



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



**JERRY MEYER ARENA  
JAMESTOWN HIGH SCHOOL  
FEBRUARY 24 & 25, 2023**



Matthew J. Fetsch  
Executive Director



Brian Bubach  
Associate Director



Justin Fletschock  
Assistant Director



Kevin Morast  
Assistant Director



Nick Walton  
Technology Director



Tom Mix  
Media Specialist



Dave Schoch  
President  
Velva



Josh Johnson  
Vice President  
Valley City



Paul Jundt  
Bismarck



Andrew Jordan  
Wilton



Guy Fridley  
Dickinson



Ned Clooten  
Wahpeton



Rick Diegel  
Steele



Patti Aanenson  
Larimore



Matt Bakke  
Devils Lake



Kirsten Baesler, Bismarck  
Dept. of Public Instruction



Alexis Baxley, Bismarck  
School Boards Association

# MEET PERSONNEL & SCHEDULE

MEET REFEREE .....Tara Hofmann  
 Vault..... Jess Siders (Cheif Judge), Cindy Gee, Lora Fisher  
 Bars .....Caitlin Hoff (Cheif Judge), Mary Meyer, Brooke Erstad  
 Beam ..... Kim Ressler (Cheif Judge), Rachel Johnson, Ruth Walsh  
 Floor..... Stacey Ringoen (Cheif Judge), Sheila Anderson, Katie Hemmer  
 ANNOUNCER ..... Ken Gardner  
 MEET/SITE MANAGER .....Dave Tews  
 COMPUTER/SCORING ..... Kerrie Soulis & Carla Kroeber  
 ATHLETIC TRAINING ..... Nolan Love, ATC, Jamestown Regional Medical Center

## FRIDAY, FEBRUARY 24

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

## SATURDAY, FEBRUARY 25

9:45 AM .....Gym Opens for Teams  
 10:30 AM.....Timed Warm Ups  
 11:30 PM.....Officials Meeting & Review  
 11:45 PM.....Opening Ceremony  
 12:00 PM.....Competition Begins

# TEAM COMPETITION WARM UP & ROTATION

TIME	VAULT	BARS	BEAM	FLOOR
1:55 PM	<b>Dickinson</b>	<b>Jamestown</b>	<b>Legacy</b>	<b>Mandan</b>
2:04 PM	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
2:07 PM	<b>Wahp./Breck.</b>	<b>Century</b>	<b>Minot</b>	<b>Grand Forks</b>
2:16 PM	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
2:19 PM	<b>Mandan</b>	<b>Dickinson</b>	<b>Grand Forks</b>	<b>Wahp./Breck.</b>
2:28 PM	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
2:31 PM	<b>Jamestown</b>	<b>Minot</b>	<b>Century</b>	<b>Legacy</b>
2:40 PM	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
2:43 PM	<b>Legacy</b>	<b>Grand Forks</b>	<b>Dickinson</b>	<b>Minot</b>
2:52 PM	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
2:55 PM	<b>Century</b>	<b>Wahp./Breck.</b>	<b>Mandan</b>	<b>Jamestown</b>
3:04 PM	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
3:07 PM	<b>Minot</b>	<b>Legacy</b>	<b>Jamestown</b>	<b>Century</b>
3:16 PM	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set	3 Min. Equipment Set
3:19 PM	<b>Grand Forks</b>	<b>Mandan</b>	<b>Wahp./Breck.</b>	<b>Dickinson</b>

ROTATION	VAULT	UNEVEN BARS	BALANCE BEAM	FLOOR
<b>1</b>	Dickinson	Jamestown	Legacy	Mandan
	Wahp./Breck.	Century	Minot	Grand Forks
<b>2</b>	Mandan	Dickinson	Grand Forks	Wahp./Breck.
	Jamestown	Minot	Century	Legacy
<b>3</b>	Legacy	Grand Forks	Dickinson	Minot
	Century	Wahp./Breck.	Mandan	Jamestown
<b>4</b>	Minot	Legacy	Jamestown	Century
	Grand Forks	Mandan	Wahp./Breck.	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.



**GYMNASTICS**



Athletic Training Services Provided by:

**JRMC**

*Orthopedics*  
AND SPORTS MEDICINE



The Official Sports Medicine Team for Blue Jay Athletics

## **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**

<b>Year</b>	<b>Champion</b>	<b>Runner-up</b>
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
1994	Minot	Fargo South
1995	Century	Minot

<b>Year</b>	<b>Champion</b>	<b>Runner-up</b>
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
2019	Dickinson	Legacy
2020	Dickinson	Jamestown
2021	Dickinson	Valley City
2022	Dickinson	Jamestown

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



**2022 STATE TEAM CHAMPIONS  
DICKINSON MIDGETS**



**2022 STATE VAULT CHAMPION**  
Amy Fridley—Dickinson



**2022 STATE BARS &  
ALL AROUND CHAMPION**  
Elizabeth Karsky—Dickinson



**2022 STATE FLOOR CHAMPION**  
Karina Olson—Valley City



**2022 STATE BEAM CHAMPION**  
Addison Fitterer—Dickinson

# INDIVIDUAL EVENT CHAMPIONS

## 1969

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

## 1970

<b>Vault</b>	Tracy Gunkelman	Fargo South
<b>Floor Exercise</b>	Barbara Mitchell	Jamestown
<b>Beam</b>	Barbara Mitchell	Jamestown
<b>Bars</b>	Barbara Mitchell	Jamestown
<b>All Around</b>	Barbara Mitchell	Jamestown

