

2022 STATE CHAMPIONSHIPS

FEBRUARY 25.26
DICKINSON HIGH SCHOOL
DICKINSON, NORTH DAKOTA

ZOE PRINCE
BISMARCK LEGACY
2021 STATE
BEAM CHAMPION



GYM NAS TICS

**DICKINSON
MIDGETS**
2021 STATE
CHAMPIONS

AMY FRIDLEY
DICKINSON
2021 STATE
BARS • VAULT • FLOOR
ALL-AROUND CHAMPION



CURRENT BOARD MEMBERS



Josh Johnson

Class A At Large Representative-
Board President



Ned Clooten

Principals' Association Representative -
Board Vice President



Kirsten Baesler

Department of Public Instruction
Representative



Alexis Baxley

ND School Boards Association



Jeremy Brandt

Class B NE Representative



Rick Diegel

Class B SE Representative



Andrew Jordan

Class B SW Representative



Paul Jundt

Class A West Representative



Dr. Mark Rerick

Class A East Representative



Dave Schoch

Class B NW Representative



Guy Fridley

Athletic Administrators
Representative

TEAM DAY - FRIDAY, FEBRUARY 25

1:00 PM	Gym Opens
1:15 PM	Coaches' Meeting-Room 50
1:45-3:45PM	Timed Warm Ups
3:00 PM	Officials' Meeting and video review for base score-Room 170
3:45 PM	Opening Ceremony
4:00 PM	Begin Competition

INDIVIDUAL DAY - SATURDAY, FEBRUARY 26

9:45 AM	Gym Opens
10:00 AM	Coaches' Meeting-Room 50
10:30 AM	Timed Warm-ups Begin
11:30 AM	Video review for base score-Room 170
11:45 AM	Opening Ceremonies
12:00 PM	Begin Competition

2022 NORTH DAKOTA STATE TEAM DAY

	V	UB	BB	FX
1:55 PM	Dickinson	Valley City	Grand Forks	Mandan
2:04 PM	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
2:07 PM	Legacy	Jamestown	Century	Wahpeton
2:16 PM	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
2:19 PM	Mandan	Dickinson	Wahpeton	Legacy
2:28 PM	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
2:31 PM	Valley City	Century	Jamestown	Grand Forks
2:40 PM	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
2:43 PM	Grand Forks	Wahpeton	Dickinson	Century
2:52 PM	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
2:55 PM	Jamestown	Legacy	Mandan	Valley City
3:04 PM	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
3:07 PM	Century	Grand Forks	Valley City	Jamestown
3:16 PM	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
3:19 PM	Wahpeton	Mandan	Legacy	Dickinson

	Competition			
Rotations	V	UB	BB	FX
1	Legacy	Valley City	Grand Forks	Mandan
	Dickinson	Jamestown	Century	Wahpeton
	Mandan	Dickinson	Wahpeton	Legacy
2	Valley City	Century	Jamestown	Grand Forks
	Jamestown	Wahpeton	Dickinson	Century
3	Grand Forks	Legacy	Mandan	Valley City
	Century	Grand Forks	Valley City	Jamestown
4	Wahpeton	Mandan	Legacy	Dickinson

2022 STATE GYMNASTICS OFFICIALS

MEET REFEREE

Tara Hofmann

BEAM

Whitney Conmy - Chief

Laurie Julian

Ruth Walsh

BARS

Caitlin Hoff - Chief

Mary Meyer

Cindy Gee

VAULT

Lora Fisher - Chief

McKenzie Swallow

Kim Ressler

FLOOR

Stacey Ringeon - Chief

Sheila Anderson

Katie Hemmer

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 AND RUNNER UPS

YEAR	CHAMPION	RUNNER-UP
2021	Dickinson	Jamestown
2020	Dickinson	Jamestown
2019	Dickinson	Legacy
2018	Dickinson	Bismarck
2017	Dickinson	Bismarck
2016	Dickinson	Minot
2015	Minot	Dickinson
2014	Dickinson	Minot
2013	Dickinson	Minot
2012	Minot	Dickinson
2011	Minot	Dickinson
2010	Minot	Dickinson
2009	Minot	Dickinson
2008	Dickinson	Minot
2007	Dickinson	Minot
2006	Grand Forks	Minot
2005	Grand Forks	Bismarck
2004	Grand Forks	Minot
2003	Bismarck	Grand Forks
2002	Bismarck	Century
2001	Bismarck	Century
2000	Century	Bismarck
1999	Century	Bismarck
1998	Minot	Century
1997	Minot	Century
1996	Century	Minot
1995	Century	Minot
1994	Minot	Fargo South
1993	Minot	Fargo South
1992	Minot	Fargo South
1991	Minot	Fargo South
1990	Fargo South	Minot
1989	Fargo South	Minot
1988	Dickinson	Century
1987	Dickinson	Fargo South
1986	Fargo South	Bismarck
1985	Fargo South	Dickinson
1984	Minot	Dickinson
1983	Fargo South	Dickinson
1982	Fargo South	Valley City
1981	Fargo South	Dickinson
1980	Fargo South	Dickinson
1979	Fargo South	Dickinson
1978	Fargo South	Dickinson
1977	Fargo South	Dickinson
1976	Dickinson	Fargo South
1975	Dickinson	Fargo South
1974	Dickinson, Fargo South	(tie)
1973	Fargo South	Dickinson
1972	Fargo South	Dickinson
1971	Fargo South	Jamestown
1970	Jamestown	Fargo South
1969	Jamestown	St. Mary's

