

# 2007 NEBRASKA WOMEN'S GYMNASTICS MEDIA GUIDE

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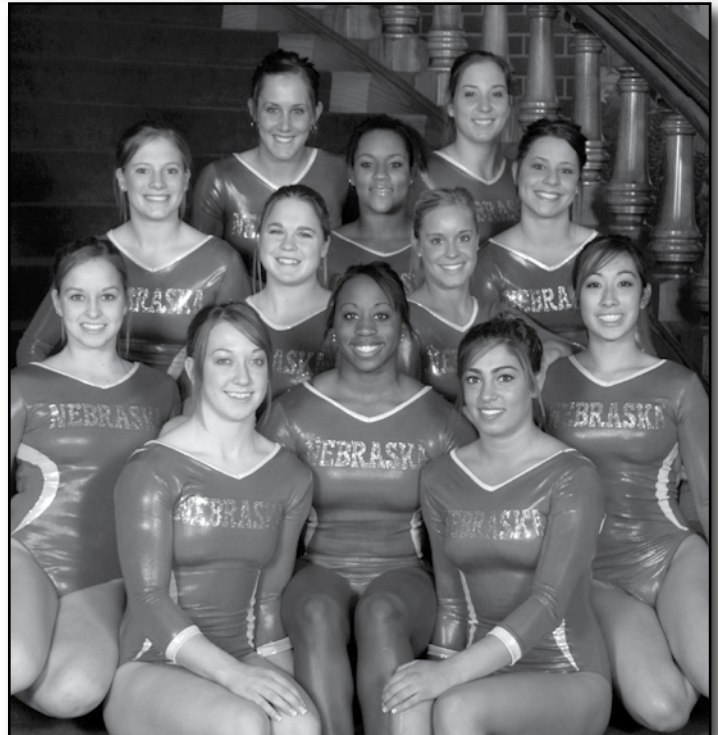
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## Husker Quick Facts

Location .....	Lincoln, Neb.
Population .....	235,594
Founded .....	1869
Enrollment .....	22,000
Colors .....	Scarlet and Cream
Nickname .....	Cornhuskers, Huskers
Conference .....	Big 12
Home Facility .....	Bob Devaney Sports Center (13,595)
Head Coach .....	Dan Kendig, 14th Year (Kentucky, 1979)
Record at Nebraska .....	311-115-4 (13 years)
Career Record .....	424-228-4 (23 years)
Office Phone .....	(402) 472-3808
Office Address .....	315 Mabel Lee Hall - Lincoln, NE 68588-0648
Associate Head Coach.....	Danna Durante (Fifth Year)
Assistant Coach .....	Tim Garrison (First Year)
Media Relations Contact .....	Bonnie Ryan
Office Phone.....	(402) 472-2263
Ryan's E-Mail .....	bryan@huskers.com
Media Relations Fax .....	(402) 472-2005
Web Site.....	Huskers.com
2006 Record .....	26-11-1
2006 Big 12 Conference Finish .....	Second (196.275)
2006 Southeast Regional Finish .....	Second (196.35)
2006 NCAA Finish .....	Fifth (196.175)
All-Americans Returning.....	7
All-Americans Lost .....	0
Letterwinners Returning/Lost.....	10/1
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## Media & Recruiting Guide Credits

The 2007 Nebraska Women's Gymnastics Media and Recruiting Guide was written and designed by Bonnie Ryan of the Nebraska Media Relations Office, with design assistance from Dustin Tomes and editorial assistance from Director Keith Mann, Director of Operations Jeff Griesch, Assistant Director Shamus McKnight, Administrative Assistant Vicki Cartwright and the Women's Gymnastics Office. The guide was produced entirely on Adobe InDesign CS2 and printed at University of Nebraska Printing Services. Photo credits go to Athletic Department Photographer Scott Bruhn and UNL Photo Services. Cover design by Megan McLaughlin.

The cost of the 2007 Nebraska Women's Gymnastics Media and Recruiting Guide is \$4.67 plus \$0.33 tax.

## Information

Location: Lincoln, Neb.  
Population: 235,594  
Founded: 1869  
Enrollment: 22,000  
Arena: Bob Devaney Sports Center  
Capacity: 13,595  
Nickname: Cornhuskers, Huskers  
Colors: Scarlet and Cream  
Conference: Big 12  
Chancellor: Harvey Perlman, J.D.  
Institutional Rep.: Josephine Potuto, J.D.  
Athletic Director: Steve Pederson  
Office Phone: (402) 472-3011  
Head Coach: Dan Kendig  
315 Mabel Lee Hall  
Lincoln, Neb., 68588-0648  
Office Phone: (402) 472-3808  
Associate Head Coach: Danna Durante  
Office Phone: (402) 472-8808  
Assistant Coach: Tim Garrison  
Office Phone: (402) 472-7808  
Media Relations Director: Keith Mann  
One Memorial Stadium  
P.O. Box 880123  
Lincoln, Neb., 68588-0123  
Office Phone: (402) 472-2263  
Gymnastics Contact: Bonnie Ryan  
Office Phone: (402) 472-2263  
Fax: (402) 472-2005

## Administration

President  
James B. Milliken, J.D.

## Board of Regents

Don S. Blank, D.D.S., McCook  
Randy Ferlic, M.D., Omaha  
Chuck Hassebrook, Walthill  
Howard Hawks, Omaha  
Jim McClurg, Ph.D., Lincoln  
Drew Miller, Ph.D., Papillion  
Bob Phares, North Platte  
Kent Schroeder, J.D., Kearney  
Charles S. Wilson, M.D., Lincoln

## Student Regents

Matt Schaefer, Nebraska-Lincoln  
Steve Massara, Nebraska-Omaha  
Mike Eiberger, Nebraska-Kearney  
Dan Connealy, Nebraska-Medical Center

The mission of the University of Nebraska Athletic Department remains...Dedicated to Excellence...but with a renewed sense of urgency, enthusiasm, pride, teamwork, professionalism and integrity.

The University of Nebraska-Lincoln does not discriminate based on gender, age, disability, race, color, religion, marital status, veteran's status, national or ethnic origin or sexual orientation.

**NEBRASKA**  
TRADITION | TEAMWORK | INTEGRITY

# ATHLETIC DEPARTMENT DIRECTORY

## University Administration

President: James B. Milliken, J.D. .... 472-2111  
Chancellor: Harvey Perlman, J.D. .... 472-2116  
Institutional Representative: Josephine Potuto, J.D. .... 472-1252

## Athletic Administration

Athletic Director: Steve Pederson ..... 472-3011  
Executive Associate Athletic Director: Marc Boehm ..... 472-3011  
Senior Associate Athletic Director: Bob Burton ..... 472-5663  
Associate AD/Communications: Chris Anderson ..... 472-7771  
Associate AD/Football: Tim Cassidy ..... 472-3116  
Associate AD/Chief Financial Officer: Nancy Kenny ..... 472-2273  
Associate AD/Academic Programs and Student Services: Dennis Leblanc ..... 472-2042  
Associate AD/Marketing: Paul Miles ..... 472-3311  
Associate AD/Athletic Development: Paul Meyers ..... 472-2367  
Associate AD/Senior Woman Administrator: Rhonda Revelle ..... 472-6465  
Assistant AD/Events: Butch Hug ..... 472-1950  
Assistant AD/Compliance: Gary Bargaen ..... 472-7702  
Assistant AD/Student Life: Keith Zimmer ..... 472-2042  
Assistant AD/Administration: Pat Logsdon ..... 472-3011  
Assistant AD/Development and Ticketing: Diane Mendenhall ..... 472-2367  
Assistant AD/Facilities: John Ingram ..... 472-1000

