

# 2026 STATE CHAMPIONSHIPS

FEBRUARY 27.28  
DICKINSON HIGH SCHOOL  
DICKINSON, NORTH DAKOTA

# GYMNAS TICS



**ASPEN ROADARMEL**  
DICKINSON  
2025 STATE  
BARS CHAMPION  
VAULT CHAMPION  
ALL-AROUND CHAMPION



**SOPHIE FLORES**  
DICKINSON  
2025 STATE  
BEAM CHAMPION



**JULIEA SKARI**  
JAMESTOWN  
2025 STATE  
FLOOR CHAMPION



**DICKINSON**  
2025 STATE  
CHAMPIONS



# CURRENT BOARD MEMBERS



**Patti Aanenson**  
Class B NE Representative -  
President - 2022-2026



**Mitch Lunde**  
Class A West Representative -  
Vice President - 2023-2027



**Matt Bakke**  
Class A East Representative -  
2022-2026



**Nathan Berseth**  
ND School Boards Association  
- 2024-2028



**Chad Berger**  
Class B Southeast  
Representative - 2024-2028



**Travis Christensen**  
Principals' Association  
Representative - 2025-2029



**Larry Derr**  
Class B NW Representative -  
2023-2027



**Dr. Shane Martin**  
Native American At-Large  
Representative - 2025-26



**Ryan Hanson**  
Class A At Large Representative-  
Board President



**Scott Jung**  
Class B Southwest  
Representative - 2025-2029



**Jason Simpfenderfer**  
Athletic Directors Association  
Representative - 2024-2028



**Adam Tescher**  
Department of Public  
Instruction Representative -  
2023-TBD

## TEAM DAY - FRIDAY, FEBRUARY 27

\*ALL TIMES ARE LISTED AS MOUNTAIN TIME\*

1:00 PM	Gym Opens For Teams
1:15 PM	Coaches' Meeting-Comp Floor
1:45-3:45 PM	Timed Warm Ups
2:30 PM	Doors Open to Public
3:00 PM	Officials' Meeting and video review for base score-Room 170
3:55 PM	Opening Ceremony
4:00 PM	Begin Competition

## INDIVIDUAL DAY - SATURDAY, FEBRUARY 28

9:45 AM	Gym Opens For Team
10:00 AM	Coaches' Meeting-Comp Floor
10:30 AM	Timed Warm-ups Begin
10:30 AM	Doors Open to Public
11:30 AM	Video review for base score-Room 170
11:55 AM	Opening Ceremonies
12:00 PM	Begin Competition

# 2026 NORTH DAKOTA STATE TEAM DAY

Warm-up				
	Vault	Bars	Beam	Floor
Rotation 1	Legacy	Minot	Mandan	BW
Rotation 2	Dickinson	Jamestown	Century	NW
Rotation 3	BW	Dickinson	NW	Legacy
Rotation 4	Minot	Century	Jamestown	Mandan
Rotation 5	Mandan	NW	Dickinson	Century
Rotation 6	Jamestown	Legacy	BW	Minot
Rotation 7	Century	Mandan	Minot	Jamestown
Rotation 8	NW	BW	Legacy	Dickinson

Compete				
Rotations	Vault	Bars	Beam	Floor
1	Legacy	Minot	Mandan	BW
	Dickinson	Jamestown	Century	NW
2	BW	Dickinson	NW	Legacy
	Minot	Century	Jamestown	Mandan
3	Mandan	NW	Dickinson	Century
	Jamestown	Legacy	BW	Minot
4	Century	Mandan	Minot	Jamestown
	NW	BW	Legacy	Dickinson

# 2026 STATE GYMNASTICS OFFICIALS

## BEAM

Melissa Bachamp - Chief  
Katie Anderson Hemmer  
Grace Anderson

## BARS

Sarah Weninger - Chief  
Mary Meyer  
Rachel Woodley

## MEET REFEREE

Kim Ressler

## VAULT

Ruth Walsh - Chief  
Chantal Heth  
Laurie Julian

## FLOOR

Sheila Anderson - Chief  
Jen Sullivan (Bachamp)  
Cindy Gee

## 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.



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# TEAM CHAMPIONS AND RUNNER UPS

YEAR	CHAMPION	RUNNER-UP
2025	Dickinson	Jamestown
2024	Dickinson	Jamestown
2023	Dickinson	Century
2022	Dickinson	Jamestown
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 CHAMPIONSHIPS ALL-TIME

TEAM	# OF CHAMPIONSHIPS	LAST YEAR TEAM WON A CHAMPIONSHIP
Dickinson	19	2025
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
152.801	Dickinson	2024
151.433	Dickinson	2025
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
149.15	Minot	2011
149.15	Fargo South	1986
149.083	Grand Forks	2006
148.983	Dickinson	2023
148.967	Dickinson	2020
148.93	Bismarck	1986
148.92	Dickinson	1986
148.883	Century	2001
148.8	Fargo South	1990
148.65	Dickinson	2022
148.6	Bismarck	1999
148.5	Dickinson	2021
148.5	Minot	1994

# MEET THE COACHES



**RACHEL JOHNSON**  
BISMARCK HEAD COACH

Rachel has been the head coach for BHS, CHS, and LHS since 2020. She was the assistant coach for the teams from 2016-2020 and from 1990-1993. Throughout her coaching career, she has coached at various levels,

from HS programs to all levels in USAG. She has also coached in multiple states, Minnesota, Kansas, and Wisconsin. She has over 38 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 since 2010. She is married and has 3 children.