TEAM CHAMPIONS AND RUNNER UPS

TEAM	# OF CHAMPIONSHIPS	LAST YEAR TEAM WON A CHAMPIONSHIP
Dickinson	15	2021
Fargo South	15	1990
Minot	12	2015
Century	4	2000
Grand Forks	3	2006
Bismarck	3	2003
Jamestown	2	1970

BEST ALL TIME TEAM SCORES SINCE 1981: AT LEAST 148.500

SCORE	TEAM	YEAR
151.017	Grand Forks	2004
150.532	Minot	2004
150.283	Grand Forks	2005
150.183	Bismarck	2002
150.133	Bismarck	2001
150.083	Bismarck	2003
149.967	Minot	2015
149.917	Dickinson	2013
149.799	Century	1996
149.349	Century	1999
149.332	Minot	1997
149.267	Century	2000
149.150	Minot	2011
149.150	Fargo South	1986
149.083	Grand Forks	2006
148.967	Dickinson	2020
148.930	Bismarck	1986
148.920	Dickinson	1986
148.883	Century	2001
148.800	Fargo South	1990
148.600	Bismarck	1999
148.500	Dickinson	2021
148.500	Minot	1994

MEET THE COACHES



RACHEL JOHNSON KRUG

BISMARCK HIGH,
BISMARCK CENTURY &
LEGACY HEAD COACH

Rachel is in her second year as the head coach for BHS, CHS, and LHS. She was assistant coach for the teams from 2016-2020 as well as from 1990-1993. She has coached a variety of levels throughout

her coaching career from HS programs to all levels in USAG. Also, she has coached in multiple states, Minnesota, Kansas, and Wisconsin. She has over 37 years of coaching gymnastics.

Rachel obtained her Bachelor's degree in Athletic Training and Physical Education from the University of Mary, her Master's degree in Exercise Science and Administration from Fort Hayes State University, and her Doctoral degree in Adult and Occupational Education from North Dakota State University.

She works full-time at the University of Mary as the Athletic Training and Kinesiology Department Chair where she has been for the last 12 years. She is married and has 3 children.



CASEY BERRY

DICKINSON HEAD COACH

Casey Berry is in her second year as Head Coach for Dickinson. Before becoming head coach, Casey was the assistant coach for Dickinson High School. She grew up in Dickinson and competed gymnastics for Dickinson High School. Casey lives in

Dickinson with her husband, Brandon and daughter, Hadley. She coaches both recreational and club gymnastics. In her time off she enjoys traveling to warmer weather!



KYRSTIN EMIL

FARGO NORTH/SOUTH AND
DAVIES HEAD COACH

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 graduated with a Hospitality degree from NDSU. Kyrstin became a judge

from 2010-2012, was an assistant coach from 2012-2016 for Fargo High School gymnastics, and has been the head coach for the Fargo gymnastics teams since 2016.



MEGAN JOHNSON

GRAND FORKS HEAD COACH

Megan has been involved in gymnastics for about twenty years. Beginning at the pre-school level she progressed in the sport through her senior year of high school. She has been coaching gymnastics for 10 years now and has been

coaching the high school team in Grand Forks since 2017 with 2021-2022 being her first year as head coach.

MEET THE COACHES



AMANDA CHASE

MANDAN HEAD COACH

The head coach of the Mandan Braves since 2012, Amanda Chase, was also an MHS gymnast from 2003-2007. Coach Chase has been coaching gymnastics since 2003, with her primary focus being on competitive teams

since 2006. In addition to her Braves team duties, Coach Chase is currently the Program Director at Dakota Star Gymnastics in Mandan, where she has been overseeing the recreational programs, Team programs, Braves team off-season programs, and administrative processes since 2010. She and her husband, Pierson, have a 10 month old son named Barrett. They live in Hebron, ND with their corgi, Champ.



ROBBIE WERCHAU

MINOT 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 Minot

High School gymnastics, as well as USA gymnastics. She has coached girls from the Preteam levels to Level 10 and has had eight high school teams earn state championships. She currently teaches 9th and 10th grade English at Souris River High School. She is married to Lance and they have two children, Trevor and Hannah. Trevor was active in high school hockey and spent seven years in the Marines. Hannah was a high school and USA gymnast and was part of four state championship teams. After being a part of North Dakota gymnastics for over 30 years, she has grown as a coach and formed many friendships. Her goal is to continue coaching and doing what she can to help keep ND gymnastics moving in a positive direction.



