>		
Bars	Andrea Albertson	Minot	Vault	Brooklyn Bender	Minot
All Around	Heidi Goehring	Bismarck Century	Floor Exercise	Kelsey Dukart	Dickinson
<u>2001</u>			Beam	Brogan Burwick	Dickinson
Vault	Tiffany Tello	Bismarck	Bars	Alex Braaten	Grand Forks
Floor Exercise	Kari Nolz	Bismarck	All Around	Alex Braaten	Grand Forks

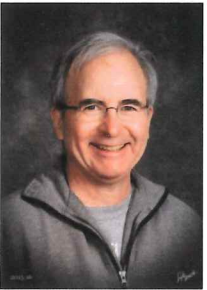
<u>2010</u>		
Vault	Brooklyn Bender	Minot
Floor Exercise	Brooklyn Bender	Minot
Beam	Faith Marty	Fargo North
Bars	Kaylee Keller	Bismarck
All Around	Brooklyn Bender	Minot
<u>2011</u>		
Vault	Samantha Huether	Minot
Floor Exercise	Acacia Fossum	Dickinson
Beam	Acacia Fossum	Dickinson
Bars	Jennifer Albers	Bismarck Century
All Around	Acacia Fossum	Dickinson
<u>2012</u>		
Vault	Mackenzie Keidel	Bismack
Floor Exercise	Acacia Fossum	Dickinson
Beam	Kiara Bock	Fargo Davies
Bars	Jennifer Albers	Bismarck Century
All Around	Acacia Fossum	Dickinson
<u>2013</u>		
Vault	Faith Marty	Fargo
Floor Exercise	Mikaela Kessel	Dickinson
Beam	Faith Marty	Fargo
Bars	Jessica Gabriel	Bismarck Century
All Around	Acacia Fossum	Dickinson
<u>2014</u>		
Vault	Jessica Gabriel	Bismarck Century
Floor Exercise	Acacia Fossum	Dickinson
Beam	Kiara Bock	Fargo Davies
Bars	Jessica Gabriel	Bismarck Century
All Around	Kaylee Keller	Bismarck
<u>2015</u>		
Vault	Madison Reiter	Minot
Floor Exercise	Acacia Fossum	Dickinson
Beam	Acacia Fossum	Dickinson
Bars	Acacia Fossum	Dickinson
All Around	Acacia Fossum	Dickinson
<u>2016</u>		
Vault	Keana Kudrna	Dickinson
Floor Exercise	Acacia Fossum	Dickinson
Beam	Acacia Fossum	Dickinson
Bars	Acacia Fossum	Dickinson
All Around	Acacia Fossum	Dickinson
<u>2017</u>		
Vault	Julia Red Wing	Bismarck
Floor Exercise	Ayanna Fossum	Dickinson
Beam	Rachel Schiele	Jamestown
Bars	Julia Red Wing	Bismarck
All Around	Julia Red Wing	Bismarck
<u>2018</u>		
Vault	Julia Red Wing	Bismarck
Floor Exercise	Ayanna Fossum	Dickinson
Beam	Teghan Hoff	Dickinson
Bars	Julia Red Wing	Bismarck
All Around	Julia Red Wing	Bismarck

MEET THE COACHES



Linda Grina—Bismarck Public Schools (Bismarck, Century & Legacy)

Linda is a Dickinson native and has been involved with gymnastics since 1970. She competed for Dickinson High School and at Minot State. She judged High school gymnastics from 1988 to 1996. Linda was the assistant High School gymnastics coach in Bismarck from 1997 to 2014. Linda has been the Head gymnastics coach for Bismarck Public Schools since 2015. She worked and coached all levels of gymnastics at Bismarck Gymnastics Academy from 1992 until August of 2017. Linda is married to Kevin, they have 2 grown daughters one of which is married, and a grandson.



Kent Van Ellis—Dickinson

Kent was a public school teacher in Dickinson from 1983 until 2014. He has been 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.



Kyrstin Filip—Fargo Public Schools (Davies, North & South)

Kyrstin has been involved with gymnastics for most of her life. She started gymnastics at the age of 3 and continued through the end of high school at Fargo North High. She became a judge from 2010-2012. Kyrstin was an assistant coach from 2012-2016 for Fargo High School gymnastics, and became the head coach in 2016.