**CASEY BERRY**  
DICKINSON HEAD COACH

Casey Berry has been a member of the coaching staff at Dickinson High School for 10 seasons and is currently in her sixth season as Head Coach. Prior to joining the high school program, she coached for four

years with the Dickinson Gymnastics Club.

A Dickinson native, Casey competed in gymnastics at Dickinson High School during her student-athlete career. She resides in Dickinson with her husband, Brandon, and their daughter, Hadley. In addition to her role at the high school, she operates Western Edge Gymnastics, where she coaches both recreational and competitive athletes. In her free time, Casey enjoys traveling to warmer destinations.



**MCKENZIE SWALLOW**  
MANDAN HEAD COACH

McKenzie Swallow is a proud Mandan native and a 2015 graduate of Mandan High School. A former DSG and Braves gymnast, she brings both firsthand experience and a deep understanding of the sport to her role as Head Coach.

With over 11 years of coaching experience, McKenzie is committed to developing confident, disciplined athletes while continuing to grow a strong and positive program culture. McKenzie was a certified high school gymnastics judge, specializing in vault and beam, and has judged during the 2016, 2017, and 2021 seasons. Since stepping into her current leadership role, the Braves have seen consistent progress, with an average team score increase of 6.7 points over the past three seasons. Known for her passion, strategic leadership, and genuine investment in her athletes, McKenzie is proud to lead the next generation of Braves gymnasts and give back to the community that shaped her.



**CASSIE DAVIS**  
MINOT UNITED HEAD COACH

Cassie is in her first year as head coach for Minot United. She has helped the team in the past years during practice and at meets while coaching other competitive levels. She was born and raised in Minot and did high school

gymnastics for Minot High through her senior year. She has been involved in coaching gymnastics from recreational level through competitive level for the past 25 years.

# MEET THE COACHES



**GRACE BRANDT**  
WAHPETON HEAD COACH

Grace Brandt is the head coach of the Wahpeton-Breckenridge high school program. She is in her fourth year coaching in Wahpeton and her second year serving on the NDHSAA Sports Advisory Committee as the

EDC gymnastics representative. She also serves as a board member for the local gym, Three Rivers Gymnastics, and teaches social studies and English for juniors and seniors at Wahpeton High School. Grace has coached recreational and competitive gymnastics for eight years and continues to foster a love of gymnastics in her athletes.



**TANYA HILL**  
NORTHWEST HEAD COACH

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.



**BRE CARLSON**  
JAMESTOWN HEAD COACH

Grace Brandt is the head coach of the Wahpeton-Breckenridge high school program. She is in her fourth year coaching in Wahpeton and her second year serving on the NDHSAA Sports Advisory Committee as the

EDC gymnastics representative. She also serves as a board member for the local gym, Three Rivers Gymnastics, and teaches social studies and English for juniors and seniors at Wahpeton High School. Grace has coached recreational and competitive gymnastics for eight years and continues to foster a love of gymnastics in her athletes.