ANDREA BITZ

JAMESTOWN HEAD COACH

Andrea Bitz is in her 18th season coaching the Blue Jays, first season as Head Coach. She is the Executive Director at the Jamestown Gymnastics Club and has been coaching all levels of gymnastics for 28 years. Her career saw her competing for the Blue Jays. She was

a past NDHSAA Gymnastics Official and a USA Gymnastics Judging Official. Andrea and her husband, Nathan, have 2 children. In her spare time Andrea enjoys hanging out with her family, scrapbooking, working out, and takes pleasure in a good cup of coffee.



PATTY MOSES

WAHPETON HEAD COACH

I'm 41 years old and have been coaching for 29 years. I live in Breckenridge, MN with my husband, Jason, and 2 kids, Kaylie (12) and Brady (8). I work at the USDA Farm Service Agency and enjoy spending time with family, reading, watching movies and hiking.

JOHNNY TOBLER

VALLEY CITY HEAD COACH

STATE INDIVIDUAL 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

1993

Vault	Kim Sveum	Minot
Floor Exercise	Kim Sveum	Minot
Beam	Kim Sveum	Minot
Bars	Kim Sveum	Minot
All Around	Kim Sveum	Minot

1994

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

STATE INDIVIDUAL CHAMPIONS

1995

Vault	Jodi Schwehr	Bismarck Century
Floor Exercise	Jodi Schwehr	Bismarck Century
Beam (tie)	Molly McDonald	Bismarck Century
Beam (tie)	Nicole Ziegler	Bismarck Century
Bars	Krista Isakson	Minot
All Around	Jodi Schwehr	Bismarck Century

1996

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

1997

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

1998

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

1999

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

2000

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

2001

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

2002

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

2003

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

2004

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

2005

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

2006

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

2007

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

2008

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

2009

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

2010

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

2011

Vault	Samantha Huether	Minot
Floor Exercise	Acacia Fossum	Dickinson
Beam	Acacia Fossum	Dickinson
Bars	Jennifer Albers	Bismarck Century
All Around	Acacia Fossum	Dickinson

2012

Vault	Mackenzie Keidel	Bismarck
Floor Exercise	Acacia Fossum	Dickinson
Beam	Klara Bock	Fargo Davies
Bars	Jennifer Albers	Bismarck Century
All Around	Acacia Fossum	Dickinson

2013

Vault	Faith Marty	Fargo
Floor Exercise	Mikaela Kessel	Dickinson
Beam	Faith Marty	Fargo
Bars	Jessica Gabriel	Bismarck Century
All Around	Acacia Fossum	Dickinson

2014

Vault	Jessica Gabriel	Bismarck Century
Floor Exercise	Acacia Fossum	Dickinson
Beam	Klara Bock	Fargo Davies
Bars	Jessica Gabriel	Bismarck Century
All Around	Kaylee Keller	Bismarck

2015

Vault	Madison Reiter	Minot
Floor Exercise	Acacia Fossum	Dickinson
Beam	Acacia Fossum	Dickinson
Bars	Acacia Fossum	Dickinson
All Around	Acacia Fossum	Dickinson

2016

Vault	Keana Kudrna	Dickinson
Floor Exercise	Acacia Fossum	Dickinson
Beam	Acacia Fossum	Dickinson
Bars	Acacia Fossum	Dickinson
All Around	Acacia Fossum	Dickinson

2017

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

2018

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

2019

Vault	Ayanna Fossum	Dickinson
Floor Exercise	Ayanna Fossum	Dickinson
Beam	Haley Nelson	Jamestown
Bars	Rachel Schiele	Jamestown
All Around	Ayanna Fossum	Dickinson

2020

Vault	Ayanna Fossum	Dickinson
Floor Exercise	Ayanna Fossum	Dickinson
Beam	Rachel Schiele	Jamestown
Bars	Haley Nelson	Jamestown
All Around	Ayanna Fossum	Dickinson

2021

Vault	Amy Fridley	Dickinson
Floor Exercise	Amy Fridley	Dickinson
Beam	Zoe Prince	Bismarck Legacy
Bars	Amy Fridley	Dickinson
All Around	Amy Fridley	Dickinson