Courtney Engel—Grand Forks Public Schools (GFC & Red River)

Courtney attended the University Of North Dakota where she obtained a Bachelor’s Degree in Anthropology and Psychology. Courtney has been coaching gymnasts of all ability levels since 2006. Courtney is in her sixth year as head coach for the KnightRider Gymnastics Team. Courtney is the Administrative Director at Red River Valley Athletics. Courtney competed for her high school gymnastics team in her home town of Maple Grove, MN. Courtney is married with three fur babies Sully, Moose and Luke.



Dave Tews—Jamestown

Dave has been coaching the Blue Jays for 41 years. He graduated from Jamestown College in 1977. Dave taught middle school physical education for six years and middle school social studies for the past 34 years. He and his wife Jeanne have three grown children, Matt, Abby and Nick. He served as the diving coach for the Girls swimming and diving team (31 yrs) as well as coaching MS girl’s track and field for over 40 years.

MEET THE COACHES



Amanda Lantz—Mandan

A Mandan Braves gymnast from 2003-2007, Amanda is the head coach of the Mandan Braves gymnastics team. The team returned to competition for the 2012-2013 season after 5 years of inactivity after petitions from Coach Lantz, MHS students and the local club gymnastics program. Coach Lantz has been coaching gymnastics ability levels ranging from beginner recreational to advanced competitive teams since 2003, with her main focus being competitive teams since



Robbie Werchau—Minot

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. She is married to Lance and has two children. Hannah is a senior and a current competitive gymnast and her



Chelsy Filbert—Valley City

Chelsy Filbert is in her first year coaching for Valley City. She is a student at VCSU majoring in English Education. Chelsy graduated from Wahpeton, ND in 2016 and competed in gymnastics for 10 years. She knew that she wanted to start coaching as a freshman in high school. She first started with recreational gymnastics and has now moved onto the high school level.



Katie Melin—Wahpeton

This is Katie’s first year as Wahpeton’s head gymnastics coach. She was a gymnast for 15 years in the gym that her mom owned. She coached Xcel gymnastics in Minnesota for 5 years and was the head coach of the high school team in Rush City, MN for 3 years.

Bismarck Demons



Back (L-R): Cailey Albert, Kate Dillman, Alyson Krug **Middle (L-R):** Cylee Albert, Bayla Weigel, Alexis Miller. **Front (L-R):** Carissa Albert, Mackenzie Johnson



- Superintendent:** Dr. Jim Haussler
- Principal:** David Wisthoff
- Athletic Director:** Scott Nustad, Dave Zittleman
- Head Coach:** Linda Grina
- School Colors:** Maroon & White
- School Song:** BHS Pep Song
- Enrollment (9-12):** 1191

TEAM SCORE: _____

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
202	Cylee Albert	9					
203	Alyson Krug	7					
204	Cailey Albert	9					
207	Bayla Weigel	7					
208	Alexis Miller	10					
212	Kate Dillman	11					
213	Mackenzie Johnson	12					
214	Carissa Albert	12					
TOTAL TOP 4 SCORES							

Davies Eagles



Back (L-R): Elizabeth Conlin, Alyssa Gierke, Regan Berg, Brynn Nyland, Madeline Fischer **Middle (L-R):** Sarah Huck, Amorelle Upton, Kara Poynter, Lauryn McMonagle, Allison Gaber, Isabelle Snyder **Front (L-R):** Kalyn King, Gemma Jacobson, Alex Baer, Liyah Lopez, Jayden Lindgren



Superintendent: Rupak Gandhi
Principal: Troy Cody
Athletic Director: Lenny Ohlhauser, Todd Olson
Head Coach: Kyrstin Filip
School Colors: Cardinal Red & Vegas Gold
School Song: Davies School Song
Enrollment (9-12): 1274