# STATE INDIVIDUAL CHAMPIONS

<b>1969</b> Tumbling Trampoline Floor Exercise Beam Bars All Around	Marilyn Falk Kathy Ohnstad Barbara Mitchell Heather Snell Julie Nelson Barbara Mitchell	Jamestown Fargo South Jamestown Jamestown Jamestown Jamestown	<b>1979</b> Vault Floor Exercise Beam Bars All Around	Nancy Davis Susie Schraufek Susie Schraufek Stacey Simle Susie Schraufek	Dickinson Fargo South Fargo South Fargo South Fargo South	<b>1989</b> Vault Floor Exercise Beam Bars All Around	Stacie Lowman Cassie Osborn Cassie Osborn Teri Zimbelman Cassie Osborn	Fargo North Fargo South Fargo South Minot Fargo South
<b>1970</b> Vault Floor Exercise Beam Bars All Around	Tracy Gunkelman Barbara Mitchell Barbara Mitchell Barbara Mitchell Barbara Mitchell	Fargo South Jamestown Jamestown Jamestown Jamestown	<b>1980</b> Vault Floor Exercise Beam Bars All Around	Kristi Tryhus Stacey Simle Stacey Simle Stacey Simle Stacey Simle	Fargo South Fargo South Fargo South Fargo South Fargo South	<b>1990</b> Vault Floor Exercise Beam Bars (tie) Bars (tie) All Around	Stacie Lowman Cassie Osborn Cassie Osborn Cassie Osborn Jenny Nelson Cassie Osborn	Fargo North Fargo South Fargo South Fargo South Fargo North Fargo South
<b>1971</b> Vault Floor Exercise Beam Bars All Around	Margaret Hagen Melissa Henning Jo Pavicic Kathy Sullivan Jo Pavicic	St. Mary's Fargo South Fargo South Jamestown Fargo South	<b>1981</b> Vault Floor Exercise Beam Bars All Around	Kristi Tryhus Stacey Simle Cindy Rodlund Stacey Simle Cindy Rodlund	Fargo South Fargo South Fargo South Fargo South Fargo South	<b>1991</b> Vault Floor Exercise Beam Bars All Around	Kim Sveum Jenny Nelson Tara Lefor Kim Sveum Kim Sveum	Minot Fargo North Dickinson Minot Minot
<b>1972</b> Vault Floor Exercise Beam Bars All Around	Tracy Gunkelman Kathy Sullivan Kathy Sullivan Kathy Sullivan Melissa Henning	Fargo South Jamestown Jamestown Jamestown Fargo South	<b>1982</b> Vault Floor Exercise Beam Bars All Around	Lori Malsom Cindy Rodlund Cindy Rodlund Cindy Rodlund Cindy Rodlund	Minot Ryan Fargo South Fargo South Fargo South Fargo South	<b>1992</b> Vault Floor Exercise Beam Bars All Around	Kim Sveum Kim Sveum Nicole Ziegler Kim Sveum Kim Sveum	Minot Minot Bismarck Century Minot Minot
<b>1973</b> Vault Floor Exercise Beam Bars All Around	Tracy Gunkelman Linda Basaraba Linda Basaraba Tracy Gunkelman Tracy Gunkelman	Fargo South Dickinson Dickinson Fargo South Fargo South	<b>1983</b> Vault Floor Exercise Beam Bars All Around	Julie Visina Cindy Rodlund Robin Wheeler Julie Visina Julie Visina	Minot Ryan Fargo South Dickinson Minot Ryan Minot Ryan	<b>1993</b> Vault Floor Exercise Beam Bars All Around	Kim Sveum Kim Sveum Kim Sveum Kim Sveum Kim Sveum	Minot Minot Minot Minot Minot
<b>1974</b> Vault Floor Exercise Beam Bars All Around	Tracy Gunkelman Robin Huebner Robin Huebner Marcia Urban Robin Huebner	Fargo South Dickinson Dickinson Fargo South Dickinson	<b>1984</b> Vault Floor Exercise Beam Bars All Around	Robin Wheeler Cindy Rodlund Shelby Young Julie Visina Robin Wheeler	Dickinson Fargo South Bismarck Century Minot Ryan Dickinson	<b>1994</b> Vault Floor Exercise Beam Bars All Around	Kim Sveum Kim Sveum Jodi Schwehr Kim Sveum Kim Sveum	Minot Minot Bismarck Century Minot Minot
<b>1975</b> Vault Floor Exercise Beam Bars All Around	Robin Huebner Robin Huebner Robin Huebner Robin Huebner Robin Huebner	Dickinson Dickinson Dickinson Dickinson Dickinson	<b>1985</b> Vault Floor Exercise Beam Bars All Around	Cindy Rodlund Tami Russell Stacie Lowman Julie Visina Julie Visina	Fargo South Bismarck Century Devils Lake Minot Ryan Minot Ryan	<b>1995</b> Vault Floor Exercise Beam (tie) Beam (tie) Bars All Around	Jodi Schwehr Jodi Schwehr Molly McDonald Nicole Ziegler Krista Isakson Jodi Schwehr	Bismarck Century Bismarck Century Bismarck Century Bismarck Century Minot Bismarck Century
<b>1976</b> Vault Floor Exercise Beam Bars All Around	Robin Huebner Robin Huebner Robin Huebner Robin Huebner Robin Huebner	Dickinson Dickinson Dickinson Dickinson Dickinson	<b>1986</b> Vault Floor Exercise Beam Bars All Around	Rachel Johnson Tami Russell Jodi Hansen Rachel Johnson Rachel Johnson	Bismarck Bismarck Century Dickinson Bismarck Bismarck	<b>1996</b> Vault Floor Exercise Beam Bars All Around	Gina Lang Teri Ann Krefting Jodi Schwehr Jodi Schwehr Jodi Schwehr	Bismarck Minot Bismarck Century Bismarck Century Bismarck Century
<b>1977</b> Vault Floor Exercise Beam Bars All Around	Mo Day Greta Sjursen Susie Schraufek Stacey Simle Greta Sjursen	Fargo South Dickinson Fargo South Fargo South Dickinson	<b>1987</b> Vault Floor Exercise Beam (tie) Beam (tie) Bars All Around	Cassie Osborn Cassie Osborn Cassie Osborn Kristi Dewald Julie Winje Kristi Dewald	Fargo South Fargo South Fargo South West Fargo Minot West Fargo	<b>1997</b> Vault Floor Exercise Beam Bars All Around	Heidi Goehring Teri Ann Krefting Marie Boyeff Teri Ann Krefting Marie Boyeff	Bismarck Century Minot Minot Minot Minot
<b>1978</b> Vault Floor Exercise Beam Bars All Around	Nancy Davis Jane Vanyo Susie Schraufek Stacey Simle Stacey Simle	Dickinson Fargo South Fargo South Fargo South Fargo South	<b>1988</b> Vault Floor Exercise Beam Bars All Around	Cassie Osborn Tami Russell Tami Russell Tami Russell Tami Russell	Fargo South Bismarck Century Bismarck Century Bismarck Century Bismarck Century	<b>1998</b> Vault Floor Exercise Beam Bars All Around	Heidi Goehring Heidi Goehring Teri Ann Krefting Gina Lang Gina Lang	Bismarck Century Bismarck Century Minot Bismarck Bismarck