MOST INDIVIDUAL TITLES (CAREER) TWO OR MORE

NO. OF TITLES	NAME	TEAM	LAST YEAR GYMNAST WON A TITLE
16	Kim Sveum	Minot	1994
15	Acacia Fossum	Dickinson	2016
13	Robin Huebner	Dickinson	1976
11	Cassie Osborn	Fargo South	1990
10	Tiffany Tello	Bismarck	2003
10	Stacey Simle	Fargo South	1981
9	Heidi Goehring	Century	2000
9	Cindy Rodlund	Fargo South	1985
8	Ayanna Fossum	Dickinson	2020
7	Chelsea Preston	Fargo South	2007
7	Jodi Schwehr	Century	1996
6	Julia Red Wing	Bismarck	2018
6	Jade Beattie	Bismarck	2005
6	Tami Russell	Century	1988
6	Julie Visina	Minot Ryan	1985
6	Tracy Gunkelman	Fargo South	1974
6	Barbara Mitchell	Jamestown	1970
5	Brooklyn Bender	Minot	2010
5	Kari Nolz	Bismarck	2003
5	Susie Schraufek	Fargo South	1979
4	Amy Fridley	Dickinson	2021
4	Teri Ann Krefting	Minot	1998
4	Kathy Sullivan	Jamestown	1972
3	Rachel Schiele	Jamestown	2020
3	Jessica Gabriel	Bismarck Century	2014
3	Faith Marty	Fargo North, Fargo	2013
3	Andrea Albertson	Minot	2000
3	Gina Lang	Bismarck	1998
3	Stacey Lowman Fargo North	Devils Lake, Fargo North	1990
3	Rachel Johnson	Bismarck	1986
3	Robin Wheeler	Dickinson	1984
2	Hayley Nelson	Jamestown	2020
2	Kaylee Keller	Bismarck	2014
2	Kiara Bock	Fargo Davies	2014
2	Jennifer Albers	Bismarck Century	2012
2	Mackenzie Keidel	Bismarck	2012
2	Alex Braaten	Grand Forks	2009
2	Brogan Burwick	Dickinson	2009
2	Brianna Jones	Grand Forks	2006
2	Emily Wong	Grand Forks	2006
2	Krista Riley	Bismarck	2006
2	Marie Boyeff	Minot	1997
2	Nicole Ziegler	Century	1995
2	Jenny Nelson	Fargo North	1991
2	Kristi Dewald	West Fargo	1987
2	Kristi Tryhus	Fargo South	1981
2	Nancy Davis	Dickinson	1979
2	Greta Sjursen	Dickinson	1977
2	Linda Basaraba	Dickinson	1973
2	Melissa Henning	Fargo South	1972
2	Jo Pavicic	Fargo South	1971

MOST INDIVIDUAL TITLES (CAREER) EACH EVENT AT LEAST 3 TITLES

		TITLES	LAST YEAR GYMNAST WON A TITLE
ALL AROUND			
Acacia Fossum	Dickinson	5	2016
Kim Sveum	Minot	4	1994
Robin Huebner	Dickinson	3	1976
VAULT			
Kim Sveum	Minot	4	1994
Tracy Gunkelman	Fargo South	4	1974
Brooklyn Bender	Minot	3	2010
Heidi Goehring	Bismarck Century	3	1999
BARS			
Stacey Simle	Fargo South	5	1981
Kim Sveum	Minot	4	1994
Julie Visina	Minot Ryan	3	1985
BEAM			
Acacia Fossum	Dickinson	3	2016
Tiffany Tello	Bismarck	3	2003
Cassie Osborn	Fargo South	3	1990
Susie Schraufek	Fargo South	3	1979
Robin Huebner	Dickinson	3	1976
FLOOR EXERCISE			
Acacia Fossum	Dickinson	5	2016
Ayanna Fossum	Dickinson	4	2020
Heidi Goehring	Bismarck Century	3	2000
Kim Sveum	Minot	3	1994
Cassie Osborn	Fargo South	3	1990
Tami Russell	Bismarck Century	3	1988
Cindy Rodlund	Fargo South	3	1984
Robin Huebner	Dickinson	3	1976

MOST INDIVIDUAL CHAMPIONSHIPS (BY TEAM) ALL TIME

Dickinson	58	Minot Ryan	7
Fargo South	58	Fargo North	5
Bismarck	39	West Fargo	2
Minot	36	Fargo	2
Century	32	Fargo Davies	2
Jamestown	18	Devils Lake	1
Grand Forks	7	St. Mary's	1

BISMARCK

RACHEL JOHNSON KRUG COACH
 SARAH FEIST ASSISTANT COACH
 LINDA GRINA ASSISTANT COACH
 GINA SCHULTE ASSISTANT COACH
 CASSITY WINNENBACH ASSISTANT COACH
 LYNETTE JOHNSON ASSISTANT PRINCIPAL
 RYAN JOHNSON ASSISTANT PRINCIPAL



ROSTER

Alyson Krug
 Berklee Ketterling

GRADE

10
 7

BISMARCK CENTURY

RACHEL JOHNSON KRUG COACH
 SARAH FEIST ASSISTANT COACH
 LINDA GRINA ASSISTANT COACH
 GINA SCHULTE ASSISTANT COACH
 CASSITY WINNENBACH ASSISTANT COACH
 SHARON ESPELAND ASSISTANT PRINCIPAL
 MARK MURDOCK ASSISTANT PRINCIPAL



ROSTER

Morgan Kuntz
 Corrina Ugland
 Brynlie Thueson
 Alli Wilmes
 Aleah Piatz
 Kendra Hirschhorn
 Teah Schulte