TEAM SCORE: _____

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
301	Jayden Lindgren	8					
302	Allison Gaber	11					
303	Brynn Nyland	9					
304	Isabelle Snyder	9					
305	Alex Baer	12					
306	Alyssa Gierke	11					
307	Amorelle Upton	11					
308	Kara Poynter	11					
311	Kalyn King	11					
312	Regan Berg	11					
314	Maddie Fischer	8					
TOTAL TOP 4 SCORES							

Dickinson Midgets



Back (L-R): Courtney Roller, Kent Van Ells (Coach), Anna Clifton, Ayanna Fossum, Brooklyn Deguzman, Casey Berry (Coach), Brinklyn Schumacher **Middle (L-R):** Meghan Ackerman, Mikah Schock, Dacia Rambousek **Front (L-R):** Amy Fridley, Addison Fitterer, Rylee Olson



Superintendent: Dr. Shon Hocker
Principal: Kevin Hoherz
Athletic Director: Guy Fridley
Head Coach: Kent Van Ells
School Colors: Orange & Black
School Song: Notre Dame Victory March
Enrollment (9-12): 1032

TEAM SCORE: _____

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
401	Ayanna Fossum	11					
403	Amy Fridley	8					
404	Dacia Rambousek	12					
406	Meghan Ackerman	12					
407	Brooklyn Deguzman	8					
410	Addison Fitterer	7					
411	Rylee Olson	7					
415	Anna Clifton	7					
416	Brinklyn Schumacher	11					
417	Mikah Schock	10					
TOTAL TOP 4 SCORES							

Grand Forks Knight Riders



Front (L-R): Tara Walski, Emma Curtiss, Rebekah Kauffman, Ava Nelson, Melody Nguyen, Chloe Haakenson **Second (L-R):** Delani Barrett, Katie Blackmun, Macie Stanislawski, Quinn Jenkins, Hannah Pariseau, Kahri Benjamin, Tati Garcia **Third (L-R):** Leecia Flaten, Coach Megan Johnson, Coach Jen Pauli, Coach Courtney Engel, Coach Emma Harvang, Sydney Passa **Back (L-R):** Kayla Lamoureux, Sydnee Spivey, Julia Miller, Maddie Fontaine, Emily Kilichowski, Charisse Vetsch, Madelynne Heydt



TEAM SCORE: _____

Superintendent: Dr. Terry Brenner
Principals: Buck Kasowski, Kris Arason
Athletic Director: Mark Rerick
Head Coach: Courtney Engel
School Colors: Maroon & Grey/Red, Black & White
School Song: Onward Central/Rider Fight Song
Enrollment (9-12): 1025/1100

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
502	Macie Stanislawski	9					
504	Madelynne Heydt	12					
505	Kellie Welte	11					
506	Emily Kilichowski	12					
507	Sydnee Spivey	10					
509	Katie Blackmun	9					
510	Julia Miller	11					
512	Kayla Lamaureux	10					
513	Gabbi Nelson	8					
515	Melody Nguyen	8					
516	Delani Barrett	9					
519	Lauren Swanson	7					
522	Ellie Anderson	7					
532	Sydney Passa	11					
545	Rebekah Kaufman	8					
TOTAL TOP 4 SCORES							

Jamestown Blue Jays



Back Row (L-R): Rachel Woodley, Ryann Guscette, Blair Arbuckle, Sadie Meissner, Sydney Fisher. **Middle Row (L-R):** Allysah Larson, Haley Nelson, Olivia Schriock, Brenna Hatch, Anabelle Cramer. **Front Row L-R:** Erin Gee, Emma Hillerud, Rachel Schiele, Courtney Mack



Superintendent: Dr. Rob Lech
Principal: Adam Gehlhar
Athletic Director: Jim Roaldson
Head Coach: Dave Tews
School Colors: Royal Blue & White
School Song: Blue Jay Booster
Enrollment (9-12): 696

TEAM SCORE: _____

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
151	Anabelle Cramer	8					
155	Blair Arbuckle	8					
159	Courtney Mack	11					
165	Haley Nelson	9					
168	Rachel Schiele	10					
180	Emma Hillerud	8					
181	Allysah Larson	7					
185	Ryann Guscette	7					
195	Brenna Hatch	8					
TOTAL TOP 4 SCORES							

Legacy Sabres



Back (L-R): Alyssa Larson, Elicca Stugelmeyer, Kalyssa Erickson, Taylor Weidner . **Middle (L-R):** Liz Goldade, Madison Deics, Madison Rivinius . **Front (L-R):** Zoe Prince, Joanne Lee, Alexa Evanger .