# STATE INDIVIDUAL CHAMPIONS

<b>1999</b>	Vault Floor Exercise Beam Bars All Around	Heidi Goehring Heidi Goehring Heidi Goehring Andrea Albertson Heidi Goehring	Bismarck Century Bismarck Century Bismarck Century Minot Bismarck Century
<b>2000</b>	Vault Floor Exercise Beam Bars All Around	Andrea Albertson Heidi Goehring Kari Nolz Andrea Albertson Heidi Goehring	Minot Bismarck Century Bismarck Minot Bismarck Century
<b>2001</b>	Vault Floor Exercise Beam Bars All Around	Tiffany Tello Kari Nolz Tiffany Tello Kari Nolz Kari Nolz	Bismarck Bismarck Bismarck Bismarck Bismarck
<b>2002</b>	Vault Floor Exercise Beam Bars All Around	Tiffany Tello Tiffany Tello Tiffany Tello Whitney Buchholz Tiffany Tello	Bismarck Bismarck Bismarck Bismarck Century Bismarck
<b>2003</b>	Vault Floor Exercise Beam Bars All Around	Kari Nolz Tiffany Tello Tiffany Tello Tiffany Tello Tiffany Tello	Bismarck Bismarck Bismarck Bismarck Bismarck
<b>2004</b>	Vault Floor Exercise Beam Bars All Around	Jade Beattie Jade Beattie Jade Beattie Jade Beattie Jade Beattie	Bismarck Bismarck Bismarck Bismarck Bismarck
<b>2005</b>	Vault Floor Exercise Beam Bars All Around	Chelsea Preston Chelsea Preston Krista Riley Jade Beattie Chelsea Preston	Fargo South Fargo South Bismarck Bismarck Fargo South
<b>2006</b>	Vault Floor Exercise Beam Bars All Around	Krista Riley Emily Wong Briana Jones Emily Wong Briana Jones	Bismarck Grand Forks Grand Forks Grand Forks Grand Forks
<b>2007</b>	Vault Floor Exercise Beam Bars All Around	Chelsea Preston Chelsea Preston Joley Beeler Chelsea Preston Chelsea Preston	Fargo South Fargo South Minot Fargo South Fargo South
<b>2008</b>	Vault Floor Exercise Beam Bars All Around	Brooklyn Bender Brittany Johnson Jennifer Bachamp Brogan Burwick Mackenzie Keidel	Minot Grand Forks Dickinson Dickinson Bismarck
<b>2009</b>	Vault Floor Exercise Beam Bars All Around	Brooklyn Bender Kelsey Dukart Brogan Burwick Alex Braaten Alex Braaten	Minot Dickinson Dickinson Grand Forks Grand Forks
<b>2010</b>	Vault Floor Exercise Beam Bars All Around	Brooklyn Bender Brooklyn Bender Faith Marty Kaylee Keller Brooklyn Bender	Minot Minot Fargo North Bismarck Minot
<b>2011</b>	Vault Floor Exercise Beam Bars All Around	Samantha Huether Acacia Fossum Acacia Fossum Jennifer Albers Acacia Fossum	Minot Dickinson Dickinson Bismarck Century Dickinson
<b>2012</b>	Vault Floor Exercise Beam Bars All Around	Mackenzie Keidel Acacia Fossum Kiara Bock Jennifer Albers Acacia Fossum	Bismarck Dickinson Fargo Davies Bismarck Century Dickinson
<b>2013</b>	Vault Floor Exercise Beam Bars All Around	Faith Marty Mikaela Kessel Faith Marty Jessica Gabriel Acacia Fossum	Fargo Dickinson Fargo Bismarck Century Dickinson
<b>2014</b>	Vault Floor Exercise Beam Bars All Around	Jessica Gabriel Acacia Fossum Kiara Bock Jessica Gabriel Kaylee Keller	Bismarck Century Dickinson Fargo Davies Bismarck Century Bismarck
<b>2015</b>	Vault Floor Exercise Beam Bars All Around	Madison Reiter Acacia Fossum Acacia Fossum Acacia Fossum Acacia Fossum	Minot Dickinson Dickinson Dickinson Dickinson
<b>2016</b>	Vault Floor Exercise Beam Bars All Around	Keana Kudrna Acacia Fossum Acacia Fossum Acacia Fossum Acacia Fossum	Dickinson Dickinson Dickinson Dickinson Dickinson
<b>2017</b>	Vault Floor Exercise Beam Bars All Around	Julia Red Wing Ayanna Fossum Rachel Schiele Julia Red Wing Julia Red Wing	Bismarck Dickinson Jamestown Bismarck Bismarck
<b>2018</b>	Vault Floor Exercise Beam Bars All Around	Julia Red Wing Ayanna Fossum Teghan Hoff Julia Red Wing Julia Red Wing	Bismarck Dickinson Dickinson Bismarck Bismarck
<b>2019</b>	Vault Floor Exercise Beam Bars All Around	Ayanna Fossum Ayanna Fossum Haley Nelson Rachel Schiele Ayanna Fossum	Dickinson Dickinson Jamestown Jamestown Dickinson
<b>2020</b>	Vault Floor Exercise Beam Bars All Around	Ayanna Fossum Ayanna Fossum Rachel Schiele Haley Nelson Ayanna Fossum	Dickinson Dickinson Jamestown Jamestown Dickinson
<b>2021</b>	Vault Floor Exercise Beam Bars All Around	Amy Fridley Amy Fridley Zoe Prince Amy Fridley Amy Fridley	Dickinson Dickinson Bismarck Legacy Dickinson Dickinson
<b>2022</b>	Vault Floor Exercise Beam Bars All Around	Amy Fridley Karina Olson Addison Fitterer Elizabeth Karsky Elizabeth Karsky	Dickinson Valley City Dickinson Dickinson Dickinson
<b>2023</b>	Vault Floor Exercise Beam Bars All Around	Elizabeth Karsky Reygan Strommen Karina Olson Aspen Roadarmel Karina Olson	Dickinson Dickinson Valley City Dickinson Valley City
<b>2024</b>	Vault Bars Beam Floor Exercise All Around	Elizabeth Karsky Elizabeth Karsky Teah Schulte Elizabeth Karsky Elizabeth Karsky Aspen Roadarmel	Dickinson Dickinson Century Dickinson Dickinson Dickinson
<b>2025</b>	Vault Bars Beam Floor Exercise All Around	Aspen Roadarmel Aspen Roadarmel Sophie Flores Julia Skari Aspen Roadarmel	Dickinson Dickinson Dickinson Jamestown 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	Elizabeth Karsky	Dickinson	2023
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	Aspen Roadarmel	Dickinson	2025
5	Amy Fridley	Dickinson	2022
5	Brooklyn Bender	Minot	2010
5	Kari Nolz	Bismarck	2003
5	Susie Schraufek	Fargo South	1979
4	Teri Ann Krefting	Minot	1998
4	Kathy Sullivan	Jamestown	1972
3	Rachel Schiele	Jamestown	2020
3	Karina Olson	Valley City	2023
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	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
<b>ALL AROUND</b>			
Acacia Fossum	Dickinson	5	2016
Kim Sveum	Minot	4	1994
Robin Huebner	Dickinson	3	1976
<b>VAULT</b>			
Kim Sveum	Minot	4	1994
Tracy Gunkelman	Fargo South	4	1974
Brooklyn Bender	Minot	3	2010
Heidi Goehring	Bismarck Century	3	1999
<b>BARS</b>			
Stacey Simle	Fargo South	5	1981
Kim Sveum	Minot	4	1994
Julie Visina	Minot Ryan	3	1985
<b>BEAM</b>			
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
<b>FLOOR EXERCISE</b>			
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	74	Fargo North	5
Fargo South	58	Valley City	3
Bismarck	39	West Fargo	2
Minot	36	Fargo	2
Century	33	Fargo Davies	2
Jamestown	19	Legacy	1
Grand Forks	7	Devils Lake	1
Minot Ryan	7	St. Mary's	1