GRADE

11
 11
 11
 11
 11
 11
 10

ROSTER

Taylor Thueson
 Bree Wilmes
 Adalynn Smette
 Haley Nelson
 Cortney Krueger
 EmmaLee Hoskins
 Makayla Wiedenmeyer

GRADE

9
 8
 8
 7
 9
 8
 9

BISMARCK LEGACY

RACHEL JOHNSON KRUG COACH
 SARAH FEIST ASSISTANT COACH
 LINDA GRINA ASSISTANT COACH
 GINA SCHULTE ASSISTANT COACH
 CASSITY WINNENBACH ASSISTANT COACH
 RYAN RIEHL ASSISTANT PRINCIPAL
 PAUL JUNDT LHS ATHLETIC DIRECTOR
 TOM SCHMIDT PRINCIPAL

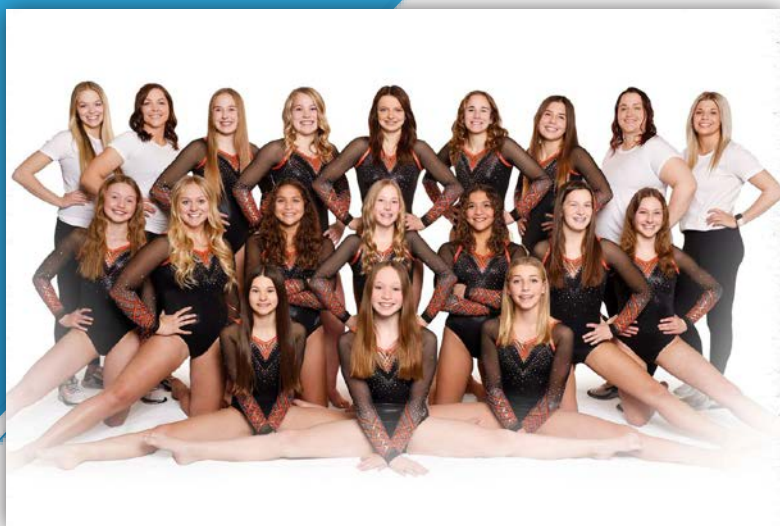


ROSTER	GRADE
Anna Heil	9
Emmerson Lubbers	8
Madison Lamberth	8
Raegan Haider	8
Brynn Crane	9
Macy Crane	9

ROSTER	GRADE
Aurora Herman	8
Elizabeth Goldade	12
Hannah Ripplinger	12
Joanne Lee	11
Alexa Evanger	11
Irelyn Ell	9

DICKINSON

CASEY BERRY COACH



ROSTER	GRADE
Amy Fridley	11
Addison Fitterer	10
Aspen Roadarmel	8
Anna Karsky	7
Elizabeth Karsky	7
Rylee Olson	10

ROSTER	GRADE
Brooklyn Wariner	8
Brooke Dolyniuk	8
Ashlyn Guzman	10
Shayla Hicks	10
Ykria Schneider	8
Reygan Strommen	7

FARGO DAVIES

KYRSTIN FILIP
PAIGE BLADOW
MORGAN SHELTON

COACH
ASSISTANT COACH
ASSISTANT COACH



ROSTER

Lucy Tharaldson
Marissa Reid
Anna Wicklow
Isabelle Snyder
Sarah Wieland
Elizabeth Conlin

GRADE

9
10
11
12
11
10

ROSTER

Lauryn Mcmonagle
Elise Schneider
Aubrey Piechowski
Sarah Huck
Karena Thurlow

GRADE

12
11
8
11
7

FARGO SOUTH

KYRSTIN FILIP
HATTIE GOMPF
JENNIFER PAUL
MACKENZIE RHODE

COACH
ASS'T COACH
ASS'T COACH
ASS'T COACH



ROSTER

Keelie Ehlert
Jaden Felber
Reagan Kienenberger

GRADE

8
9
12

ROSTER

Victoria Bolstad
Kayleigh Roth
Kendall Kackman

GRADE

8
8
11

GRAND FORKS

MEGAN JOHNSON
MARA NASH
EMILY KILICHOWSKI

COACH
ASSISTANT COACH
ASSISTANT COACH



ROSTER

Emma Haskamp
Brynn Moen
Lauren Swanson

GRADE

10
10
10

ROSTER

Ellery White
Delani Barrett

GRADE

9
12

JAMESTOWN

ANDREA BITZ
BRE CARLSON
DAVE TEWS
CERRIE SOULIS

COACH
ASSISTANT COACH
ASSISTANT COACH
ASSISTANT COACH



ROSTER

Sydney Fisher
Sutton Van Gilder
Lucy Falk
Haley Nelson
Anna Roemmich
Aubrey Krapp
Jasmine Houmann

GRADE

11
8
7
12
10
8
7

ROSTER

Blair Arbuckle
Madyson Guscette
Julia Skari
Emma Hillerud
Brenna Hatch
Allysah Larson
McKenna Pettys