## Gymnastics Staff

Head Coach: Dan Kendig ..... 472-3808  
Associate Head Coach: Danna Durante ..... 472-8808  
Assistant Coach: Tim Garrison ..... 472-7808  
Gymnastics Office Secretary: Dianne Streeks ..... 472-3186  
HuskerVision Production: Katie Brutlag, Christine Ellenbolt ..... 472-4645

## Media Relations Staff

Media Relations Director: Keith Mann ..... 472-2263  
Media Relations Director of Operations: Jeff Griesch ..... 472-2263  
Assistant Media Relations Directors: Shamus McKnight, Jerry Trickie ..... 472-2263  
Administrative Assistant: Vicki Cartwright ..... 472-2263  
Athletic Department Photographer: Scott Bruhn ..... 472-2263  
Design Coordinator: Megan McLaughlin ..... 472-2263  
Graduate Interns: Matt Smith, Andy Anderson ..... 472-2263  
Graduate Assistant: Sarah Sherman ..... 472-2263  
Gymnastics Contact: Bonnie Ryan ..... 472-2263  
Student Assistants: Christen Boeckel, Tyler DeBoer, Brandon Gries, Kelli Kremlacek, Nate Rohr, Jess Schwager ..... 472-2263  
Media Relations Fax ..... 472-2005

## Athletic Medicine

Director of Athletic Medicine: Dr. Lonnie Albers ..... 472-2276  
Chief of Staff/Orthopaedic Surgeon: Dr. Pat Clare ..... 472-2276  
Orthopaedists: Dr. Reed Bartz, Dr. Scott Strasburger ..... 472-2276  
Head Athletic Trainer/Physical Therapist: Jerry Weber, RPT ..... 472-2276  
Head Football Trainer: Doak Ostergard ..... 472-2276  
Assistant Trainers: Brad Brown, Derek Clark, Tom Dufresne, Jolene Emricson, Staci Reynolds, Lisa Gzeskowiak ..... 472-2276  
Gymnastics Trainer: Tom Dufresne ..... 472-1499  
Gymnastics Student Trainers: Kacie Meyers, Emily Whitten ..... 472-2276  
Coordinator of Performance Nutrition: James Harris ..... 472-4618

## Academic Programs and Student Services

Associate Athletic Director/Academic Programs and Student Services: Dennis Leblanc ..... 472-2042  
Assistant Athletic Director for Student Life: Keith Zimmer ..... 472-2042  
Women's Gymnastics Academic Counselor: Katie Jewell ..... 472-2042  
Academic Counselors: Alvin Banks, Sheri Hastings, Kim Schellpeper, Will Sheppard ..... 472-2042

## Athletic Performance Team

Head Strength Coach: Dave Kennedy ..... 472-3333  
Bob Devaney Sports Center Strength Coach: Rusty Ruffcorn ..... 472-3333  
Head Strength Coach for Baseball: Mike Arthur ..... 472-3333  
Assistant Strength Coaches: Dave Langworthy, Jason Mester, Laura Pilakowski, Chad Wade ..... 472-3333

# COMPLIANCE GUIDELINES FOR NU BOOSTERS

The University of Nebraska Athletic Department takes great pride in abiding by the National Collegiate Athletic Association (NCAA) and the Big 12 Conference rules and guidelines that govern Division I competition. For the benefit of the many alumni, fans and booster club members who are so active in supporting and assisting the Huskers throughout the year, we would like to remind everyone of a few definitions and rules that apply to all athletic representatives and boosters.

## NCAA Principles

### Institutional Control

It is the responsibility of the University of Nebraska to control its intercollegiate athletic program in compliance with the rules and regulations of the NCAA.

### Responsibility

The University of Nebraska's responsibility for the conduct of its program includes responsibility for the actions of its staff members and for the actions of any other individual, booster or organization engaged in activities promoting the athletic interests of the institution.

### Compliance

The University of Nebraska must monitor its program to assure compliance and to identify and report to the NCAA instances in which compliance has not been achieved. An institution found to have violated NCAA rules is subject to disciplinary and corrective actions as determined by the NCAA.

## NCAA Definitions

### Athletic Representative/Booster

You are considered to be a University of Nebraska athletic representative if you:

- Are a present or past member of a University of Nebraska booster club or agency that promotes the Huskers' intercollegiate athletic program;
- Have made financial contributions to the athletic department or to an athletic booster organization of the University of Nebraska;
- Are, or have been, providing benefits (e.g., summer jobs, meals etc.) to enrolled student-athletes, their family members or friends;
- Are, or have been, involved in any manner of promoting the University of Nebraska intercollegiate athletic program.

Please note: Once an individual is identified as an athletic representative, that person retains that identity indefinitely. The University of Nebraska is ultimately responsible for the acts of all "representatives of athletic interests" in relation to NCAA rules and regulations.

### Prospective Student-Athlete

A prospective student-athlete is a student who has started classes for the ninth grade or above, including students in prep schools and junior colleges, as well as students who have officially withdrawn from a four-year institution and plan to transfer to another institution. In addition, a student who has not started classes for the ninth grade becomes a prospective student-athlete if the institution or a booster provides the individual or the individual's relatives or friends with any financial assistance or benefits that the institution does not provide to prospective students in general. A good rule of thumb is to treat ALL STUDENTS as prospects.

### Student-Athlete

A student-athlete is a student whose enrollment was solicited by a member of the athletic staff or other representative of athletic interests with a view toward the student's ultimate participation in the intercollegiate athletic program.

### Contact

A contact is any face-to-face encounter between a prospect, or the prospect's parent or legal guardian, and an institutional staff member or athletic representative during which any dialogue occurs.

### Recruiting

Recruiting is any solicitation of a prospect or a prospect's family member (or guardian) by an institutional staff member or by an athletic representative of the institution, for the purpose of securing the prospect's enrollment and ultimate participation in the institution's intercollegiate athletic program.

## Guidelines and Reminders for Boosters

- A booster may not contact the prospect, prospect's coach, principal or counselor in an attempt to evaluate or recruit the prospect.
- A booster may not expend funds to entertain or provide transportation for prospective student-athlete, family members or friends.
- A booster may not become directly or indirectly involved in making arrangements for a prospect, or the prospect's relative or friends to receive money or financial aid of any kind.
- A booster may not contact a prospective student-athlete through letter writing, telephone calling or other forms of communication.

However, here are a few ways that a Husker booster may be involved:

- Do discuss summer employment opportunities with a prospect after he/she has signed a National

Letter of Intent with the University of Nebraska.

- Do attend high school athletic events without contacting prospective student-athletes.
- Do continue existing friendships with families and friends of prospective student-athletes.
- Do send recommendation letters, newspaper clippings or similar information about prospective student-athletes to Husker coaches.

## Extra Benefits Guidelines for Boosters

### Extra Benefit

An extra benefit is any special arrangement by an institutional employee or an athletic representative to provide a student-athlete or the student-athlete's relative or friend a benefit not expressly authorized by NCAA legislation.