# BISMARCK CENTURY

RACHEL JOHNSON KRUG COACH  
 SARAH FEIST ASSISTANT COACH  
 MARK MURDOCK ASSISTANT PRINCIPAL



NAME	GRADE
Bree Wilmes	12
EmmaLee Hoskins	12
Haley Nelson	11
Stella Dowhy	10
Molly Zeltinger	9
Ella Hice	9

NAME	GRADE
Edynn Ingold	9
Ruby Carlson	8
Everleigh Schmidt	7
Alison Vasbinder	7
Emmae Tanner	7
Kira Herman	7

# BISMARCK HIGH

RACHEL JOHNSON KRUG COACH  
 SARAH FEIST ASSISTANT COACH  
 LYNETTE JOHNSON ASSISTANT PRINCIPAL  
 RYAN JOHNSON ASSISTANT PRINCIPAL



NAME	GRADE
Gabriela Garcia	12
Kailey Belile	10

# BISMARCK LEGACY

RACHEL JOHNSON KRUG    COACH  
 SARAH FEIST            ASSISTANT COACH  
 RYAN RIEHL            ASSISTANT PRINCIPAL  
 TOM SCHMIDT          PRINCIPAL



NAME	GRADE
Madison Lamberth	12
Sophia Goldade	10
Bristol Schmidt	10

NAME	GRADE
Kinzy Roeder	8
Emersyn Berger	7

# DICKINSON

CASEY BERRY            COACH  
 DACIA RAMBOUSEK    ASSISTANT COACH  
 SYDNEY DOLYNIUK    ASSISTANT COACH



NAME	GRADE
Reygan Strommen	11
Aspen Roadarmel	12
Brooklyn Wariner	12
Megan Sitter	9
Sophie Flores	8