GRADE

11
7
9
11
11
10
8

MANDAN

AMANDA CHASE
JAYSEA BOWERS

COACH
ASSISTANT COACH



ROSTER

Alexandra Arnegard
Taylor Arnegard
Olivia Beck
Alyse Edland
Jaylei Eisenbeis
Jericah Lockner
Jaci Sauvageau

GRADE

10
8
7
9
8
10
7

ROSTER

Sigryn Henke
Madalee Canales
Kylie Brew
Emma Larson
Jenna Eversole
Kendal Blair
Grace Entzel

GRADE

9
8
7
8
9
12
8

MINOT

ROBBIE WERCHAU

COACH



ROSTER

Haley Conklin
Keira Davis
Bailey McLeod

GRADE

9
8
7

ROSTER

Alexis McLeod
Makai Mueller
Marley Lotvedt

GRADE

7
7
7

VALLEY CITY

JOHNNY TOBLER

COACH



ROSTER

GRADE

Abbey Thornton
Karina Olson
Grace Udem
Madison Wendel

11
11
11
9

ROSTER

GRADE

Zoe Bjerke
Jessica Ranisate
Laniya Rivera-Osgood
Victoria Sanchez

11
9
9
9

WAHPETON

PATTY MOSES

COACH



ROSTER

GRADE

Quinn Bassingthwaite
Anika Birkelo
Abbie Skovholt
Hailee Hanson
Justice Christian

12
11
11
10
8

ROSTER

GRADE

Sidney Gilbertson
Elise Skovholt
Rhegan Hutcherson
Kaylie Moses

10
7
11
7

BEST ALL TIME ALL AROUND SCORES

(SINCE 1981) 38.000 OR BETTER

SCORE	NAME	TEAM	YEAR
39.166	Jade Beattie	Bismarck	2004
39.067	Acacia Fossum	Dickinson	2016
38.750	Heidi Goehring	Century	2000
38.717	Tiffany Tello	Bismarck	2002
38.667	Acacia Fossum	Dickinson	2015
38.667	Heidi Goehring	Century	1999
38.600	Andrea Albertson	Minot	1999
38.567	Jodi Schwehr	Century	1996
38.483	Tiffany Tello	Bismarck	2003
38.467	Jade Beattie	Bismarck	2002
38.400	Amy	Fridley	2021
38.400	Cassie Osborn	Fargo South	1989
38.400	Kim Sveum	Minot	1993
38.400	Kim Sveum	Minot	1994
38.333	Acacia Fossum	Dickinson	2013
38.317	Gina Lang	Bismarck	1998
38.310	Rachel Johnson	Bismarck	1986
38.300	Kari Nolz	Bismarck	2001
38.283	Acacia Fossum	Dickinson	2012
38.250	Julia Red Wing	Bismarck	2017
38.250	Acacia Fossum	Dickinson	2011
38.217	Mackenzie Keidel	Bismarck	2012

SCORE	NAME	TEAM	YEAR
38.201	Marie Boyeff	Minot	1997
38.200	Lindsey Wong	Grand Forks	2004
38.200	Kaitlyn Towery	Minot	2004
38.200	Cassie Osborn	Fargo South	1990
38.200	Brooklyn Bender	Minot	2010
38.150	Ayanna Fossum	Dickinson	2017
38.150	Jade Beattie	Bismarck	2003
38.150	Chelsea Preston	Fargo South	2005
38.150	Kim Sveum	Minot	1992
38.117	Heidi Goehring	Century	1998
38.101	Tami Russell	Century	1988
38.090	Jodi Schwehr	Century	1995
38.083	Hannah Werchau	Minot	2016
38.067	Keana Kudrna	Dickinson	2016
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

BEST ALL TIME SCORES - BARS

(SINCE 1981)

SCORE	NAME	TEAM	YEAR
9.883	Andrea Albertson	Minot	1999
9.867	Andrea Albertson	Minot	2000
9.850	Kari Nolz	Bismarck	2001
9.833	Jade Beattie	Bismarck	2004
9.817	Gina Lang	Bismarck	1998
9.800	Jennifer Albers	Century	2012
9.800	Tiffany Tello	Bismarck	1999
9.783	Julia Red Wing	Bismarck	2017
9.783	Whitney Buchholz	Century	2004
9.783	Kari Nolz	Bismarck	1999

BEST ALL TIME SCORES - BEAM

(SINCE 1981)

SCORE	NAME	TEAM	YEAR
9.867	Heidi Goehring	Century	1999
9.867	Jodi Schwehr	Century	1996
9.850	Marie Boyeff	Minot	1997
9.800	Jade Beattie	Bismarck	2004
9.783	Tiffany Tello	Bismarck	2003
9.767	Lindsey Wong	Grand Forks	2003
9.767	Teri Ann Krefting	Minot	1998
9.767	Teri Ann Krefting	Minot	1996
9.750	Kaitlyn Towery	Minot	2004
9.750	Molly McDonald	Century	1997