## 1971

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

## 1972

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

## 1973

<b>Vault</b>	Tracy Gunkelman	Fargo South
<b>Floor Exercise</b>	Linda Basaraba	Dickinson
<b>Beam</b>	Linda Basaraba	Dickinson
<b>Bars</b>	Tracy Gunkelman	Fargo South
<b>All Around</b>	Tracy Gunkelman	Fargo South

## 1974

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

## 1975

<b>Vault</b>	Robin Huebner	Dickinson
<b>Floor Exercise</b>	Robin Huebner	Dickinson
<b>Beam</b>	Robin Huebner	Dickinson
<b>Bars</b>	Robin Huebner	Dickinson
<b>All Around</b>	Robin Huebner	Dickinson

## 1976

<b>Vault</b>	Robin Huebner	Dickinson
<b>Floor Exercise</b>	Robin Huebner	Dickinson
<b>Beam</b>	Robin Huebner	Dickinson
<b>Bars</b>	Robin Huebner	Dickinson
<b>All Around</b>	Robin Huebner	Dickinson

## 1977

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

## 1978

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

## 1979

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

## 1980

<b>Vault</b>	Kristi Tryhus	Fargo South
<b>Floor Exercise</b>	Stacey Simle	Fargo South
<b>Beam</b>	Stacey Simle	Fargo South
<b>Bars</b>	Stacey Simle	Fargo South
<b>All Around</b>	Stacey Simle	Fargo South

## 1981

<b>Vault</b>	Kristi Tryhus	Fargo South
<b>Floor Exercise</b>	Stacey Simle	Fargo South
<b>Beam</b>	Cindy Rodlund	Fargo South
<b>Bars</b>	Stacey Simle	Fargo South
<b>All Around</b>	Cindy Rodlund	Fargo South

## 1982

<b>Vault</b>	Lori Malsom	Minot Ryan
<b>Floor Exercise</b>	Cindy Rodlund	Fargo South
<b>Beam</b>	Cindy Rodlund	Fargo South
<b>Bars</b>	Cindy Rodlund	Fargo South
<b>All Around</b>	Cindy Rodlund	Fargo South

## 1983

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

## 1984

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

## 1985

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

## 1986

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

## 1987

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

## 1988

<b>Vault</b>	Cassie Osborn	Fargo South
<b>Floor Exercise</b>	Tami Russell	Bismarck Century
<b>Beam</b>	Tami Russell	Bismarck Century
<b>Bars</b>	Tami Russell	Bismarck Century
<b>All Around</b>	Tami Russell	Bismarck Century

## 1989

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

## 1990

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

## 1991

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

## 1992

<b>Vault</b>	Kim Sveum	Minot
<b>Floor Exercise</b>	Kim Sveum	Minot
<b>Beam</b>	Nicole Ziegler	Bismarck Century
<b>Bars</b>	Kim Sveum	Minot
<b>All Around</b>	Kim Sveum	Minot

# INDIVIDUAL EVENT CHAMPIONS

## 1993

<b>Vault</b>	Kim Sveum	Minot
<b>Floor Exercise</b>	Kim Sveum	Minot
<b>Beam</b>	Kim Sveum	Minot
<b>Bars</b>	Kim Sveum	Minot
<b>All Around</b>	Kim Sveum	Minot

## 1994

<b>Vault</b>	Kim Sveum	Minot
<b>Floor Exercise</b>	Kim Sveum	Minot
<b>Beam</b>	Jodi Schwehr	Bismarck Century
<b>Bars</b>	Kim Sveum	Minot
<b>All Around</b>	Kim Sveum	Minot

## 1995

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

## 1996

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

## 1997

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

## 1998

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

## 1999

<b>Vault</b>	Heidi Goehring	Bismarck Century
<b>Floor Exercise</b>	Heidi Goehring	Bismarck Century
<b>Beam</b>	Heidi Goehring	Bismarck Century
<b>Bars</b>	Andrea Albertson	Minot
<b>All Around</b>	Heidi Goehring	Bismarck Century

## 2000

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

## 2001

<b>Vault</b>	Tiffany Tello	Bismarck
<b>Floor Exercise</b>	Kari Nolz	Bismarck

## 2001—cont'd

<b>Beam</b>	Tiffany Tello	Bismarck
<b>Bars</b>	Kari Nolz	Bismarck
<b>All Around</b>	Kari Nolz	Bismarck

## 2002

<b>Vault</b>	Tiffany Tello	Bismarck
<b>Floor Exercise</b>	Tiffany Tello	Bismarck
<b>Beam</b>	Tiffany Tello	Bismarck
<b>Bars</b>	Whitney Buchholz	Bismarck Century
<b>All Around</b>	Tiffany Tello	Bismarck

## 2003

<b>Vault</b>	Kari Nolz	Bismarck
<b>Floor Exercise</b>	Tiffany Tello	Bismarck
<b>Beam</b>	Tiffany Tello	Bismarck
<b>Bars</b>	Tiffany Tello	Bismarck
<b>All Around</b>	Tiffany Tello	Bismarck