NAME	GRADE
Callie Golke	8
Kassidy Embry	7
Lily Pasicznyk	7
Charlotte Haapapuro	7
Mataliya Pagofie	7

# JAMESTOWN

BRE CARLSON  
MIA KAISER  
CASSIDY SOVA

COACH  
MANAGER  
MANAGER



NAME	GRADE
Sutton Van Gilder	12
Aubrey Krapp	12
McKenna Pettys	12
Hayden Jolyn Olson	12

NAME	GRADE
Baynx Kirschenmann	10
Brooklyn Perman	10
Keira Andersen	8
Gradee Van Gilder	8

# MANDAN

MCKENZIE SWALLOW  
JERICAH LOCKNER

COACH  
ASSISTANT COACH



NAME	GRADE
Taylor Arnegard	12
Haylee McGrane	12
Emily Friez	11

NAME	GRADE
Jaci Sauvageau	11
Camryn Gierke	11
Peyton Holje	11

# MINOT UNITED

CASSIE DAVIS

COACH



NAME	GRADE	NAME	GRADE
Keira Davis	12	Cadence Bagi	10
Pavyn Peterson	12	Ellie Altringer	8
Adylin Belnap	8	Gracyn Bergan	11
Alayna Newsome	8	Jade Fenner-Zaste	7
Alexis McLeod	11	Laikyn Halverson	11
Bailey McLeod	11	Macey Blake	11
		Lidia Chen	9

# NORTHWEST

TANYA HILL  
JASON HILL

COACH  
ASSISTANT COACH



NAME	GRADE
Presley Hill	12
Eilee Sumners	9
Cambre Faulkner	9
Myranda Damm	10

# BRECKENRIDGE WAHPETON

GRACE BRANDT

COACH



## NAME

Elise Skovholt  
Quincey Tschakert  
Mya Running Bear  
Alexis Vermillion  
Carlie Christenson  
Lily Rikimoto

## GRADE

11  
8  
8  
10  
7  
7

## NAME

Azelyn Pattangall  
Serenity Hehn  
Justice Christian  
Riley Lahr  
Hailey Kurowski

## GRADE

8  
7  
12  
9  
10

# 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
38.75	Heidi Goehring	Century	2000
38.717	Tiffany Tello	Bismarck	2002
38.7	Aspen Roadarmel	Dickinson	2024
38.7	Elizabeth Karsky	Dickinson	2024
38.667	Elizabeth Karsky	Dickinson	2022
38.667	Acacia Fossum	Dickinson	2015
38.667	Heidi Goehring	Century	1999
38.65	Aspen Roadarmel	Dickinson	2025
38.6	Julia Skari	Jamestown	2025
38.6	Andrea Albertson	Minot	1999
38.567	Jodi Schwehr	Century	1996
38.483	Tiffany Tello	Bismarck	2003
38.467	Jade Beattie	Bismarck	2002
38.417	Amy Fridley	Dickinson	2022
38.4	Amy Fridley	Dickinson	2021
38.4	Cassie Osborn	Fargo South	1989
38.4	Kim Sveum	Minot	1993
38.4	Kim Sveum	Minot	1994
38.333	Acacia Fossum	Dickinson	2013
38.317	Gina Lang	Bismarck	1998
38.31	Rachel Johnson	Bismarck	1986
38.3	Kari Nolz	Bismarck	2001
38.283	Acacia Fossum	Dickinson	2012
38.233	Reygan Strommen	Dickinson	2024
38.25	Abbey Thornton	Valley City	2022

SCORE	NAME	TEAM	YEAR
38.25	Julia Red Wing	Bismarck	2017
38.25	Acacia Fossum	Dickinson	2011
38.217	Mackenzie Keidel	Bismarck	2012
38.201	Marie Boyeff	Minot	1997
38.2	Lindsey Wong	Grand Forks	2004
38.2	Kaitlyn Towery	Minot	2004
38.2	Cassie Osborn	Fargo South	1990
38.2	Brooklyn Bender	Minot	2010
38.15	Ayanna Fossum	Dickinson	2017
38.15	Jade Beattie	Bismarck	2003
38.15	Chelsea Preston	Fargo South	2005
38.15	Kim Sveum	Minot	1992
38.117	Heidi Goehring	Century	1998
38.101	Tami Russell	Century	1988
38.09	Jodi Schwehr	Century	1995
38.083	Hannah Werchau	Minot	2016
38.067	Keana Kudrna	Dickinson	2016
38.067	Andrea Albertson	Minot	2000
38.05	Jessica Gabriel	Century	2013
38.05	Kaylee Keller	Bismarck	2013
38.033	Tiffany Tello	Bismarck	2001
38.02	Tami Russell	Century	1986
38.017	Karina Olson	Valley City	2023
38.017	Briana Jones	Grand Forks	2006
38	Haley Nelson	Jamestown	2022
38	Teri Ann Krefting	Minot	1996