Boosters may not provide any special arrangement considered to be an extra benefit by NCAA definition. Examples of extra benefits include but are not limited to:

- Providing cash or loans of any amount;
- Signing or co-signing for a loan or other forms of financial assistance;
- Providing the use of a telephone to make local or long distance calls;
- Transporting a student-athlete or providing the use of a vehicle;
- Providing free or reduced rent housing;
- Giving gifts of any kind (i.e. birthday, Christmas, Valentine's Day);
- Promising a student-athlete post-graduate education or employment;
- Offering free services (i.e. clothing, airline tickets, laundry, car repair, haircuts, restaurant meals);
- Providing payment to a student-athlete for a booster club speaking engagement;
- Providing employment for relatives or friends.

However, here are a few ways that a Husker booster may help:

- Do invite a student-athlete to participate in non-profit, charitable or educational events.
- Do invite a student-athlete into your home for an occasional meal.
- Do contact the NU Athletic Compliance Office for approval prior to a student-athlete engaging in outside speaking or promotional activities.
- Do pay a student-athlete the commensurate rate for actual and legitimate employment.

For further information regarding NCAA Guidelines for Athletic Representatives, please contact the Athletic Compliance Office at 402-472-2042 or 1-800-927-7220. Inquiries may also be mailed to the Athletic Compliance Office at One Memorial Stadium, P.O. Box 880219, Lincoln, NE 68588-0219



# MEDIA SERVICES AND INFORMATION

The 2007 Nebraska Women's Gymnastics Media Guide is designed to assist the media in its coverage of Husker gymnastics. Additional information, including releases and photographs, may be obtained by contacting the Media Relations Office at (402) 472-2263. Please take a moment to review the following policies and services that are intended to assist you in your coverage of Husker gymnastics this season. Thank you for your continued interest in collegiate gymnastics.

## Media Parking

Parking for the media is located adjacent to the Bob Devaney Sports Center on the south side. The south street lot is accessible from Court Street from 17th Street.

## Devaney Center Directions

The Bob Devaney Sports Center is located on the west edge of the Nebraska State Fairgrounds. To reach it from the Lincoln Municipal Airport, turn right on Northwest 12th Street as you drive out of the airport. Northwest 12th Street becomes Cornhusker Highway, which intersects with 14th Street. Exit south on 14th Street off Cornhusker Highway. Travel to Military Avenue and turn left. Continue a half mile and enter State Fair Park. Take the first right turn before the Devaney Center and follow the access road to Lot 4 on the South Side of the arena. From Omaha's Eppley Airfield, follow the signs to downtown Omaha and I-480. Take I-480 west to I-80, then take I-80 west approximately 60 miles to I-180. Exit south on I-180, then exit east to Cornhusker Highway and follow the instructions above.

## Student-Athlete Interviews

All media requests for interviews with Nebraska gymnasts should be directed to Bonnie Ryan at least one day in advance. Gymnasts are usually available for telephone interviews early afternoons and evenings. The best time for in-season interviews is after practice at the Mabel Lee Hall practice gym. With advance notice, interviews can be arranged for other hours.

## Coach Dan Kendig/Gymnastics Staff Interview Time

The best time to reach Coach Dan Kendig and the Nebraska gymnastics staff for an interview is weekdays from 1 to 2 p.m. or on Wednesday afternoons from 1 to 6 p.m., central time. Interviews with Coach Kendig should be coordinated through Bonnie Ryan in the Media Relations Office at (402) 472-2263. Coach Kendig's office telephone number is (402) 472-3808.

## Post-Meet Interviews

Nebraska gymnasts and coaches are generally available on the gym floor immediately following the presentation of team and individual event awards.

## Press Row Location

Press row for most Nebraska gymnastics meets is located on the south sideline of the gym floor.

## Press Room

The Devaney Center press room is located off the hallway at the southeast corner of the arena. The press room opens one hour before each meet.

## Media Services

Meet notes and media guides will be provided before each meet. Final results will be available following each meet in the press room. Starting one hour before each meet, refreshments and a light meal will be served for members of the working press in the courtside room. A Media Relations representative will be in the working media room on the south side of the Devaney Center until all writers have filed.

## Telephone/Internet Access

Nebraska provides telephones, ethernet lines and a wireless connection in the Bob Devaney Sports Center Working Media Room. All long distance calls must be credit card, collect or billed to a third number.

## Photographers

All working photographers in the Bob Devaney Sports Center must display their working credentials. No flash or strobe photography is allowed.

## Media Relations Office

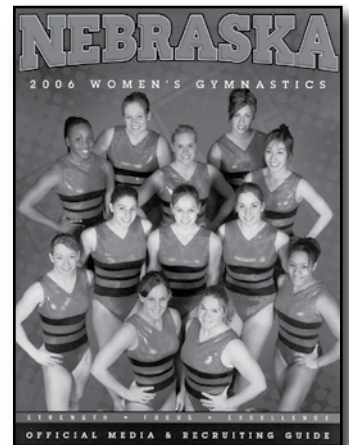
The University of Nebraska Media Relations Office is located in The Tom and Nancy Osborne Athletic Complex, which is at the north end of Memorial Stadium. The Osborne Complex is approximately one mile from the Devaney Center. Address: Nebraska Media Relations Office, One Memorial Stadium, P.O. Box 880123, Lincoln, NE, 68588-0123. Phone: (402) 472-2263.

## Fax Access

The Nebraska Media Relations Office has an automatic facsimile machine which can transmit or receive documents. The phone number for the fax is (402) 472-2005. A facsimile machine is available in the Bob Devaney Sports Center following the meet, and Media Relations office personnel will send results free of charge as time permits.

## Publications

The Nebraska Media Relations office produces media and recruiting guides for 23 varsity sports and earned 20 national awards from the College Sports Information Directors of America last year. The 2006 women's gymnastics media guide produced by Bonnie Ryan and the Media Relations Office was named "Best in the Nation" by CoSIDA.



# MEDIA OUTLETS

## Newspapers

	Address
Associated Press	909 N. 9th St., Suite 104, Omaha, NE, 68114
Lincoln Journal Star	926 P St., Lincoln, NE, 68508
Omaha World-Herald	14th and Dodge St., Omaha, NE, 68102
	635 S. 14th St., Suite 310, Lincoln, NE, 68501
Daily Nebraskan	34 Nebraska Union, Lincoln, NE, 68588

## Television Stations

KLKN (ABC, Ch.8)	3240 S. 10th St., Lincoln, NE, 68502
KOLN (CBS, Ch. 10/11)	40th and W, Lincoln, NE, 68503
KMTV (CBS, Ch. 3)	10714 Mockingbird, Omaha, NE, 68127
KETV (ABC, Ch. 7)	27th and Douglas, Omaha, NE, 68131
WOWT (NBC, Ch. 6)	3501 Farnam, Omaha, NE, 68131
KPTM (FOX, Ch. 42)	4625 Farnam, Omaha, NE, 68132
NET Sports (PBS, Ch. 12)	1800 N. 33rd St., Lincoln, NE, 68503

## Radio Stations

KLIN (1400 AM)	4343 O St., Lincoln, NE, 68510
KFAB (1110 AM)	5010 Underwood, Omaha, NE, 68132
KFOR (1240 AM)	6900 Van Dorn, Suite 11, Lincoln, NE, 68506
ESPN (1480 AM)	6900 Van Dorn, Suite 11, Lincoln, NE, 68506
KRNU (90.3 FM)	201 Andersen Hall, Lincoln, NE, 68588