## 2004

<b>Vault</b>	Jade Beattie	Bismarck
<b>Floor Exercise</b>	Jade Beattie	Bismarck
<b>Beam</b>	Jade Beattie	Bismarck
<b>Bars</b>	Jade Beattie	Bismarck
<b>All Around</b>	Jade Beattie	Bismarck

## 2005

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

## 2006

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

## 2007

<b>Vault</b>	Chelsea Preston	Fargo South
<b>Floor Exercise</b>	Chelsea Preston	Fargo South
<b>Beam</b>	Joley Beeler	Minot
<b>Bars</b>	Chelsea Preston	Fargo South
<b>All Around</b>	Chelsea Preston	Fargo South

## 2008

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

## 2009

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

## 2010

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

## 2011

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

## 2012

<b>Vault</b>	Mackenzie Keidel	Bismack
<b>Floor Exercise</b>	Acacia Fossum	Dickinson
<b>Beam</b>	Kiara Bock	Fargo Davies
<b>Bars</b>	Jennifer Albers	Bismarck Century
<b>All Around</b>	Acacia Fossum	Dickinson

## 2013

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

## 2014

<b>Vault</b>	Jessica Gabriel	Bismarck Century
<b>Floor Exercise</b>	Acacia Fossum	Dickinson
<b>Beam</b>	Kiara Bock	Fargo Davies
<b>Bars</b>	Jessica Gabriel	Bismarck Century
<b>All Around</b>	Kaylee Keller	Bismarck

## 2015

<b>Vault</b>	Madison Reiter	Minot
<b>Floor Exercise</b>	Acacia Fossum	Dickinson
<b>Beam</b>	Acacia Fossum	Dickinson
<b>Bars</b>	Acacia Fossum	Dickinson
<b>All Around</b>	Acacia Fossum	Dickinson

## 2016

<b>Vault</b>	Keana Kudrna	Dickinson
<b>Floor Exercise</b>	Acacia Fossum	Dickinson
<b>Beam</b>	Acacia Fossum	Dickinson
<b>Bars</b>	Acacia Fossum	Dickinson
<b>All Around</b>	Acacia Fossum	Dickinson

## 2017

<b>Vault</b>	Julia Red Wing	Bismarck
<b>Floor Exercise</b>	Ayanna Fossum	Dickinson
<b>Beam</b>	Rachel Schiele	Jamestown
<b>Bars</b>	Julia Red Wing	Bismarck
<b>All Around</b>	Julia Red Wing	Bismarck

## 2018

<b>Vault</b>	Julia Red Wing	Bismarck
<b>Floor Exercise</b>	Ayanna Fossum	Dickinson
<b>Beam</b>	Teghan Hoff	Dickinson
<b>Bars</b>	Julia Red Wing	Bismarck
<b>All Around</b>	Julia Red Wing	Bismarck



## INDIVIDUAL EVENT CHAMPIONS

### 2019

<b>Vault</b>	Ayanna Fossum	Dickinson
<b>Floor Exercise</b>	Rachel Schiele	Jamestown
<b>Beam</b>	Haley Nelson	Jamestown
<b>Bars</b>	Julia Red Wing	Bismarck
<b>All Around</b>	Ayanna Fossum	Dickinson

### 2020

<b>Vault</b>	Ayanna Fossum	Dickinson
<b>Floor Exercise</b>	Ayanna Fossum	Dickinson
<b>Beam</b>	Rachel Schiele	Jamestown
<b>Bars</b>	Haley Nelson	Jamestown
<b>All Around</b>	Ayanna Fossum	Dickinson

### 2020

<b>Vault</b>	Amy Fridley	Dickinson
<b>Floor Exercise</b>	Amy Fridley	Dickinson
<b>Beam</b>	Zoe Prince	Legacy
<b>Bars</b>	Amy Fridley	Dickinson
<b>All Around</b>	Amy Fridley	Dickinson

### 2021

<b>Vault</b>	Amy Fridley	Dickinson
<b>Floor Exercise</b>	Karina Olson	Valley City
<b>Beam</b>	Addison Fitterer	Dickinson
<b>Bars</b>	Elizabeth Karsky	Dickinson
<b>All Around</b>	Elizabeth Karsky	Dickinson

Here's an effective way for you and your community to prevent the

# #1 KILLER OF TEENS.



Distracted driving kills teens, so the North Dakota Association of Counties has teamed up with the "Impact Teen Drivers – What Do You Consider Lethal" Campaign with an interactive, high energy program to help teens think about the deadly impact of distractions like texting, reaching for objects or selecting music while driving.

**To book this program, please contact:**

- No cost, easy-to-use
- For teachers, safety educators, law enforcement and students
- Encourages teens to take a lead in peer-to-peer messaging
- Hour-long assembly or classroom style

**ImpactTeens@ndaco.org**  
**Vision Zero Outreach Program**

**VISION ZERO**

**NDACo**  
NORTH DAKOTA ASSOCIATION OF COUNTIES

What do you consider  
**LETHAL?**

# MEET THE COACHES



*Rachel Johnson Krug—Bismarck Public Schools (Bismarck, Century & Legacy)*

Rachel is in her third 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 in multiple states, MN, KS, and WI. 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 15 years. She is married and has three children.



