



MIZZOU[®]

Mar. 7, 2014 ♦ Auburn Arena
7:00 p.m. CT ♦ Auburn, Al.

GYMNASTICS

♦ 2014 Schedule ♦

JANUARY

Date	Opponent	MU Score	Opp. Score
10	at Alabama *	193.425	197.150
17	Arkansas *	194.650	196.050
24	Kentucky	193.775	195.150

FEBRUARY

Date	Opponent	MU Score	Opp. Score
1	at NC State	194.525	194.675
7	SEMO	194.125	190.900
14	at Lindenwood	194.050	190.925
	Illinois State		190.175
21	George Washington	195.725	193.700
23	at Lindenwood	195.125	193.025
	Air Force Academy		193.625
28	at LSU *	194.825	198.050

MARCH

Date	Opponent	MU Score	Opp. Score
7	at Auburn *	7:00 p.m.	
14	Florida *	6:30 p.m.	
22	SEC Champ.	4:00 p.m.	

APRIL

Date	Opponent	MU Score	Opp. Score
5	NCAA Regionals	TBA	
17	NCAA Nationals	TBA	

* Denotes SEC meet

All times listed are Central Standard Time (CST)

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♦ Tigers On Social Media ♦

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YouTube.com/MizzouGymnastics

Tonight's Meet At The Auburn Arena...

Auburn Tigers



Conference: SEC

Location: Auburn, Al.

Head Coach: Jeff Graba

Experience: 4th Season

2014 Record: 3-5 / High: 197.100

Missouri Tigers



Conference: SEC

Location: Columbia, Mo.

Head Coach: Shannon Welker

Experience: 1st Season

2014 Record: 6-5 / High: 195.725

Missouri vs. Auburn Quick Facts...

♦ Mizzou returned to SEC action this past Friday (Feb. 28) with a road trip to No. 1 LSU. The visiting Tigers entered the meet at Baton Rouge, La. riding six consecutive meet decisions, but the host LSU Tigers proved to be too much after recording a 198.050 to 194.825 team victory.

♦ Despite the dual loss in Baton Rouge, Mizzou ended the month of February with an impressive 6-2 record. The positive month came after a rough start to the season, as the Tigers began 2014 with three consecutive meet losses.

♦ A bevy of Mizzou gymnasts enjoyed a nice night at the Pete Maravich Assembly Center last Friday evening, led by freshman Alyson Heimsath and junior Laura Kappler. Heimsath tallied scores of 9.725 or higher in all three of her events (vault, beam and floor), while Kappler established new career-highs on bars (9.800) and vault (9.850).

♦ Sophomore Blair Elmore saw her most individual action since Jan. 17 for the Tigers, as she competed in three events and recorded solid scores of 9.725 on bars and 9.775 on beam. Elmore's 9.775 on beam marked a new career-high and it was her first appearance in the beam lineup this season for Mizzou.

♦ For the third consecutive meet, Mizzou's bars lineup turned in the most successful event after finishing with a 48.950 event total. The Tigers' 48.920 RQS score on bars currently ranks them 27th in the country.

♦ Auburn returns home tonight against Mizzou, after suffering a loss on the road at No. 24 Kentucky last Friday (Feb. 28). The Tigers from Auburn, Al. struggled out of the gate on their opening rotation, and couldn't recover in time en route to a 196.275 to 194.825 team loss. Caitlin Atkinson turned in an impressive performance for Auburn despite the loss, with a 39.475 all-around score.

Last Time Missouri And Auburn Met...

♦ (Feb. 1, 2013) For the first time, the two Tigers programs met as conference opponents within the SEC. LSU traveled to mid-Missouri last year, and earned a 196.725 to 194.575 team victory.

♦ Auburn joined the annual “Beauty and the Beast” meet at Mizzou, in front of the event’s largest ever crowd of 6,486 fans. The crowd also ranked as the 10th all-time largest crowd in Missouri gymnastics history.

♦ Despite the loss to then No. 17 Auburn, Mizzou gymnasts recorded an array of new personal bests at the meet. Senior Tori Howard placed first on beam with a career and season high score of 9.900. Sophomore Rachel Updike also hit her then career-high on beam with a 9.875 score.

♦ Mizzou recorded a season-high 48.975 score on beam against Auburn. Junior Taylor Medrea also stood out for the Tigers on the event after matching her career-high score of 9.750.

♦ The 194.575 team total by Mizzou was their second-best score of the 2013 season at that point.

Missouri vs. Auburn History...

♦ In 26 all-time meetings with Auburn, the Mizzou Tigers hold a 7-19 (.269) record.

♦ Breaking down their all-time meetings, Mizzou holds a 7-12 (.368) record in regular season matchups and an 0-7 (.000) mark in postseason play.