Superintendent: Dr. Jim Haussler
Principal: Thomas Schmidt
Athletic Director: Paul Jundt, Dave Zittleman
Head Coach: Linda Grina
School Colors: Black, Vegas Gold & White
School Song: Legacy High School Song
Enrollment (9-12): 1246

TEAM SCORE: _____

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
606	Elicca Stugelmeyer	11					
608	Madison Deics	9					
610	Joanne Lee	8					
614	Liz Goldade	9					
617	Taylor Weidner	11					
619	Alexa Evanger	8					
621	Alyssa Larson	10					
62c	Kalyssa Erickson	9					
TOTAL TOP 4 SCORES							

Valley City Hi-Liners



Back Row (L-R): Coach Madison Fadely, Brita Roehrich, Grace Undem, Coach Hunter Sayler. **Front Row (L-R):** Jocelyn Kriewald, Karina Olson, Olivia Olson .



Superintendent: Josh Johnson
Principal: Kristi Brandt, Dan Larson
Athletic Director: Mike Schultz
Head Coach: Madison Fadely
School Colors: Columbia Blue, Navy Blue & White
School Song: White & Blue
Enrollment (9-12): 354

TEAM SCORE: _____

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
872	Jocey Kriewald	10					
873	Karina Olson	8					
875	Grace Undem	8					
876	Britta Roehrich	10					
877	Olivia Olson	10					
TOTAL TOP 4 SCORES							

Wahepton Huskies



Back Row (L-R): Anika Birkelo, Sidney Gilbertson, Quinn Bassingthwaite. **Front Row (L-R):** Kiah Klein, Ashley Hadley-Jones, Abbie Skovholt, Hailee Hanson



Superintendent: Rick Jacobson
Principal: Ned Clooten
Athletic Director: Mike McCall
Head Coach: Katie Melin
School Colors: Purple and Gold
School Song: Notre Dame Victory March
Enrollment (9-12): 360

TEAM SCORE: _____

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
251	Anika Birkelo						
256	Sydney Gilbertson						
262	Abbie Skovholt						
275	Hailee Hanson						
277	Kiah Klein						
299	Quinn Bassingthwaite						
TOTAL TOP 4 SCORES							

INDIVIDUAL COMPETITION ROTATION 1

GROUP 1			VAULT	GROUP 2			BARS
_____	873	Karina Olson	Valley City	_____	510	Julia Miller	Grand Forks
_____	151	Anabelle Cramer	Jamestown	_____	512	Kayla Lamoureux	Grand Forks
_____	875	Grace Udem	Valley City	_____	251	Anika Birkelo	Wahpeton
_____	312	Reagan Berg	Davies	_____	299	Quinn Bassingthwaite	Wahpeton
_____	595	Kendal Blair	Mandan	_____	168	Rachel Schiele	Jamestown
_____	510	Julia Miller	Grand Forks	_____	180	Emma Hillerud	Jamestown
_____	606	Elicca Stugelmeyer	Legacy	_____	606	Elicca Stugelmeyer	Legacy
_____	168	Rachel Scheiele	Jamestown	_____	155	Blair Arbuckle	Jamestown
_____	404	Dacia Rambousek	Dickinson	_____	403	Amy Fridley	Dickinson
_____	403	Amy Fridley	Dickinson	_____	404	Dacia Rambousek	Dickinson
				_____	873	Karina Olson	Valley City