*Casey Berry—Dickinson*

Casey Berry is in her third year as Head Coach for Dickinson. Before becoming head coach, Casey was the assistant coach for Dickinson High School. Casey lives in Dickinson with her husband, Brandon and daughter, Hadley. She coaches both recreational and club gymnastics.



*Andrea Bitz—Fargo Public Schools (Davies, North & South)*

Andrea is in her first season coaching for Fargo High School Gymnastics. She has been coaching all levels of gymnastics for 29 years. She coached the Jamestown High School Gymnastics for 18 seasons. Her gymnastics career saw her competing for Jamestown High School. She was a past NDHSAA Gymnastics Official and 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.



*Megan Johnson—Grand Forks Public Schools (GFC & Red River)*

Born and raised in Grand Forks. Megan started gymnastics around the age of 3 and later competed for the KnightRiders from 2009 through 2016. She has been coaching gymnastics since 2014; KnightRiders since 2017 and this is her second year as head coach. Also, a mom to a 3-year-old boy as well as many fur babies! She is a gymnastics coach by day and moonlights as a nurse on the Labor and Deliver/postpartum unit at Altru Hospital.



*Bre Carlson—Jamestown*

Bre Carlson has been coaching for the Blue Jays for 8 years. This is her first season as Head Coach. She is the Executive Director at the Jamestown Gymnastics Club. She grew up a Blue Jay Gymnast and has been coaching all levels of recreational and competitive gymnastics for 9 years. She resides with her fiancé, Arin, and their 2 cats. In her down time, she enjoys traveling, going to the lake, and hanging out with family and friends.

# MEET THE COACHES



*McKenzie Swallow—Mandan*

McKenzie is in her first year as the Head Coach of the Braves Gymnastics Team. She grew up in Mandan & graduated from MHS in 2015. She is also a former DSG and Braves gymnast. McKenzie has been coaching for 8 years, and have judged high school vault & beam for 3 years. Gymnastics has always been a part of her life and enjoys helping kids achieve their goals!!!



*Robbie Werchau—Minot*

Robbie was a competitive gymnast through high school eventually competed 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 USA gymnastics, as well as the Minot High School gymnastics team (8 state championships). She is a retired high school teacher. She is married to Lance and has two children. Trevor, who is a US Marine and Hannah, who is a graduate student at UND. Her goal is to continue coaching and doing what she can to help keep North Dakota Gymnastics moving in a positive direction.



*Tanya Hill—Northwest*

Tanya Hill is a native of northwest North Dakota and grew up doing competitive gymnastics out of Crosby, ND. She has coached competitive gymnastics out of Wahpeton, ND and Williston, ND before helping found Acro Stars Gymnastics based in Ray, ND. Acro Stars and North West Stars Gymnastics is a non-profit, volunteer run program that serves Williams, Divide, Burke, and Mountrail Counties. Tanya loves coaching her three daughters in the gym alongside her husband, Jason. When not in the gym, she enjoys training horses and competing in rodeo events around the state with her family.



*Alexandria Williams—Valley City*

Alexandria Williams is the Head Coach of the Valley City Hi-Liners. Born in Los Angeles, California she moved to Valley City from Atlanta, Georgia in July of 2022. She has 3 children. Jade who just turned 13 and competed for Valley City this year, Adam 5 years old, and Naim 3 years old. She has been coaching gymnastics for over 20 years. She has worked in preschool, recreational, competitive mens and women's artistic, show and Special Olympic gymnastics. She is also a routine choreographer and clinical specialist. Now the Director of Valley Twisters Gymnastics she hopes to continue her growth and involvement in the sport.



*Grace Brandt—Wahpeton/Breckenridge*

Grace Brandt has coached gymnastics for three years in Fargo and Wahpeton. This is her first season as a head coach of the BW Storm gymnastics program, as well as filling the role of gym director at Three Rivers Gymnastics and teaching social studies at Breckenridge High School. Grace lives in Wahpeton with her husband, Ryan, who also helps coach the competitive programs at the gym in the summer.



# Bismarck Century



**Top (L-R):** Corrina Ugland, Alli Wilmes, Makayla Wiedenmeyer, Mckenna Brosz, Cortney Krueger, Maliah Frey, Morgan Kuntz **Middle (L to R):** Rachel Crouse, Jenna Jackson, Rachel Dunlop, Aleah Piatz, Bree Wilmes, Emma-Lee Hoskins **Bottom (L to R):** Haley Nelson, Taylor Thueson, Stella Dowhy, Peyton Holje, Teah Schulte



**Superintendent:** Jason Hornbacher  
**Principal:** Steve Madler  
**Athletic Director:** Ben Lervick, Dave Zittleman  
**Head Coach:** Rachel Johnson Krug  
**School Colors:** Red, White, Blue  
**School Song:** Bismarck Century

**TEAM SCORE:** \_\_\_\_\_

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
953	Corrina Ugland	12					
950	Rachel Dunlop	12					
960	Rachel Crouse	12					
951	Alli Wilmes	12					
957	Aleah Piatz	12					
965	Peyton Holje	8					
954	Teah Schulte	11					
959	Taylor Thueson	10					
962	Makayla Wiedenmeyer	10					
961	Jenna Jackson	10					
966	Mckenna Brosz	10					
963	Cortney Krueger	10					
958	Maliah Frey	9					
964	Emma Hoskins	9					
952	Haley Nelson	8					
<b>TOTAL TOP 4 SCORES</b>							