## Phone

(402) 391-0031
(402) 473-7431
(402) 444-1000
(402) 473-9587
(402) 472-1765

## Fax

(402) 391-1412
(402) 473-7291
(402) 334-3343
(402) 472-1761

## Contact

Eric Olson
Lori Griffin
Mitch Sherman
Brad Potthoff

(402) 436-2251
(402) 467-9270
(402) 592-4330
(402) 978-8958
(402) 233-7940
(402) 554-4286
(402) 472-3611

(402) 436-2236
(402) 467-9208
(402) 592-4714
(402) 978-8931
(402) 346-6740
(402) 554-4292
(402) 472-1785

Jon Wofford
Kyle Delia
Travis Justice
Jon Schuetz
Dave Webber
J.J. Davis
Jim Carmichael

(402) 475-4567
(402) 556-5060
(402) 466-1234
(402) 483-5100
(402) 472-9030

(402) 474-8011
(402) 556-8937
(402) 467-4095
(402) 483-4095
(402) 472-8403

John Bishop
Jim Rose
Chuck Stevens
Seth Harp
Rick Alloway

# THE BIG 12 CONFERENCE

Fresh off its 10th anniversary season, the Big 12 Conference begins its second decade of competition in 2006-07. While there have been many proud accomplishments through the first 10 years, the conference and its members anticipate continued success.

Through its first 10 years, the Big 12 claimed 28 team and 310 individual NCAA titles. During the 2005-06 past season, conference programs captured national championships in football (Texas), women's indoor track & field (Texas), wrestling (Oklahoma State) and men's golf (Oklahoma State). In addition, 12 individual event titles were also won by student-athletes that compete in the Big 12.

The Big 12 leads all conferences with five appearances in the BCS National Championship game. A Big 12 team has played for the football national championship five of the last six years, and each of the last three. In basketball, an unprecedented eight men's and women's basketball teams have advanced to their respective Final Fours in the past five seasons as the Big 12 continues its place among the elite intercollegiate athletic conferences.

The 2005-06 campaign marked another successful season for Nebraska. The Huskers captured the Big 12 volleyball crown for the eighth time, while the baseball team and the men's and women's track and field programs added four runner-up finishes. Nebraska was academically impressive as well, posting a Big 12-leading 11 CoSIDA Academic All-America awards and a total of 126 Academic All-Big 12 selections across all sports.

The Big 12 and its member institutions are committed to a competitive environment where sportsmanship and fair play take center stage. Whether on the field, in the classroom, or within the community the student-athletes, administrators, coaches and game officials of the Big 12 support the highest ideals in sportsmanship.

Competitive excellence, scholarship and sportsmanship are all equal components of the Big 12's philosophy. All-Big 12 teams and All-Big 12 academic squads are recognized for each sport at the end of their respective seasons.

At the end of each academic year, the conference honors its top male and female student-athletes with the Big 12 Athlete-of-the-Year and Big 12 Sportsman-of-the-Year awards.

Institutions can also nominate student-athletes for the prestigious Dr. Prentice Gautt Postgraduate Scholarships at the end of each academic year. A total of 153 scholars have received more than \$845,000 in postgraduate financial aid through the first nine years of the program.

The Big 12 sponsors 21 sports. Men's squads include baseball, basketball, cross country, football, golf, indoor track & field, outdoor track & field, swimming & diving, tennis and wrestling. Women's teams are fielded in basketball, cross country, golf, gymnastics, indoor track & field, outdoor track & field, soccer, softball, swimming, tennis and volleyball.

The conference is made up of 12 institutions that have shared many traditional rivalries throughout their histories. Member schools include - Baylor, Colorado, Iowa State, Kansas, Kansas State, Missouri, Nebraska, Oklahoma, Oklahoma State, Texas, Texas A&M and Texas Tech.

The institutions create a league that encompasses seven states, over 42 million people and more than 18 million television households within its geographic footprint.

The conference conducts championships for 20 of its 21 sports. Each championship helps to determine teams and/or individuals that will represent the conference in national postseason competition. The winner of the Big 12 football championship game earns the league's berth into the prestigious Bowl Championship Series.

The Big 12 is under the direction of its third commissioner, Kevin L. Weiberg, who took over the reins in December 1998. Weiberg has led the Big 12 into additional football bowl agreements and expanded television opportunities for all sports through contracts with ABC/ESPN, FSN, TBS and CSTV.

In its 10-year history, the conference has distributed \$807.2 million to its 12 member institutions.

The Big 12 staff administers to over 4,600 student-athletes in 21 sports. The conference headquarters moved to Irving, Texas, from Dallas in August 2006.



**Kevin Weiberg**  
Commissioner



## Big 12 Staff Directory

Commissioner .....	Kevin Weiberg
Senior Associate Commissioner/Chief Operating Officer .....	Dan Bebee
Associate Commissioner .....	Tim Allen
Associate Commissioner/Women's Basketball & Championships .....	Dru Hancock
Associate Commissioner/Men's Basketball & Game Management .....	John Underwood
Chief Financial Officer .....	Steve Pace
Assistant Commissioner/Governance & Compliance .....	Lori Ebihara
Assistant Commissioner/Events & Human Resources .....	Brad Clements
Assistant Commissioner/Championships .....	Dayne Scherf
Assistant Commissioner/Football & Student Services .....	Ed Stewart
Director of Football Championships .....	Donnie Duncan
Director of Compliance .....	Mary Ellen Enigk
Director of Marketing .....	Maark Keith
Assistant Director of Video Services .....	Sean Hollister
Coordinator of Women's Basketball Officials .....	Becky Marshall
Coordinator of Men's Basketball Officials .....	Dale Kelley
Coordinator of Football Officials .....	Walt Anderson
Executive Assistant to the Commissioner .....	Melanie Ellis
Administrative Assistant .....	Regina Everett
Administrative Assistant .....	Tracy Hunt
Administrative Assistant .....	Valerie Rocha
Administrative Assistant .....	Michelle Peterson
Administrative Intern .....	Matt Baty
Assistant for Championships .....	Amy Bradford

## Media Relations Staff

Assistant Commissioner/Communications .....	Bob Burda
Director of Communications .....	Rob Carolla
Associate Director of Communications (Women's Gymnastics) .....	Joni James
Assistant Director of Communications .....	Carmen Branch
Will Hancock Communications Intern .....	Katie Davis

**Big 12 Conference**  
400 East John Carpenter Freeway, Irving, TX 75062  
Phone: (469) 524-1000 Fax: (469) 524-1045  
[www.big12sports.com](http://www.big12sports.com)

## Future Big 12 Gymnastics Championships Sites

Season .....	Venue .....	Host School .....
2007 .....	Hearnes Center (Columbia, Mo.) .....	Missouri
2008 .....	Hilton Coliseum (Ames, Iowa) .....	Iowa State