GROUP 3			BEAM	GROUP 4			FLOOR
_____	312	Regan Berg	Davies	_____	512	Kayla Lamoureux	Grand Forks
_____	168	Rachel Schiele	Jamestown	_____	606	Elicca Stugelmeyer	Legacy
_____	606	Elicca Stugelmeyer	Legacy	_____	510	Julia Miller	Grand Forks
_____	873	Karina Olson	Valley City	_____	168	Rachel Schiele	Jamestown
_____	306	Alyssa Gierke	Davies	_____	502	Macie Stanislawski	Grand Forks
_____	403	Amy Fridley	Dickinson	_____	404	Dacia Rambousek	Dickinson
_____	404	Dacia Rambousek	Dickinson	_____	403	Amy Fridley	Dickinson
_____	510	Julia Miller	Grand Forks	_____	299	Quinn Bassingthwaite	Wahpeton
_____	180	Emma Hillerud	Jamestown	_____	873	Karina Olson	Valley City
_____	299	Quinn Bassingthwaite	Wahpeton	_____	312	Regan Berg	Davies

INDIVIDUAL COMPETITION
ROTATION 2

GROUP 1			BARS	GROUP 2			BEAM
_____	516	Dalani Barrett	Grand Forks	_____	417	Mikah Schock	
_____	415	Anna Clifton	Dickinson	_____	507	Sydnee Spivey	Grand Forks
_____	4	Makenna Gress	Minot	_____	954	Teah Schulte	Century
_____	262	Abbie Skovholt	Wahpeton	_____	909	Kaitlyn Alexander	Fargo
_____	877	Olivia Olson	Valley City	_____	877	Olivia Olson	Valley City
_____	954	Teah Schulte	Century	_____	212	Kate Dillman	Bismarck
_____	1	Iyanah Sharp	Minot	_____	411	Rylee Olson	Dickinson
_____	411	Rylee Olson	Dickinson	_____	509	Katie Blackmun	Grand Forks
_____	608	Madison Deics	Legacy	_____	262	Abbie Skovholt	Wahpeton
_____	212	Kate Dillman	Bismarck	_____	608	Madison Deics	Legacy
_____	509	Katie Blackmun	Grand Forks	_____	1	Iyanah Sharp	Minot
_____	507	Sydnee Spivey	Grand Forks				

GROUP 3			FLOOR	GROUP 4			VAULT
_____	214	Carissa Albert	Bismarck	_____	1	Iyanah Sharp	Minot
_____	877	Olivia Olson	Valley City	_____	411	Rylee Olson	Dickinson
_____	509	Katie Blackmun	Grand Forks	_____	415	Anna Clifton	Dickinson
_____	303	Brynn Nyland	Davies	_____	214	Carissa Albert	Bismarck
_____	411	Rylee Olson	Dickinson	_____	877	Olivia Olson	Valley City
_____	1	Iyanah Sharp	Minot	_____	954	Teah Schulte	Century
_____	212	Kate Dillman	Bismarck	_____	516	Dalani Barrett	Grand Forks
_____	262	Abbie Skovholt	Wahpeton	_____	608	Madison Deics	Legacy
_____	516	Dalani Barrett	Grand Forks	_____	212	Kate Dillman	Bismarck
_____	608	Madison Deics	Legacy	_____	509	Katie Blackmun	Grand Forks
_____	954	Teah Schulte	Century	_____	509	Katie Blackmun	Grand Forks
_____	509	Katie Blackmun	Grand Forks	_____	262	Abbie Skovholt	Wahpeton

INDIVIDUAL COMPETITION
ROTATION 3

GROUP 1			BEAM	GROUP 2			FLOOR
_____	586	Jerica Lockner	Mandan	_____	545	Rebekah Kauffman	Grand Forks
_____	914	Mackenzie Rode	Fargo	_____	585	Rylee Bowers	Mandan
_____	545	Rebekah Kauffman	Grand Forks	_____	407	Brooklyn Deguzman	Dickinson
_____	585	Rylee Bowers	Mandan	_____	914	Mackenzie Rode	Fargo
_____	621	Alyssa Larson	Legacy	_____	401	Ayanna Fossum	Dickinson
_____	519	Lauren Swanson	Grand Forks	_____	7	Bella Price	Minot
_____	7	Bella Price	Minot	_____	586	Jerica Lockner	Mandan
_____	610	Joanne Lee	Legacy	_____	610	Joanne Lee	Legacy
_____	407	Brooklyn Deguzman	Dickinson	_____	621	Alyssa Larson	Legacy
_____	406	Meghan Ackerman	Dickinson	_____	406	Meghan Ackerman	Dickinson
_____	401	Ayanna Fossum	Dickinson				