# DICKINSON



**Back (L-R):** Back: Elizabeth Karsky, Victoria Whittelsey, Casey Berry, Dacia Rambousek, Addison Fitterer, Anna Karsky **Middle:** Amy Fridley, Rylee Olson, Anna Clifton, Aspen Roadarmel, Brooke Dolyniuk, Samantha Simnioniw **Front:** Shayla Sandstrom, Brooklyn Wariner, Reygan Strommen



<b>Superintendent:</b>	Marcus Lewton
<b>Principal:</b>	Jeff Brandt
<b>Athletic Director:</b>	Guy Fridley
<b>Head Coach:</b>	Casey Berry
<b>School Colors:</b>	Orange & Black
<b>School Song:</b>	Notre Dame Victory March

**TEAM SCORE:** \_\_\_\_\_

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
415	Anna Clifton	11					
406	Brooke Dolinyuk	9					
401	Elizabeth Karsky	8					
411	Rylee Olson	11					
404	Aspen Roadarmel	9					
405	Reygan Strommen	8					
409	Brooklyn Wariner	9					
<b>TOTAL TOP 4 SCORES</b>							

# Grand Forks



**Back (L-R):** Liliya Baumwald, Head Coach Megan Johnson, Gabbi Nelson, Assistant Coach Mara Nash, Ellery White **Front (L-R):** Brynn Moen, Emma Haskamp, Emma Howard, Taryn Swanson, Lauren Swanson, Keely Riendeau



**Superintendent:**

Dr. Terry Brenner

**Principals:**

Jon Strandell, Kris Arason

**Athletic Director:**

Mike Biermaier

**Head Coach:**

Megan Johnson

**School Colors:**

Maroon & Grey/Red, Black & White

**School Song:**

Onward Central/Rider Fight Song

**TEAM SCORE:** \_\_\_\_\_

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
507	Emma Howard	7					
539	Liliya Baumwald	8					
521	Ellery White	10					
517	Keely Riendeau	10					
514	Emma Haskamp	11					
548	Taryn Swanson	11					
534	Brynn Moen	11					
513	Gabbi Nelson	12					
<b>TOTAL TOP 4 SCORES</b>							



# Jamestown



**Back (L-R):** Lydia Stoterau, Emma Hillerud, Blair Arbuckle, Allysah Larson, Sydney Fisher, Anna Roemmich  
**Middle (L-R):** Julia Skari, Jozie Davis, McKenna Pettys, Aubrey Krapp, Jasmine Houmann **Front (L-R):** Emelia Cramer, Baynx Kirshenmann, Lucy Falk, Sutton Van Gilder, Madelynn Nagel



**Superintendent:** Dr. Rob Lech  
**Principal:** Adam Gehlhar  
**Athletic Director:** Jim Roaldson  
**Head Coach:** Bre Carlson  
**School Colors:** Royal Blue & White  
**School Song:** Blue Jay Booster

**TEAM SCORE:** \_\_\_\_\_

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
155	Blair Arbuckle	12					
180	Emma Hillerud	12					
153	Sydney Fisher	12					
181	Allysah Larson	11					
175	Julia Skari	10					
185	Aubrey Krapp	9					
167	Sutton Van Gilder	9					
170	Jozie Davis	8					
164	Lucy Falk	8					
<b>TOTAL TOP 4 SCORES</b>							

# Legacy



**Back (L-R):** Macy Crane, Madison Lamberth, Aurora Herman, Brynn Crane **Middle (L-R):** Irelyn Ell, Anna Heil, Alexa Evanger **Front (L to R):** Sophia Goldade, Tatum Sondeland, Bristol Schmidt



**Superintendent:** Jason Hornbacher  
**Principal:** Thomas Schmidt  
**Athletic Director:** Paul Jundt, Dave Zittleman  
**Head Coach:** Rachel Johnson Krug  
**School Colors:** Black, Vegas Gold & White  
**School Song:** Legacy High School Song

**TEAM SCORE:** \_\_\_\_\_

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
619	Alexa Evanger	12					
607	Irelyn Ell	10					
609	Anna Heil	10					
616	Brynn Crane	10					
618	Macy Crane	10					
611	Madison Lamberth	9					
613	Aurora Herman	9					
614	Sophia Goldade	7					
612	Tatum Sondeland	7					
<b>TOTAL TOP 4 SCORES</b>							

# Mandan



**Back (L-R):** Grace Entzel (SM), Emily Friez, Alex Arnegard, Taylor Arnegard, McKenzie Swallow (HC) **Middle (L-R):** Jericah Lockner, Emma Larson, Olivia Beck, Kylie Brew, Jaylei Eisenbeis, Jaci Sauvageau **Front (L-R):** Remi Wilber, Alyse Edland, Dylan Arnegard, Jenna Eversole, Sigryn Henke



**Superintendent:** Dr. Mike Bitz  
**Principal:** Mark Andresen  
**Athletic Director:** Mark Wiest  
**Head Coach:** McKenzie Swallow  
**School Colors:** Black & White  
**School Song:** Here's to Mandan