# NEBRASKA GYMNASTICS ROSTER

Name	Height	Year	Events	Hometown (High School/Other School)	Club
Stephanie Carter	5-2	Sr.	All-Around	Bryn Athyn, Pa. (Academy of the New Church/Georgia Tech)	Ricochets Gymnastics
Kylee Johnson	5-4	So.	All-Around	Lincoln, Neb. (Northeast)	Nebraska School of Gymnastics
Sabrina Long	5-3	So.	All-Around	Tulsa, Okla. (American Academy of Homeschooling)	Krafft Academy of Gymnastics
Vanessa Meloche	5-4	So.	UB/BB	Montreal, Quebec (Northview Heights Secondary)	Sport Seneca
Emily Parsons	5-2	Jr.	All-Around	St. Charles, Mo. (Academy Northwest)	GymQuarters Gymnastics
Molly Ohnoutka	5-3	Fr.	All-Around	Omaha, Neb. (Millard North)	Nebraska Gold Gymnastics
Maria Scaffidi	5-0	Fr.	All-Around	Sussex, Wis. (Arrowhead)	LaFleur's Gymnastics
Desiré Sniatynski	5-5	Jr.	All-Around	Kenosha, Wis. (Bradford)	Scamps Gymnastics
Kylie Stone	5-3	So.	All-Around	Calgary, Alberta (National Sport School)	Stampede City Gymnastics Club
Brittney Williams	5-4	Jr.	All-Around	Hatboro, Pa. (Upper Moreland)	Ricochets Gymnastics
Tricia Woo	5-0	So.	V/BB/FX	Milpitas, Calif. (Milpitas)	West Valley Gymnastics
Michele Zabawa	5-1	Sr.	All-Around	Omaha, Neb. (Skutt Catholic)	Nebraska Gold Gymnastics

## Husker Tidbits

### Pronunciations

DANNA Durante	DAN-a
	dur-ran-TEE
Vanessa MELOCHE	muh-LO-sh
Desiré SNIATYNSKI	DEH-zur-ay
	SNY-tin-skee
Michele ZABAWA	Za-BOW-wa

### Huskers By Class

Seniors	2
(Carter, Zabawa)	
Juniors	3
(Parsons, Sniatynski, Williams)	
Sophomores	5
(Johnson, Long, Meloche, Stone, Woo)	
Freshmen	2
(Ohnoutka, Scaffidi)	

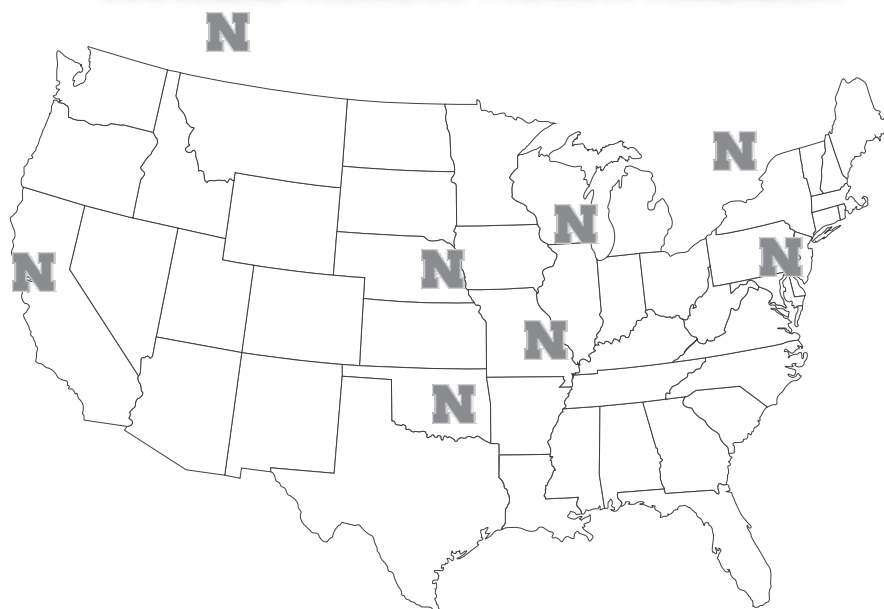
### Birthdays

Stephanie Carter	Oct. 17
Danna Durante	June 8
Kylee Johnson	Dec. 17
Dan Kendig	Oct. 18
Sabrina Long	Nov. 28
Vanessa Meloche	July 16
Molly Ohnoutka	March 6
Emily Parsons	Jan. 13
Maria Scaffidi	April 6
Desiré Sniatynski	Dec. 11
Kylie Stone	May 16
Brittney Williams	Aug. 9
Tricia Woo	March 11
Michele Zabawa	April 15

### Academic Majors

Stephanie Carter	Business Administration
Kylee Johnson	Psychology
Sabrina Long	General Studies
Vanessa Meloche	Nutr./Fit/Health Promotions
Molly Ohnoutka	General Studies
Emily Parsons	Broadcasting
Maria Scaffidi	Business Administration
Desiré Sniatynski	Psychology
Kylie Stone	General Studies
Brittney Williams	Psychology
Tricia Woo	Biological Sciences
Michele Zabawa	Elementary Education

## HUSKERS ACROSS NORTH AMERICA



### Alberta, Canada

Kylie Stone (Calgary)

### California

Tricia Woo (Milpitas)

### Missouri

Emily Parsons (St. Charles)

### Nebraska

Kylee Johnson (Lincoln)  
Molly Ohnoutka (Omaha)  
Michele Zabawa (Omaha)

### Oklahoma

Sabrina Long (Tulsa)

### Pennsylvania

Stephanie Carter (Bryn Athyn)  
Brittney Williams (Hatboro)

### Quebec, Canada

Vanessa Meloche (Montreal)

### Wisconsin

Maria Scaffidi (Sussex)  
Desiré Sniatynski (Kenosha)

# 2007 NEBRASKA GYMNASTICS SCHEDULE

<u>Date</u>	<u>Day</u>	<u>Meet</u>	<u>Location</u>	<u>Time</u>
Jan. 5	Friday	at Super Six Challenge (with LSU, Florida, Penn State, Arkansas, Denver)	Fayetteville, Ark.	6 p.m.
Jan. 19	Friday	at Iowa State	Ames, Iowa	7 p.m.
Jan. 26	Friday	at Missouri	Columbia, Mo.	7 p.m.
Feb. 2	Friday	Oklahoma	Devaney Center	7:30 p.m.
Feb. 9	Friday	at Michigan (with Illinois)	Ann Arbor, Mich.	6:30 p.m.
Feb. 16	Saturday	at Hearts Invitational (with North Carolina State, West Virginia, William & Mary, George Washington)	Raleigh, N.C.	6 p.m.
Feb. 26	Sunday	Masters Classic (with Stanford, LSU, North Carolina State)	Devaney Center	2 p.m.
March 4	Sunday	Utah	Devaney Center	2 p.m.
March 11	Sunday	Iowa State	Devaney Center	2 p.m.
March 16	Friday	at LSU	Baton Rouge, La.	7 p.m.
March 23	Friday	Kentucky	Devaney Center	7:30 p.m.
March 31	Saturday	at Big 12 Championships	Columbia, Mo.	7 p.m.
April 14	Saturday	at NCAA Regionals	Campus Sites	TBA
April 26	Thursday	at NCAA Preliminaries	Salt Lake City, Utah	2 p.m. and 8 p.m.
April 27	Friday	at NCAA Super Six Finals	Salt Lake City, Utah	8 p.m.
April 28	Saturday	at NCAA Individual Event Finals	Salt Lake City, Utah	8 p.m.

Note: Schedule current as of Nov. 27, 2006. All times listed are central and subject to change.