GROUP 3			VAULT	GROUP 4			BARS
_____	622	Kalyssa Erickson	Legacy	_____	614	Liz Goldade	Legacy
_____	407	Brooklyn Deguzman	Dickinson	_____	407	Brooklyn Deguzman	Dickinson
_____	401	Ayanna Fossum	Dickinson	_____	621	Alyssa Larson	Legacy
_____	406	Meghan Ackerman	Dickinson	_____	7	Bella Price	Minot
_____	928	Alex Johnson	Fargo	_____	401	Ayanna Fossum	Dickinson
_____	621	Alyssa Larson	Legacy	_____	545	Rebekah Kauffman	Grand Forks
_____	531	Gabbi Nelson	Grand Forks	_____	586	Jerica Lockner	Mandan
_____	185	Ryann Guscette	Jamestown	_____	519	Lauren Swanson	Grand Forks
_____	610	Joanne Lee	Legacy	_____	406	Meghan Ackerman	Dickinson
_____	7	Bella Price	Minot	_____	610	Joanne Lee	Legacy
_____	545	Rebekah Kauffman	Grand Forks				
_____	586	Jerica Lockner	Mandan				

INDIVIDUAL COMPETITION
ROTATION 4

GROUP 1		FLOOR	GROUP 2		VAULT
919	Reagan Kienenberger	Dickinson	410	Addison Fitterer	Dickinson
876	Britta Roehrich	Valley City	617	Taylor Weidner	Legacy
159	Courtney Mack	Jamestown	213	Mackenzie Johnson	Bismarck
213	Mackenzie Johnson	Bismarck	305	Alex Baer	Davies
195	Brenna Hatch	Jamestown	416	Brinklyn Schumacher	Dickinson
410	Addison Fitterer	Dickinson	504	Madelynne Heydt	Grand Forks
416	Brinklyn Schumacher	Dickinson	301	Jayden Lindgren	Davies
515	Melody Nguyen	Grand Forks	872	Jocey Kriewald	Valley City
872	Jocey Kriewald	Valley City	876	Britta Roehrich	Valley City
305	Alex Baer	Davies	522	Ellie Anderson	Grand Forks
165	Haley Nelson	Jamestown	165	Haley Nelson	Jamestown
			159	Courtney Mack	Jamestown

GROUP 3		BARS	GROUP 4		BEAM
416	Brinklyn Schumacher	Dickinson	305	Alex Baer	Davies
617	Taylor Weidner	Legacy	165	Haley Nelson	Jamestown
532	Sydney Passa	Grand Forks	515	Melody Nguyen	Grand Forks
213	Mackenzie Johnson	Bismarck	195	Brenna Hatch	Jamestown
165	Haley Nelson	Jamestown	876	Britta Roehrich	Valley City
305	Alex Baer	Davies	213	Mackenzie Johnson	Bismarck
876	Britta Roehrich	Valley City	416	Brinklyn Schumacher	Dickinson
410	Addison Fitterer	Dickinson	872	Jocey Kriewald	Valley City
872	Jocey Kriewald	Valley City	410	Addison Fitterer	Dickinson
			159	Courtney Mack	Jamestown

Minot Magicians



Back Row (L-R): Head Coach Robbie Werchau, Assistant Coach Hannah Werchau. **Front Row (L-R):** Bella Price, Ashlyn Nielsen, Makenna Gress, Iyanah Sharp



Superintendent: Dr. Mark Vollmer
Principal: Scott Faul & Keith Altendorf
Athletic Director: Mitch Lunde
Head Coaches: Robbie Werchau
School Colors: Maroon & Gold
School Song: Loyal & True
Enrollment (9-12): 1979

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
1	Iyannah Sharp	9					
4	Makenna Gress	8					
7	Bella Price	9					

Fargo South/North Bruins/Spartans



Back (L-R): Alex Johnson, Mackenzie Rhode, Jada Persons, Reagan Kienenberger **Middle (L-R):** Managers Jessica Green, Ana Solberg **Front (L-R):** Mia Aarestad and Chloe Stegman