**TEAM SCORE:** \_\_\_\_\_

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
570	Alex Arnegard	11					
586	Jericah Lockner	11					
585	Jenna Eversole	10					
574	Sigryn Henke	10					
582	Emma Larson	9					
593	Jaylei Eisenbeis	9					
554	Jaci Sauvageau	8					
555	Kylie Brew	8					
<b>TOTAL TOP 4 SCORES</b>							



# Minot



**Front (L-R):** Pavyn Peterson, Haley Conklin, Bailey McLeod **Back (L-R):** Gracyn Bergan, Lexi McCleod, Keira Davis, Olivia Olson, Coach Robbie Werchau



**Superintendent:** Dr. Mark Vollmer  
**Principal:** Scott Faul & Harlan Johnson  
**Athletic Director:** Mitch Lunde  
**Head Coaches:** Robbie Werchau  
**School Colors:** Maroon & Gold  
**School Song:** Loyal & True

**TEAM SCORE:** \_\_\_\_\_

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
22	Haley Conklin	10					
3	Kiera Davis	9					
8	Pavyn Peterson	9					
14	Gracyn Bergan	8					
11	Olivia Olson	8					
7	Lexi McCleod	8					
<b>TOTAL TOP 4 SCORES</b>							

# Wahpeton/Breckenridge



(L-R): Rhegan Hutcherson, Justice Christian, Sidney Gilbertson, Elise Skovholt, Anika Birkelo, Abbie Skovholt, Hailee Hanson



**Superintendents:**

Michael Kaiser, Kristie Sullivan

**Principal:**

Ned Clooten, Craig Peterson

**Athletic Director:**

Mike McCall, Chad Frederickson

**Head Coach:**

Grace Brandt

**School Colors:**

Purple and Gold/Kelly Green & White

**School Songs:**

Notre Dame Victory March/  
Wave the Flag

**TEAM SCORE:** \_\_\_\_\_

#	Name	Grade	Vault	Bars	Beam	Floor	All-Around
262	Abbie Skovholt	12					
275	Hailee Hanson	11					
266	Justice Christian	9					
272	Elise Skovholt	8					
255	Rhegan Hutcheraon	12					
256	Sidney Gilbertson	11					
<b>TOTAL TOP 4 SCORES</b>							

# INDIVIDUAL COMPETITION

## ROTATION 1

GROUP 1			VAULT	GROUP 2			BARS
_____	916	Jaden Felber	Fargo	_____	951	Alli Wilmes	Century
_____	953	Corrina Ugland	Century	_____	418	Shayla Hicks	Dickinson
_____	153	Sydney Fisher	Jamestown	_____	415	Anna Clifton	Dickinson
_____	14	Gracyn Bergan	Minot	_____	613	Aurora Herman	Legacy
_____	262	Abbie Skovholt	Wahp./Breck.	_____	11	Olivia Olson	Minot
_____	871	Jessica Ranisate	Valley City	_____	548	Taryn Swanson	Grand Forks
_____	180	Emma Hillerud	Jamestown	_____	918	Kendall Kackman	Fargo
_____	3	Kiera Davis	Minot	_____	175	Julia Skari	Jamestown
_____	411	Rylee Olson	Dickinson	_____	952	Haley Nelson	Century
_____	961	Jenna Jackson	Century	_____	22	Haley Conklin	Minot
_____	405	Reygan Strommen	Dickinson				
GROUP 3			BEAM	GROUP 4			FLOOR
_____	155	Blair Arbuckle	Jamestown	_____	266	Justice Christian	Wahp./Breck.
_____	960	Rachel Crouse	Century	_____	607	Irelyn Ell	Legacy
_____	167	Sutton Van Gilder	Jamestown	_____	950	Rachel Dunlop	Century
_____	8	Pavyn Peterson	Minot	_____	619	Alexa Evanger	Legacy
_____	7	Lexi Mcleod	Minot	_____	275	Hailee Hanson	Wahp./Breck.
_____	958	Maliah Frey	Century	_____	181	Allysah Larson	Jamestown
_____	586	Jerica Lockner	Mandan	_____	406	Brooke Dolyniuk	Dickinson
_____	404	Aspen Rodarmel	Dickinson	_____	203	Alyson Krug	Bismarck
_____	409	Brooklyn Wariner	Dickinson	_____	401	Elizabeth Karsky	Dickinson
_____	954	Teah Schulte	Century	_____	873	Karina Olson	Valley City