## 2007 NEBRASKA TRAVEL PLANS

### at Super Six Challenge (at Arkansas, Jan. 5)

Depart: Jan. 3 Return: Jan. 6

Bus Trip

Team Hotel: Embassy Suites  
3303 Pinnacle Hills Parkway  
Rogers, Ark., 72758  
Phone: (479) 254-8400  
Hotel Fax: (479) 845-3216  
Arkansas Gymnastics Contact: Jeri Thorpe  
Office Phone: (479) 575-5037

### at Iowa State (Jan. 19)

Depart: Jan. 18 Return: Jan. 20

Bus Trip

Team Hotel: The Hotel at Gateway Center  
US 30 and Elwood Drive  
Ames, IA 50010  
Phone: (515) 292-8601  
Hotel Fax: (515) 268-2225  
ISU Gymnastics Contact: Kristi Muench  
Office Phone: (515) 294-3372

### at Missouri (Jan. 26)

Depart: Jan. 25 Return: Jan. 27

Bus Trip

Team Hotel: Courtyard by Marriott  
3301 LeMone Industrial Blvd.  
Columbia, MO 65201  
Phone: (573) 443-8000  
Hotel Fax: (573) 443-8008  
Missouri Gymnastics Contact: Kate Lakin  
Office Phone: (573) 882-2531

### at Michigan (Feb. 9)

Depart: Feb. 8 Return: Feb. 10

Commercial Flight

Team Hotel: Courtyard by Marriott  
3205 Boardwalk  
Ann Arbor, Mich., 48108  
Phone: (734) 995-5900  
Hotel Fax: (734) 995-2937  
UM Gymnastics Contact: Rich Retyi  
Office Phone: (734) 763-4423

### at North Carolina State (Feb. 17)

Depart: Feb. 16 Return: Feb. 18

Commercial Flight

Team Hotel: Crabtree Marriott  
4500 Marriott Drive  
Raleigh, N.C., 27612  
Phone: (919) 781-7000  
Fax: (919) 781-3059  
NC State Gymnastics Contact: Brian Reinhardt  
Office Phone: (919) 515-8953

### at LSU (March 16)

Depart: Feb. 15 Return: Feb. 17

Commercial Flight

Team Hotel: Baton Rouge Marriott  
5500 Hilton Avenue  
Baton Rouge, La., 70808  
Phone: (225) 924-5000  
Hotel Fax: (225) 926-8152  
LSU Gymnastics Contacts: Laurie Cannon  
Office Phone: (225) 578-7947



Sabrina Long and the Huskers will open their 2007 season at the Super Six Challenge on Jan. 5 in Fayetteville, Ark.

### at Big 12 Championships (at Missouri, March 31)

Depart: March 29 Return: April 1

Bus Trip

Team Hotel: Courtyard by Marriott  
3301 LeMone Industrial Blvd.  
Columbia, MO 65201  
Phone: (573) 443-8000  
Hotel Fax: (573) 443-8008  
Missouri Gymnastics Contact: Kate Lakin  
Office Phone: (573) 882-25313

# HUSKERS AIM FOR NINTH STRAIGHT NCAA CHAMPIONSHIPS

The Nebraska women's gymnastics team heads into the 2007 season with the potential for national success and the goal to regain the Big 12 Conference championship. With seven returning All-Americans who have combined for 17 All-America awards, as well as a total of 10 returning letterwinners and two newcomers, the Huskers rank high among the nation's elite collegiate programs. Head Coach Dan Kendig, who enters his 14th season at NU, Associate Head Coach Danna Durante and Assistant Coach Tim Garrison are poised to guide Nebraska to its ninth consecutive NCAA Championships appearance in 2007.

## Leading with Experience: The Returning Letterwinners

Although Nebraska faces a schedule filled with the country's best teams, the Huskers own an impressive roster of their own and return every letterwinner from 2006. Junior standout Emily Parsons leads the way as a seven-time All-American, and NU will look to her to anchor vault, beam and floor and compete all-around for her third season. One of the nation's most powerful gymnasts, Parsons was named the 2006 South Central Regional Gymnast of the Year and will contend for more individual and team honors as a junior.

Senior Michele Zabawa is a three-time All-American who earned second-team honors on vault in 2004 and on bars in 2005 and 2006. The 2005 Big 12 bars champion, Zabawa will contribute on all four events for NU this season. Fellow senior Stephanie Carter will also provide power and experience on every event, as she competed as an all-rounder intermittently throughout her junior year. Nebraska will lean heavily on Carter, who garnered a second-team All-America award on floor last season, to step up on vault, beam and floor. She will also serve as the top backup in the bars lineup.

Two-time All-American Desiré Sniatynski emerged as Nebraska's rock on bars last season and takes on the same role in 2007. With upgrades on each event and a Weiler kip on bars, Sniatynski will be crucial to the bars, beam and floor teams. The defending Co-Big 12 bars champion, Sniatynski is also a dependable addition to the vault lineup when she competes on all four events.

Sophomores Tricia Woo and Kylie Stone will bring difficult routines to their respective events, as both were honored as All-Americans as freshmen. Woo, a first-team honoree on floor and second-team selection on beam, adds a unique flair to her performances on both events. With double layout and triple twist options on floor, she boasts one of the most eye-catching mixes of skills and choreography in the lineup. Stone, who was a 2004 Canadian Olympian, sparkled in her final freshman competition at the NCAA Super Six Finals and finished by setting or tying four career bests. A second-team All-American on vault, Stone will switch to a double-back beam dismount, while continuing to emerge as one of the Huskers' top all-arounders.

Sophomore Vanessa Meloche is NU's final returning All-American. After a slew of injuries and rehabilitation stints, the Huskers' bars specialist earned first-team honors on the event as a freshman and earned a share of the 2006 Big 12 event title with Sniatynski. Meloche is poised to be one of the team's top bar workers in her second year and could also contribute on beam.

Junior Brittney Williams will bring considerable experience on bars and floor in her third season. A powerful tumbler, consistent performer and clean gymnast on each event, Williams will be a major factor in helping Nebraska to a successful postseason run.

Sabrina Long gained experience on vault, beam and floor as a freshman, often competing in the leadoff position for the Huskers. Long will add a bars routine to her repertoire for this season and is one of the most dependable reserves on the event.

Sophomore Kylee Johnson will miss the 2007 season due to an injury suffered in the offseason that required Tommy John surgery in the fall. As a freshman in 2005, Johnson was a valuable reserve on vault, bars and floor and earned a place in the lineup for the NCAA Championships.

## A Bright Future: The New Class of Huskers

Nebraska welcomes two newcomers to its loaded roster: freshmen Maria Scaffidi and Molly Ohnoutka. Scaffidi, a former junior elite competitor, brings NU an impressive resume of powerful tumbling and valuable international experience. The Sussex, Wis., native and product of LaFleur's Gymnastics represented the United States at the 2000 Junior Pan American Games in Curitiba, Brazil, leading the U.S. team to a first-place finish. Scaffidi also took home top honors as the Junior Pan Am all-around and beam champion.

Ohnoutka, who comes to NU from Nebraska Gold Gymnastics in Omaha -- the same club as Zabawa -- was the 2005 Junior Olympic Region IV vault champion. Sidelined by a difficult rehabilitation of an ACL injury suffered in her senior year of high school, Ohnoutka is likely to pace her contributions to the Huskers' lineup. Once healthy, she will provide depth to NU's vault, bars, beam and floor teams.