BEST ALL TIME SCORES - FLOOR

(SINCE 1981)

SCORE	NAME	TEAM	YEAR
9.867	Acacia Fossum	Dickinson	2012
9.867	Heidi Goehring	Century	1998
9.833	Ayanna Fossum	Dickinson	2020
9.833	Acacia Fossum	Dickinson	2016
9.833	Alex Lind	Jamestown	2012
9.833	Chelsea Preston	Fargo South	2007
9.800	Keana Kudrna	Dickinson	2016
9.800	Acacia Fossum	Dickinson	2015
9.783	Madison Reiter	Minot	2015
9.783	Mackenzie Keidel	Bismarck	2012

BEST ALL TIME SCORES - VAULT

(SINCE 1981)

SCORE	NAME	TEAM	YEAR
9.950	Kim Sveum	Minot	1994
9.900	Keana Kudrna	Dickinson	2016
9.867	Acacia Fossum	Dickinson	2016
9.867	Mackenzie Keidel	Bismarck	2012
9.850	Heidi Goehring	Century	1999
9.800	Jessica Gabriel	Century	2014
9.800	Chelsea Preston	Fargo South	2005
9.800	Jade Beattie	Bismarck	2004
9.800	Tiffany Tello	Bismarck	2002
9.783	Tiffany Tello	Bismarck	2001
9.783	Heidi Goehring	Century	1998
9.783	Heidi Goehring	Century	1997

INDIVIDUAL COMPETITORS

Group 1							
Vault				Bars			
Rotation 1				Rotation 2			
1	619	Alexa Evanger	Legacy	1	183	Makenna Pettys	Jamestown
2	203	Alyson Krug	Bismarck	2	619	Alexa Evanger	Legacy
3	593	Jaylie Eisenbeis	Mandan	3	548	Taryn Swanson	Grand Forks
4	590	Taylor Arnegard	Mandan	4	402	Anna Karsky	Dickinson
5	548	Taryn Swanson	Grand Forks	5	586	Jerica Lockner	Mandan
6	961	Jenna Jackson	Century	6	203	Alyson Krug	Bismarck
7	275	Hailee Hanson	Wahpeton	7	158	Jasmine Houmann	Jamestown
8	180	Emma Hillerud	Jamestown	8	401	Elizabeth Karsky	Dickinson
9	586	Jerica Lockner	Mandan	9	961	Jenna Jackson	Century
10	402	Anna Karsky	Dickinson	10	180	Emma Hillerud	Jamestown
11	401	Elizabeth Karsky	Dickinson				
Beam				Floor			
Rotation 3				Rotation 4			
1	203	Alyson Krug	Bismarck	1	919	Reagan Kienenberger	Fargo
2	548	Taryn Swanson	Grand Forks	2	275	Hailee Hanson	Wahpeton
3	872	Jada Nelson	Valley City	3	401	Elizabeth Karsky	Dickinson
4	961	Jenna Jackson	Century	4	180	Emma Hillerud	Jamestown
5	180	Emma Hillerud	Jamestown	5	961	Jenna Jackson	Century
6	586	Jerica Lockner	Mandan	6	586	Jerica Lockner	Mandan
7	401	Elizabeth Karsky	Dickinson	7	619	Alexa Evanger	Legacy
8	876	Zoe Bjerke	Valley City	8	203	Alyson Krug	Bismarck
9	158	Jasmine Houann	Jamestown	9	402	Anna Karsky	Dickinson
10	619	Alexa Evanger	Legacy	10	548	Taryn Swanson	Grand Forks
11	402	Anna Karsky	Dickinson				

INDIVIDUAL COMPETITORS

Group 2							
Bars				Beam			
Rotation 1				Rotation 2			
1	607	Irelyn Ell	Legacy	1	513	Gabbi Nelson	Grand Forks
2	317	Anna Wicklow	Fargo Davies	2	410	Addison Fitterer	Dickinson
3	958	Maliah Frey	Century	3	614	Liz Goldade	Legacy
4	513	Gabbi Nelson	Grand Forks	4	317	Anna Wicklow	Fargo Davies
5	262	Abbi Skovholt	Wahpeton	5	165	Haley Nelson	Jamestown
6	406	Brooke Dolyniuk	Dickinson	6	404	Aspen Roadarmel	Dickinson
7	410	Addison Fitterer	Dickinson	7	607	Irelyn Ell	Legacy
8	404	Aspen Roadarmel	Dickinson	8	958	Maliah Frey	Century
9	165	Haley Nelson	Jamestown	9	514	Emma Haskamp	Grand Forks
10	403	Amy Fridley	Dickinson	10	403	Amy Fridley	Dickinson
Floor				Vault			
Rotation 3				Rotation 4			
1	404	Aspen Roadarmel	Dickinson	1	958	Maliah Frey	Century
2	960	Brynlie Thueson	Century	2	317	Anna Wicklow	Fargo Davies
3	607	Irelyn Ell	Legacy	3	406	Brooke Dolyniuk	Dickinson
4	958	Maliah Frey	Century	4	513	Gabbi Nelson	Grand Forks
5	406	Brooke Dolyniuk	Dickinson	5	165	Haley Nelson	Jamestown
6	317	Anna Wicklow	Fargo Davies	6	403	Amy Fridley	Dickinson
7	403	Amy Fridley	Dickinson	7	607	Irelyn Ell	Legacy
8	165	Haley Nelson	Jamestown	8	266	Justice Christian	Wahpeton
9	410	Addison Fitterer	Dickinson	9	404	Aspen Roadarmel	Dickinson
10	3	Keira Davis	Minot	10	410	Addison Fitterer	Dickinson
				11	3	Keira Davis	Minot