# INDIVIDUAL COMPETITION

## ROTATION 2

GROUP 4			VAULT	GROUP 1			BARS
_____	275	Hailee Hanson	Wahp./Breck.	_____	513	Gabbi Nelson	Grand Forks
_____	203	Alyson Krug	Bismarck	_____	953	Corrina Ugland	Century
_____	607	Irelyn Ell	Legacy	_____	3	Kiera Davis	Minot
_____	619	Alex Evanger	Legacy	_____	405	Reygan Strommen	Dickinson
_____	401	Elizabeth Karsky	Dickinson	_____	180	Emma Hillerud	Jamestown
_____	873	Karina Olson	Valley City	_____	190	Lydia Stoterau	Jamestown
_____	181	Allysah Larson	Jamestown	_____	262	Abbie Skovholt	Wahp./Breck.
_____	266	Justice Christian	Wahp./Breck.	_____	961	Jenna Jackson	Century
_____	585	Jenna Eversole	Mandan	_____	411	Rylee Olson	Dickinson
_____	950	Rachel Dunlop	Century	_____	14	Gracyn Bergan	Minot
_____	406	Brooke Dolyniuk	Dickinson				
GROUP 2			BEAM	GROUP 3			FLOOR
_____	175	Julia Skari	Jamestown	_____	586	Jerica Lockner	Mandan
_____	415	Anna Clifton	Dickinson	_____	960	Rachel Crouse	Century
_____	918	Kendall Kackman	Fargo	_____	964	Emma Hoskins	Century
_____	613	Aurora Herman	Legacy	_____	409	Brooklyn Wariner	Dickinson
_____	951	Alli Wilmes	Century	_____	155	Blair Arbuckle	Jamestown
_____	548	Taryn Swanson	Grand Forks	_____	8	Pavyn Peterson	Minot
_____	609	Anna Heil	Legacy	_____	954	Teah Schulte	Century
_____	22	Haley Conklin	Minot	_____	7	Lexi Mcleod	Minot
_____	158	Jasmine Houmann	Jamestown	_____	464	Aspen Rodarmel	Dickinson

# INDIVIDUAL COMPETITION

## ROTATION 3

GROUP 3			VAULT	GROUP 4			BARS
_____	958	Maliah Frey	Century	_____	607	Irelyn Ell	Legacy
_____	8	Pavyn Peterson	Minot	_____	619	Alexa Evanger	Legacy
_____	965	Peyton Holje	Century	_____	406	Brooke Dolyniuk	Dickinson
_____	167	Sutton Van Gilder	Jamestown	_____	873	Karina Olson	Valley City
_____	954	Teah Schulte	Century	_____	181	Allysah Larson	Jamestown
_____	586	Jerica Lockner	Mandan	_____	401	Elizabeth Karsky	Dickinson
_____	404	Aspen Rodarmel	Dickinson	_____	950	Rachel Dunlop	Century
_____	409	Brooklyn Wariner	Dickinson	_____	185	Aubrey Krapp	Jamestown
_____	155	Blair Arbuckle	Jamestown	_____	203	Alyson Krug	Bismarck
_____	960	Rachel Crouse	Century	_____	275	Hailee Hanson	Wahp./Breck.
				_____	266	Justice Christian	Wahp./Breck

GROUP 1			BEAM	GROUP 2			FLOOR
_____	957	Aleah Piatz	Century	_____	613	Aurora Herman	Legacy
_____	966	McKenna Brosz	Century	_____	609	Anna Heil	Legacy
_____	961	Jenna Jackson	Century	_____	22	Haley Conklin	Minot
_____	953	Corrina Ugland	Century	_____	170	Jozie Davis	Jamestown
_____	411	Rylee Olson	Dickinson	_____	415	Anna Clifton	Dickinson
_____	3	Kiera Davis	Minot	_____	158	Jasmine Houmann	Jamestown
_____	405	Reygan Strommen	Dickinson	_____	183	Mckenna Pettys	Jamestown
_____	14	Gracyn Bergan	Minot	_____	548	Taryn Swanson	Grand Forks
_____	180	Emma Hillerud	Jamestown	_____	918	Kendall Kackman	Fargo
_____	916	Jaden Felber	Fargo	_____	175	Julia Skari	Jamestown
_____	262	Abbie Skovholt	Wahp./Breck.	_____	593	Jaylei Eisenbeis	Mandan
_____	513	Gabbi Nelson	Grand Forks				

# INDIVIDUAL COMPETITION

## ROTATION 4

GROUP 2			VAULT	GROUP 3			BARS
_____	158	Jasmine Houmann	Jamestown	_____	954	Teah Schulte	Century
_____	609	Anna Heil	Legacy	_____	965	Peyton Holje	Century
_____	170	Jozie Davis	Jamestown	_____	51	Presley Hill	Northwest
_____	415	Anna Clifton	Dickinson	_____	167	Sutton Van Gilder	Jamestown
_____	613	Aurora Herman	Legacy	_____	409	Brooklyn Wariner	Dickinson
_____	548	Taryn Swanson	Grand Forks	_____	960	Rachel Crouse	Century
_____	593	Jaylei Eisenbeis	Mandan	_____	8	Pavyn Peterson	Minot
_____	918	Kendall Kackman	Fargo	_____	155	Blair Arbuckle	Jamestown
_____	22	Haley Conklin	Minot	_____	586	Jerica Lockner	Mandan
_____	175	Julia Skari	Jamestown	_____	404	Aspen Rodarmel	Dickinson
				_____	959	Taylor Thueson	Century

GROUP 4			BEAM	GROUP 1			FLOOR
_____	401	Elizabeth Karsky	Dickinson	_____	153	Sydney Fisher	Jamestown
_____	181	Allysah Larson	Jamestown	_____	14	Gracyn Bergan	Minot
_____	534	Brynn Moen	Grand Forks	_____	3	Kiera Davis	Minot
_____	203	Alyson Krug	Bismarck	_____	961	Jenna Jackson	Century
_____	406	Brooke Dolyniuk	Dickinson	_____	180	Emma Hillerud	Jamestown
_____	619	Alexa Evanger	Legacy	_____	262	Abbie Skovholt	Wahp./Breck.
_____	210	Berklee Ketterling	Bismarck	_____	916	Jaden Felber	Fargo
_____	873	Karina Olson	Valley City	_____	411	Rylee Olson	Dickinson
_____	164	Lucy Falk	Jamestown	_____	953	Corrina Ugland	Century
_____	950	Rachel Dunlop	Century	_____	405	Reygan Strommen	Dickinson
_____	607	Irelyn Ell	Legacy				
_____	275	Hailee Hanson	Wahp./Breck.				