## BEST ALL TIME SCORES - BARS

### (SINCE 1989)

SCORE	NAME	TEAM	YEAR
9.883	Andrea Albertson	Minot	1999
9.867	Andrea Albertson	Minot	2000
9.85	Kari Nolz	Bismarck	2001
9.833	Elizabeth Karsky	Dickinson	2024
9.833	Jade Beattie	Bismarck	2004
9.817	Gina Lang	Bismarck	1998
9.8	Jennifer Albers	Century	2012
9.8	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 1989)

SCORE	NAME	TEAM	YEAR
9.867	Heidi Goehring	Century	1999
9.867	Jodi Schwehr	Century	1996
9.85	Marie Boyeff	Minot	1997
9.8	Addison Fitterer	Dickinson	2022
9.8	Jade Beattie	Bismarck	2004
9.783	Sophie Flores	Dickinson	2025
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

## BEST ALL TIME SCORES - FLOOR

### (SINCE 1989)

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
9.817	Karina Olson	Valley City	2022
9.8	Keana Kudrna	Dickinson	2016
9.8	Acacia Fossum	Dickinson	2015
9.783	Madison Reiter	Minot	2015
9.783	Mackenzie Keidel	Bismarck	2012
9.783	Julia Skari	Jamestown	2025

## BEST ALL TIME SCORES - VAULT

### (SINCE 1989)

SCORE	NAME	TEAM	YEAR
9.95	Kim Sveum	Minot	1994
9.9	Elizabeth Karsky	Dickinson	2024
9.9	Keana Kudrna	Dickinson	2016
9.867	Acacia Fossum	Dickinson	2016
9.867	Mackenzie Keidel	Bismarck	2012
9.85	Aspen Roadarmel	Dickinson	2025
9.85	Heidi Goehring	Century	1999
9.833	Aspen Roadarmel	Dickinson	2024
9.833	Amy Fridley	Dickinson	2021
9.8	Amy Fridley	Dickinson	2022
9.8	Jessica Gabriel	Century	2014
9.8	Chelsea Preston	Fargo South	2005
9.8	Jade Beattie	Bismarck	2004
9.8	Tiffany Tello	Bismarck	2002

Group 1			
Rotation 1: Vault			
1	51	Presley Hill	NW
2	960	Molly Zeltinger	Century
3	416	Ma'Taliya Pagofie	Dickinson
4	8	Pavyn Peterson	Minot
5	214	Gaby Garcia	Bismarck
6	150	Brooklyn Waldie	Jamestown
7	411	Kassidy Embry	Dickinson
8	614	Sohpia Goldade	Legacy
9	403	Charlotte Haapapuro	Dickinson
10	404	Aspen Roadarmel	Dickinson
Rotation 2: Bars			
1	150	Brooklyn Waldie	Jamestown
2	51	Presley Hill	NW
3	214	Gaby Garcia	Bismarck
4	416	Ma'Taliya Pagofie	Dickinson
5	12	Alyana Newsome	Minot
6	403	Charlotte Haapapuro	Dickinson
7	404	Aspen Roadarmel	Dickinson
8	411	Kassidy Embry	Dickinson
9	8	Pavyn Peterson	Minot
10	614	Sophia Goldade	Legacy

Group 2			
Rotation 1: Bars			
1	610	Emmy Berger	Legacy
2	176	Keira Andrsen	Jamestown
3	18	Jade Fenner-Zaste	Minot
4	207	Kailey Belile	Bismarck
5	4	Laikyn Halverson	Minot
6	611	Madison Lamberth	Legacy
7	956	Bree Wilmes	Century
8	590	Taylor Arnegad	Mandan
9	185	Aubrey Krapp	Jamestown
10	952	Haley Nelson	Century
11	167	Sutton Van Gilder	Jamestown
Rotation 2: Beam			
	176	Keira Andrsen	Jamestown
	598	Cameryn Gierke	Mandan
	590	Taylor Arnegad	Mandan
	185	Aubrey Krapp	Jamestown
	956	Bree Wilmes	Century
	4	Laikyn Halverson	Minot
	207	Kailey Belile	Bismarck
	167	Sutton Van Gilder	Jamestown
	611	Madison Lamberth	Legacy
	952	Haley Nelson	Century

Group 3			
Rotation 1: Beam			
1	961	Hailey Keller	Century
2	178	Gradee Van Gilder	Jamestown
3	964	Emma Hoskins	Century
4	57	Eilee Sumners	NW
5	166	Hayden Olson	Jamestown
6	7	Alexis Mcleod	Minot
7	14	Gracyn Bergan	Minot
8	402	Sophie Flores	Dickinson
9	405	Reygan Strommen	Dickinson
Rotation 2: Floor			
1	14	Gracyn Bergan	Minot
2	405	Reygan Strommen	Dickinson
3	402	Sophie Flores	Dickinson
4	7	Alexis Mcleod	Minot
5	178	Gradee Van Gilder	Jamestown
6	166	Hayden Olson	Jamestown
7	414	Lily Pasicznyk	Dickinson
8	57	Eilee Sumners	NW
9	964	Emma Hoskins	Century