Superintendent: Rupak Gandhi
Principals: Dr. Todd Bertsch, Andy Dahlen
Athletic Directors: Mike Beaton, Travis Christensen, Todd Olson
Head Coach: Kyrstin Filip
School Colors: Brown & Gold/Blue & Gold
School Song: On Wisconsin/U Northwestern
Enrollment (9-12): 964/970

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
928	Alex Johnson	11					
914	Mackenzie Rhode	11					
919	Reagan Kienenberger	9					
909	Kaitlyn Alexander	11					

Mandan Braves



Back Row (L-R): Coach Amanda Lantz, Alexandra Arnegard, Ena Alagic, Hope Getzlaff, Coach Christine Hersch. **Middle Row (L-R):** Jericah Lockner, Matia Anderson, Rylee Bowers, Madison Frohlich, Trinity Duran, Kelbie Bender. **Front Row (L-R):** Kendal Blair, Isabelle Carlsen, Kylie Jasso



Superintendent: Dr. Mike Bitz
Principal: Mark Andresen
Athletic Director: Mark Wiest
Head Coach: Amanda Lantz
School Colors: Black & White
School Song: Here's to Mandan
Enrollment (9-12): 1097

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
585	Rylee Bowers	10					
586	Jericah Lockner	7					
595	Kendal Blair	9					



Century Patriots

Front Row (L-R): Anika Jones, Brynlie Thueso . **Middle Row (L-R):** Kamri Hopfauf, Teah Schulte . **Kneeling (L-R):** Aleah Piatz, Kate Jones. **Back (L-R):** Hope Stein, Kendra Hirschhorn, Halle Johnsrud

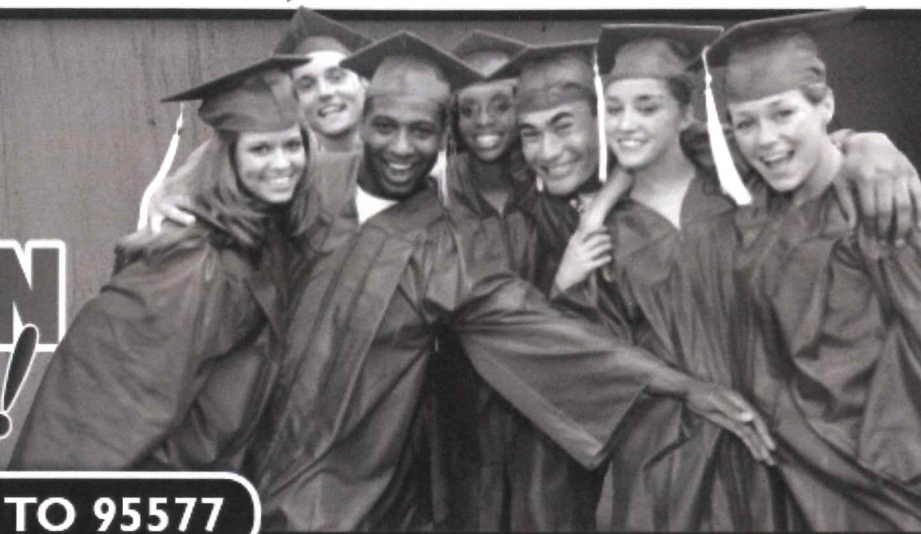


Superintendent: Dr. Jim Haussler
Principal: Steve Madler
Athletic Director: Ben Lervick
Head Coach: Linda Grina
School Colors: Red, White, Blue
School Song: Bismarck Century
Enrollment (9-12): 1266

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
954	Teah Schulte	7					

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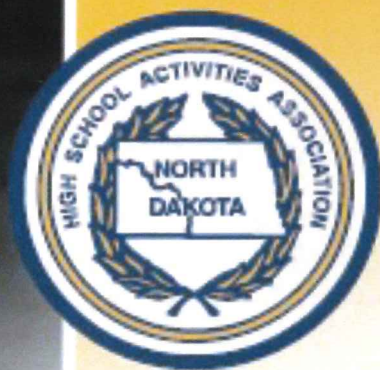
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