## Familiar Foes: The 2007 Schedule

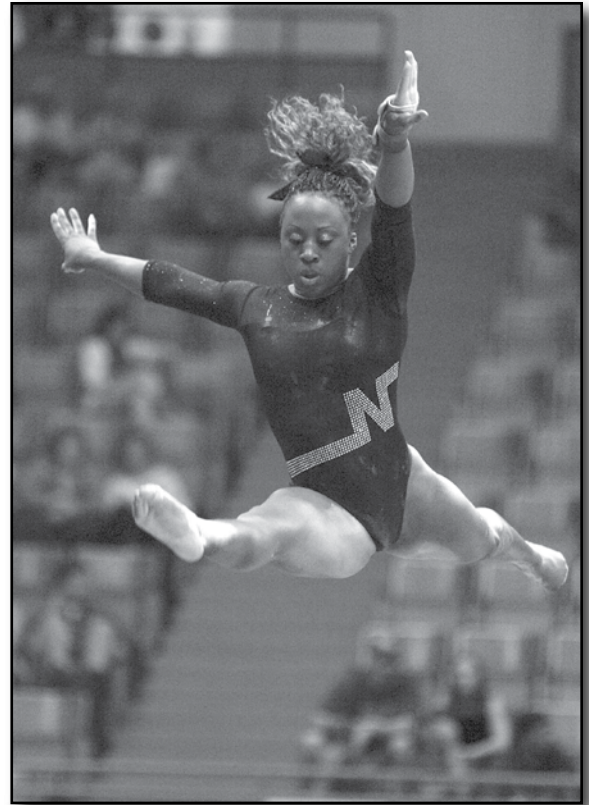
Nebraska faces a daunting schedule for the 2007 season, which includes perennial powers Utah, Florida, LSU, Michigan and Stanford, as well as a tough conference lineup. The Huskers begin the year in Fayetteville, Ark., for the Super Six Challenge with 2006 NCAA Championships qualifiers Arkansas, LSU and Florida, along with Penn State and Denver. One of the nation's up-and-coming contenders, Arkansas finished 12th last year, while fourth-place Florida boasts a stacked roster with seven All-Americans. LSU, which ranked eighth nationally in 2006, returns two All-America honorees.

Following an off-week, Nebraska ventures to Iowa State on Jan. 19 for its first conference dual with the 2006 Big 12 champions. The Cyclones return defending Big 12 Gymnast of the Year Janet Anson, who holds seven All-America awards. On Jan. 26, NU travels to Missouri, which will play host to the 2007 Big 12 Gymnastics Championships.

The Huskers come home for their first meet of the season at the Bob Devaney Sports Center on Feb. 2, matching up with conference foe Oklahoma. The Sooners, who hired former ISU coach K.J. Kindler in the offseason, placed 10th at the NCAA Championships and return three All-Americans, including defending Big 12 bars champion Stephanie LoPiccolo.

Nebraska moves on to Michigan and Illinois on Feb. 9 in Ann Arbor, Mich. Annually an even match-up for the Huskers and Wolverines, the two programs battled to the end at the Devaney Center last season to finish in a rare tie. UM lays claim to five returning All-Americans this season.

After a trip north, NU will go south to Raleigh, N.C., to face North Carolina State with West Virginia, George Washington and William & Mary on Feb. 17. Nebraska competed at the 2006 NCAA Southeast Regional against NC State and West Virginia, whose seasons were cut short in Athens, Ga., when the Huskers and eventual NCAA champion Georgia each qualified for a team



Seven-time All-American Emily Parsons will lead Nebraska in its quest for a first-ever NCAA team championship in 2007.

berth to nationals.

Nebraska will play host to the Masters Classic on Feb. 25, bringing in solid competition with Stanford, LSU and NC State. The Cardinal, which claims one of the top incoming freshman classes in the nation, boasts the likes of 2004 U.S. Olympic Team alternate Allyse Ishino and 2006 Junior Olympic National all-around champion Carly Janiga. Stanford also returns seven-time All-American Tabitha Yim and one of the NCAA's most talented bars performers in Liz Tricase.

The Huskers then tangle with 10-time national champion Utah on March 4. The Utes, who lay claim to one of the most successful programs in college gymnastics history, present NU a well-matched challenge almost every year, as the two teams consistently meet in postseason competition. Nebraska narrowly edged Utah in the preliminary session of the 2006 NCAA Championships to finish first, but the Utes triumphed the following night at Super Six Finals by besting NU's fifth-place with their own runner-up honors. Utah returns defending NCAA bars champion Kristina Baskett and 10-time All-American Ashley Postell.

Following a March 11 battle with ISU in Lincoln, Nebraska faces LSU for the third time, traveling to Baton Rouge, La., on March 16. Finally, the Huskers return home for their final regular-season meet with Kentucky on March 23. UK, which competes in the traditionally-tough SEC, finished fourth at the 2006 NCAA Central Regional.

Nebraska finishes off the year at the Big 12 Championships in Columbia, Mo., followed by an NCAA Regional and the NCAA Championships in Salt Lake City, Utah. Continually solid at the conference level, NU won four individual conference titles in 2006, and six Huskers earned All-Big 12 accolades.

# SEVEN ALL-AMERICANS GIVE NEBRASKA A SHARP EDGE

## Nebraska's Power Punch: Vault

- 3 All-Americans: Parsons, Stone, Zabawa
- Big 12 Champion: Parsons

Nebraska returns its entire vault lineup from 2006, when the Huskers finished the season as the nation's 10th-ranked vault team. Parsons headlines the top six competitors and will serve as the lineup's anchor, as she is a two-time All-American on the event and considered among the most powerful vaulters in the nation. Stone will likely vault in the No. 5 spot before Parsons, and the dependable Carter will add consistency after spending most of the 2006 season ranked in the nation's top 35 individual vault charts. Sniatynski and Zabawa also return as top competitors, and newcomer Scaffidi comes with the reputation of a strong vaulter who could compete right away. The Huskers boast a 10.0 start value for every vault they will compete, including eight Yurchenko layout fulls.

With an offseason devoted to stronger, cleaner landings, NU's vault team will show considerable improvement and boasts a solid corps of reserves. Long, who was the 2003 Junior Olympic national vault champion, and Woo each contributed to the lineup for half of their freshman season.

"We will have considerable depth on vault this year," Kendig said. "We have an entire lineup that will bring strong vaults with better landings, better height and better distance."

## Swinging to New Heights: Uneven Bars

- 3 All-Americans: Meloche, Zabawa, Sniatynski
- 3 Big 12 Champions: Meloche, Zabawa, Sniatynski

The Huskers, who finished 2006 as the sixth-best bars team nationally, return three All-Americans to their bars lineup in Meloche, Zabawa and Sniatynski -- a trio that also boasts a total of three Big 12 conference bars titles. Zabawa earned the Big 12 crown in 2005, and Meloche and Sniatynski tied for first-place honors last season.

Williams, Stone and Parsons are Nebraska's final three returners on bars. Parsons, who has served as NU's leadoff on the event in her first two seasons, will likely work in the same capacity in 2007. Stone finished her freshman year on a solid note by tying her career best (9.85) on bars at the NCAA Championships and is considered even stronger this year, while the ever-consistent Williams will contribute in the middle of the lineup. Scaffidi is



Three-time All-American Michele Zabawa is one of NU's top returners on bars for 2007.

also a factor in NU's top seven performers on bars and will make a competitive run for a lineup position.

"Vanessa had a tremendous first season, and we expect her to contribute in the same capacity this year," Kendig said. "We also have four strong competitors on bars with Michele, Desire', Brittney and Kylie. There are multiple gymnasts who could challenge for a spot on bars, which shows the depth we will depend on for 2007."