Group 4			
Rotation 1: Floor			
1	55	Cambre Faulkner	NW
2	10	Lidia Chen	Minot
3	595	Peyton Holje	Mandan
4	183	McKenna Pettys	Jamestown
5	554	Jacie Sauvageau	Mandan
6	417	Megan Sitter	Dickinson
7	272	Elise Skovholt	BW
8	157	Baynx Kirschenmann	Jamestown
9	11	Adylin Belnap	Minot
10	3	Keira Davis	Minot
11	550	Haylee McGrane	Mandan
Rotation 2: Vault			
1	183	McKenna Pettys	Jamestown
2	577	Emily Friez	Mandan
3	417	Megan Sitter	Dickinson
4	550	Haylee McGrane	Mandan
5	157	Baynx Kirschenmann	Jamestown
6	272	Elise Skovholt	BW
7	3	Keira Davis	Minot
8	11	Adylin Belnap	Minot
9	554	Jacie Sauvageau	Mandan

Group 1			
Rotation 3: Beam			
1	214	Gaby Garcia	Bismarck
2	404	Aspen Roadarmel	Dickinson
3	411	Kassidy Embry	Dickinson
4	51	Presley Hill	NW
5	8	Pavyn Peterson	Minot
6	614	Sophia Goldade	Legacy
7	150	Brooklyn Waldie	Jamestown
8	54	Myranda Damm	NW
9	960	Molly Zeltinger	Century
10	403	Charlotte Haapapuro	Dickinson
Rotation 4: Floor			
1	614	Sophia Goldade	Legacy
2	150	Brooklyn Waldie	Jamestown
3	214	Gaby Garcia	Bismarck
4	415	Nia Sandoval	Dickinson
5	411	Kassidy Embry	Dickinson
6	404	Aspen Roadarmel	Dickinson
7	8	Pavyn Peterson	Minot
8	960	Molly Zeltinger	Century
9	51	Presley Hill	NW
10	416	Ma'Taliya Pagofie	Dickinson
11	403	Charlotte Haapapuro	Dickinson

Group 2			
Rotation 3: Floor			
1	4	Laikyn Halverson	Minot
2	207	Kailey Belile	Bismarck
3	185	Aubrey Krapp	Jamestown
4	167	Sutton Van Gilder	Jamestown
5	956	Bree Wilmes	Century
6	952	Haley Nelson	Century
7	598	Cameryn Gierke	Mandan
8	176	Keira Andrsen	Jamestown
9	590	Taylor Arnegad	Mandan
Rotation 4: Vault			
1	167	Sutton Van Gilder	Jamestown
2	962	Kira Herman	Century
3	952	Haley Nelson	Century
4	610	Emmy Berger	Legacy
5	956	Bree Wilmes	Century
6	611	Madison Lamberth	Legacy
7	590	Taylor Arnegad	Mandan
8	207	Kailey Belile	Bismarck
9	4	Laikyn Halverson	Minot
10	176	Keira Andrsen	Jamestown
11	598	Cameryn Gierke	Mandan

Group 3			
Rotation 3: Vault			
1	166	Hayden Olson	Jamestown
2	402	Sophie Flores	Dickinson
3	951	Ella Hice	Century
4	414	Lily Pasicznyk	Dickinson
5	14	Gracyn bergan	Minot
6	964	Emma Hoskins	Century
7	57	Eilee Sumners	NW
8	405	Reygan Strommen	Dickinson
9	178	Gradee Van Gilder	Jamestown
10	7	Alexis Mcleod	Minot
Rotation 4: Bars			
1	57	Eilee Sumners	NW
2	409	Brooklyn Wariner	Dickinson
3	951	Ella Hice	Century
4	414	Lily Pasicznyk	Dickinson
5	405	Reygan Strommen	Dickinson
6	964	Emma Hoskins	Century
7	402	Sophie Flores	Dickinson
8	178	Gradee Van Gilder	Jamestown
9	166	Hayden Olson	Jamestown
10	7	Alexis Mcleod	Minot
11	14	Gracyn Bergan	Minot

Group 4			
Rotation 3: Bars			
1	550	Haylee McGrane	Mandan
2	157	Baynx Kirschenmann	Jamestown
3	554	Jacie Sauvageau	Mandan
4	55	Cambre Faulkner	NW
5	3	Keira Davis	Minot
6	11	Adylin Belnap	Minot
7	183	McKenna Pettys	Jamestown
8	272	Elise Skovholt	BW
9	417	Megan Sitter	Dickinson
Rotation 4: Beam			
1	554	Jacie Sauvageau	Mandan
2	55	Cambre Faulkner	NW
3	183	McKenna Pettys	Jamestown
4	10	Lidia Chen	Minot
5	550	Haylee McGrane	Mandan
6	595	Peyton Holje	Mandan
7	272	Elise Skovholt	BW
8	3	Keira Davis	Minot
9	157	Baynx Kirschenmann	Jamestown
10	11	Adylin Belnap	Minot
11	417	Megan Sitter	Dickinson

**PREMIERE PARTNER OF THE NDHSAA**



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**I N S U R A N C E**

# Investing In North Dakota's Future

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

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