INDIVIDUAL COMPETITORS

Group 3

Beam				Floor			
Rotation 1				Rotation 2			
1	181	Allysah Larson	Jamestown	1	918	Kendall Kackman	Fargo
2	534	Brynn Moen	Grand Forks	2	954	Teah Schulte	Century
3	299	Quinn Bassingthwaite	Wahpeton	3	875	Grace Udem	Valley City
4	415	Anna Clifton	Dickinson	4	175	Julia Skari	Jamestown
5	409	Brooklyn Wariner	Dickinson	5	299	Quinn Bassingthwaite	Wahpeton
6	875	Grace Udem	Valley City	6	409	Brooklyn Wariner	Dickinson
7	195	Brenna Hatch	Jamestown	7	502	Macie Stanislawski	Grand Forks
8	519	Lauren Swanson	Grand Forks	8	22	Haley Conklin	Minot
9	22	Haley Conklin	Minot	9	195	Brenna Hatch	Jamestown
10	175	Julia Skari	Jamestown	10	415	Anna Clifton	Dickinson
11	954	Teah Schulte	Century				
Vault				Floor			
Rotation 3				Rotation 4			
1	409	Brooklyn Wariner	Dickinson	1	195	Brenna Hatch	Jamestown
2	875	Grace Udem	Valley City	2	22	Haley Conklin	Minot
3	954	Teah Schulte	Century	3	175	Julia Skari	Jamestown
4	299	Quinn Bassingthwaite	Wahpeton	4	918	Kendall Kackman	Fargo
5	195	Brenna Hatch	Jamestown	5	299	Quinn Bassingthwaite	Wahpeton
6	175	Julia Skari	Jamestown	6	954	Teah Schulte	Century
7	22	Haley Conklin	Minot	7	181	Allysah Larson	Jamestown
8	415	Anna Clifton	Dickinson	8	409	Brooklyn Wariner	Dickinson
9	181	Allysah Larson	Jamestown	9	875	Grace Udem	Valley City
10	595	Kendal Blair	Mandan	10	415	Anna Clifton	Dickinson
11	416	Ykria Schneider	Dickinson				

INDIVIDUAL COMPETITORS

Group 4

Floor				Vault			
Rotation 1				Rotation 2			
1	870	Madison Wendel	Valley City	1	873	Karina Olson	Valley City
2	953	Corrina Ugland	Century	2	609	Anna Heil	Legacy
3	412	Addison Knapp	Dickinson	3	411	Rylee Olson	Dickinson
4	405	Reygan Strommen	Dickinson	4	870	Madison Wendel	Valley City
5	251	Anika Birkelo	Wahpeton	5	155	Blair Arbuckle	Jamestown
6	153	Sidney Fisher	Jamestown	6	878	Abbey Thornton	Valley City
7	609	Anna Heil	Legacy	7	953	Corrina Ugland	Century
8	516	Delani Barrett	Grand Forks	8	405	Reygan Strommen	Dickinson
9	155	Blair Arbuckle	Jamestown	9	516	Delani Barret	Grand Forks
10	878	Abbey Thornton	Valley City				
11	411	Rylee Olson	Dickinson				
12	873	Karina Olson	Valley City				
Bars				Beam			
Rotation 3				Rotation 4			
1	419	Ashlyn Guzman	Dickinson	1	155	Blair Arbuckle	Jamestown
2	411	Rylee Olson	Dickinson	2	953	Corrina Ugland	Century
3	155	Blair Arbuckle	Jamestown	3	873	Karina Olson	Valley City
4	405	Reygan Strommen	Dickinson	4	411	Rylee Olson	Dickinson
5	913	Keelie Ehlert	Fargo	5	251	Anika Birkelo	Wahpeton
6	953	Corrina Ugland	Century	6	405	Reygan Strommen	Dickinson
7	870	Madison Wendel	Valley City	7	913	Keelie Ehlert	Fargo
8	952	Haley Nelson	Century	8	878	Abbey Thornton	Valley City
9	873	Karina Olson	Valley City	9	870	Madison Wendel	Valley City
10	878	Abbey Thornton	Valley City				

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