## Balancing It Out: Balance Beam

- 2 All-Americans: Parsons, Woo
- Big 12 Champion: Parsons

Unlike the 2006 season, the Huskers' balance beam team suffered no losses to its lineup, which will be highlighted by Parsons and Woo in 2007. The duo anchors NU's lineup with a pair of second-team All-America awards under its belt, and Parsons is a two-time Big 12 beam champion. Nebraska finished last season

rated 15th nationally as a team on beam.

The Huskers also boast a former national beam champion with the presence of Stone, who was Canada's top beam worker in 2003 and 2004. Carter, Zabawa and Sniatynski add a dose of consistency to the mix, while Scaffidi is considered a solid prospect to break into the top seven with a double-tuck dismount and clean acrobatic skills. In addition, Long and Meloche provide a dependable reserve for NU.

"Our team has made an effort to make its beam routines stand apart from our competition," Associate Head Coach Danna Durante said. "We have upped the tempo and uniqueness of our skills, as well as the overall difficulty. We are very enthusiastic about the great potential of the beam lineup in 2007."

## Finishing with Flair: Floor Exercise

- 3 All-Americans: Parsons, Woo, Carter

Easily the Huskers' most entertaining and creative event, floor exercise is also one of the most promising lineups to shine in 2007. Nebraska completed 2006 ranked 13th nationally as a floor team. NU looks to Parsons as its standout returner, as she is a two-time first-team All-American on the event who brings an unmatched arsenal of powerful tumbling, difficult skills and showmanship.

Woo, also a first-team honoree as a freshman, and Carter, who earned second-team status, increased the difficulty of their routines for 2007. Carter brings consistency and power to the floor, while Woo adds a double layout as well as her unique dance elements to the mix.

Stone, who gave Husker fans a glimpse of her full abilities at the NCAA Championships, will debut a new routine that keeps her stellar double layout and double pike passes. Scaffidi also brings a powerful double layout to the tumbling table and could easily break into an already solid lineup in her first year.

Williams is another key to Nebraska's floor success this season, as the junior has a revamped routine that showcases her dependable and powerful tumbling, including a full-in.

"The team is excited about floor this year," Kendig said. "We have new choreography that will really stand out, and Danna (Durate) has worked extensively with each gymnast to bring fresh ideas to every routine. We have a new tumbling coach in Tim Garrison, and this will be a year with new energy and a new look on floor."



Nebraska returns seven All-Americans in 2007. Front row (L-R): Michele Zabawa, Stephanie Carter, Kylie Stone. Back row: Desire' Sniatynski, Emily Parsons, Tricia Woo, Vanessa Meloche.

# GUIDE TO WOMEN'S GYMNASTICS

## General

Six gymnasts from each team compete on each of the four events. The team score is obtained by adding the five highest scores on each event. Common deductions are landing deductions. One tenth is taken away for each step that the gymnast takes, while half a tenth is taken for a small hop, and two tenths are deducted for a large hop, step or jump. Other deductions include bent arms, legs, toes or leg separation. Falls that occur are deducted five tenths each time. Finally, a gymnast can receive a neutral deduction on balance beam and floor exercise. Neutral deductions are one tenth; and are received for being over time on beam and floor, and for stepping out of bounds on the floor exercise. They occur each time a gymnast violates these rules. Each event, with the exception of vault, has a series of six (bars) and seven (beam and floor) special requirements (SRs), and omission of any of these requirements results in a two tenths deduction from the start value.

### Start Values

Start value for college 9.5, extra .5 earned through bonus

- All judges determine start value
- It is not mandatory that the start values agree

### Evaluation of Optional Exercises

Optional Exercise Requirement Formula

A. Value Parts	3.00
B. Special Requirements	1.40
C. Combination	0.60
D. Execution	4.60
E. Bonus Points	0.50
Total	10.00

### Value Parts

These exercises are composed of elements that possess different difficulty values

1. A-Part (Part w/easy difficulty)	0.20 pt.
2. B-Part (Part w/medium difficulty)	0.40 pt.
3. C-Part (Part w/high difficulty)	0.60 pt.
4. D-Part (Part w/very high difficulty)	0.80 pt.
5. E-Part (Part w/highest difficulty)	(only for Bonus Points +0.20)

Value Part Requirements are as follows:

1 3 - A-Part @ 0.20	0.60 pt.
2 3 - B-Part @ 0.40	1.20 pt.
3 2 - C-Part @ 0.60	1.20 pt.
Total	3.00 pt.

## Bonus

### Special Connections

- Achieved through unique and difficult combinations
- Special connections have a value of 0.10 or 0.20.
- Bonus points for special connections will be awarded only for good technical presentation

### Additional "D/E"

- A maximum of 0.40 may be awarded as bonus points for additional "D/E"
- Additional "D" elements will receive 0.10 bonus points
- Additional "E" elements will receive 0.20 bonus points

## Vault

Vault requires speed, quickness and explosive power. Unlike the other events, each vault has its own start value. Many vaults done in college do not start from a 10.0. Deductions are taken from the start value for technical errors in the pre-flight (approach), the block (the rise from the horse), the post-flight (height and distance from the horse) and the landing. Each gymnast will perform only one vault but has a maximum of three attempts to go over the vault table one time.

### Special Requirements

- Must touch the vault table with both hands
- Must land on feet first

## Uneven Bars

A bars routine must contain at least two bar changes for the first two SRs. A bar change is when the gymnast moves from the high bar to the low bar or vice versa. It must also contain two release

moves; these are the third and fourth SRs. A release move is defined as when the gymnast lets go of the bar with both hands and flips or twists and regrips either bar. Uneven bar routines must contain change of direction that is at least 180 degrees or more for the fifth SR. The final SR is a dismount. A bar routine must contain at least 10 skills.

### Special Requirements

- At least two bar changes
- Two flight elements (minimum of two different "C" elements or a "D" and "B")
- One element with LA (longitudinal axis) turn, minimum of "C"
- A "C" dismount

## Balance Beam

The beam is 16 feet long, four feet high and four inches wide. Performing on the beam requires precise movement and intense concentration. A beam routine cannot be more than 90 seconds. The first SR a beam routine must contain is a tumbling series. It must also contain a dance series of two leaps and/or jumps, one of which must have a value of "C" or higher. The gymnast must complete a turn of at least 360 degrees for the third SR. The fourth SR is a leap with large amplitude, which may be part of the dance series or on its own. Finally, the gymnast must dismount the beam as the final SR.

### Special Requirements

- One acro series with a minimum of two flight elements (both must start and finish on the beam; one element must be a "C" with or without hand support)
- One dance series of two or more elements (one element at least "C" or higher)
- Minimum of 360 degree turn – no hand support permitted
- One leap, jump or hop requiring a 180 degree split (front or side)
- "C" dismount or "B" dismount preceded by and directly connected to any "C" element (acro/dance)

## Floor Exercise

Floor exercise is a combination of dance and tumbling to music on a 12 meter by 12 meter space. The duration of a floor routine should be between 70 and 90 seconds. A floor routine must contain at least two tumbling passes (first SR), one of which contains two saltos (second SR). It must also contain three different saltos within the two tumbling passes (third SR). The final SR is that the routine contains a dismount commensurate with the rest of the routine.

### Special Requirements

- One tumbling series with two saltos, same or different
- Three different saltos within the exercise
- Dance series with a minimum of two elements (one "C" element or higher)
- Minimum of "C" salto as the last salto or in the last connection of saltos



Vanessa Meloche performs a piked Jaeger as one of her release moves on bars.