# Bismarck



(L-R): Alyson Krug, Gaby Garcia, Berklee Ketterling



<b>Superintendent:</b>	Jason Hornbacher
<b>Principal:</b>	David Wisthoff
<b>Athletic Director:</b>	Scott Nustad, Dave Zittleman
<b>Head Coach:</b>	Rachel Johnson Krug
<b>School Colors:</b>	Maroon & White
<b>School Song:</b>	BHS Pep Song

# Fargo

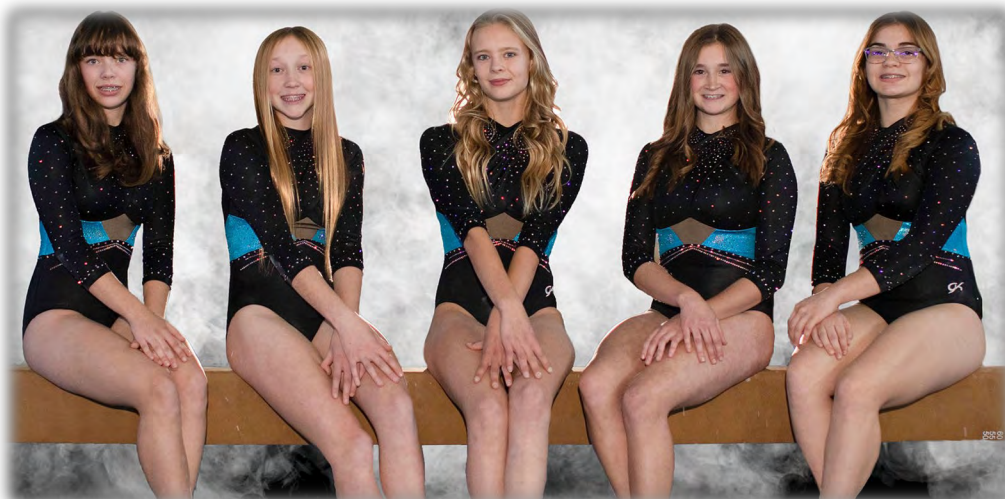


**Back (L-R):** Liyah Lopez, Bryn Donaldson, Anna Wicklow, Gemma Jacobson **Middle (L-R):** Victoria Bolstad, Jaden Felber, Sarah Wieland **Front (L-R):** Sarah Huck, Alyssa Morgenroth, Karena Thurlow, Kendall Kackman



<b>Superintendent:</b>	Rupak Gandhi
<b>Principals:</b>	Dr. Todd Bertsch, Travis Christenen, Troy Cody
<b>Athletic Directors:</b>	Mike Beaton, Dan Shultis, Lenny Ohlhauser, Todd Olson
<b>Head Coach:</b>	Andrea Bitz
<b>School Colors:</b>	Brown & Gold/Blue & Gold/Cardinal Red & Vegas Gold
<b>School Song:</b>	On Wisconsin/U Northwestern/Davies School Song

# Northwest (Ray, Stanley, Tioga)



**Back (L-R):** Evie Johnsrud, Karlee Poff, Presley Hill, Madilyn Hunting, Myranda Damm



**Superintendents:**

Kris Kuehn, Tim Holte, Carolyn Eide

**Principals:**

Matthew Heier, Alecia Pulver, Brodie Odegaard

**Athletic Directors:**

Matthew Heier, Beth Dean, Ryan Albrecht

**Head Coach:**

Tanya Hill

**Nickname:**

Stars

# Valley City



**(L-R):** Asya Berg, Alexis Heitzman, Jade Williams, Samantha Samuelson, Karina Olson, Chesney Thomsen, Jessica Ranisate, Taylor Fiedler, Kinley Larson



**Superintendent:**

Josh Johnson

**Principals:**

Kristi Brandt, Dan Larson

**Athletic Director:**

Rob Hunt

**Head Coach:**

Alexandria Williams


**School Colors:**

Columbia Blue, Navy Blue & White

**School Song:**

White & Blue



A photograph of a family of four in a kitchen. A young woman with brown hair, wearing a maroon sweater, stands and looks down at a photo album. A man with a beard and mustache, wearing a dark blue plaid shirt, sits at the table and smiles. A young woman with blonde hair, wearing a grey top and a dark blue jacket, sits on the left, also looking at the album. In the background, an older woman with white hair, wearing a red shirt, is standing at the kitchen counter, possibly preparing food. The photo album is open on the table, showing several photographs. Two red mugs are on the table. The text "Protecting What's Important in Life" is overlaid in the center of the image.

Protecting What's Important in Life

The logo for Farmers Union Insurance. It features a stylized green and yellow sun or field icon above the text "Farmers Union" in a bold, sans-serif font, with "INSURANCE" in a smaller, all-caps, sans-serif font below it.

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