♦ Although the two programs weren’t conference foes until this past year, the pair of Tigers have shared a rich history with each other. Mizzou and Auburn met in five consecutive NCAA Regionals back in the early 90’s (1990-94) and also paired up in several popular themed meets in Columbia, Mo.

♦ Auburn was a frequent visitor to one of the popular former events at the University of Missouri, the “Cat Classic.” Beginning in 1987 and ending in 2002, the Auburn Tigers made nine total appearances in the Cat Classic, which included six consecutive trips from 1991-96. Auburn also joined Mizzou at the Corvette Cup back in 1998.

Kappler Records Strong Night On The Road At LSU...

♦ In Missouri’s first SEC meet in over a month, the team competed at No. 1 LSU last Friday (Feb. 28) evening inside the Pete Maravich Assembly Center. The host LSU Tigers proved to be too much in Baton Rouge, as Missouri fell 198.050 to 194.825 in the final team score. Despite the road loss, freshman Alyson Heimsath and junior Laura Kappler enjoyed standout nights for the visiting Tigers.

♦ As the road team, Missouri began their evening on the uneven bars. Sophomore Blair Elmore led off the rotation with a solid 9.725 score, and was followed by a 9.800 from junior Bri Conkle. Freshman Sasha Sander continued her recent success on the event, as she tallied a 9.775 score in the third spot. After missing last week on bars, Kappler returned in a big way after recording a new career-high score of 9.800.

♦ 2014 Top-25 Rankings ♦

Mar. 3, 2014

Courtesy of GymInfo.com

Rank	Team	Conference	RQS Score
1	LSU	SEC	197.605
2	Florida	SEC	197.515
3	Oklahoma	Big 12	197.415
4	Alabama	SEC	197.215
5	Georgia	SEC	197.020
6	Utah	Pac 12	197.015
7	Michigan	Big 10	196.795
8	UCLA	Pac 12	196.740
9	Nebraska	Big 10	196.710
10	Stanford	Pac 12	196.465
11	AUBURN	SEC	196.335
12	Minnesota	Big 10	196.255
13	Illinois-Champaign	Big 10	196.165
14	Arkansas	SEC	196.130
15	Oregon State	Pac 12	196.115
16	Boise State	Indep.	196.080
17	Central Michigan	MAC	196.030
18	Arizona	Pac 12	195.915
19	Penn State	Big 10	195.910
20	Denver	Indep.	195.770
21	Arizona State	Pac 12	195.710
22	California	Pac 12	195.650
23	Southern Utah	Indep.	195.560
24	Ohio State	Big 10	195.390
25	NC State	EAGL	195.370

34	MISSOURI	SEC	194.650

♦ 2013 Avg. Home Attendance ♦

Rank	Team	Average Attendance
1	Utah	14,348
2	Alabama	13,421
3	Georgia	8,720
4	Florida	5,865
5	LSU	5,353
6	AUBURN	4,408
7	UCLA	4,070
8	MISSOURI	3,714
9	Oregon State	3,706
10	Arkansas	3,440
11	Kentucky	2,833
12	North Carolina	2,632
13	Michigan	2,540
14	Southern Utah	2,416
15	Iowa State	2,383
16	Oklahoma	2,280
17	Kent State	2,020
18	Penn State	2,013
19	Minnesota	1,829
20	Washington	1,762

◆ Mizzou Attendance History ◆

Year	Avg. Attendance	High Attendance
2014	2,166	3,053
2013	3,714	6,486
2012	1,322	3,076
2011	1,438	2,553
2010	1,873	4,041
2009	2,398	4,147
2008	2,266	6,308
2007	2,354	6,175
2006	2,089	4,175
2005	1,689	4,497
2004	1,381	3,888
2003	1,133	1,695
2002	914	2,013
2001	1,292	2,524
2000	1,560	3,770
1999	2,003	4,532
1998	2,407	6,172

◆ 2014 SEC Standings ◆

Team	SEC	Pct.	Overall	Pct.	High Score
Alabama	6-1	.857	8-3	.727	197.675
Florida	5-1	.833	7-1	.875	198.125
LSU	4-2	.667	8-3	.727	198.050
Georgia	4-2	.667	5-4	.556	197.650
Kentucky	2-4	.333	7-9	.438	196.275
Arkansas	2-5	.286	4-5	.444	197.100
AUBURN	1-5	.167	3-5	.375	197.100
MISSOURI	0-4	.000	6-5	.545	195.725

◆ 2013 SEC Final Standings ◆

Team	SEC	Pct.	Overall	Pct.	High Score
Florida	6-1	.857	30-2	.958	198.425
LSU	5-2	.714	25-11	.694	197.700
Alabama	4-2	.667	26-5	.839	197.800
Georgia	4-2	.667	20-16	.556	197.800
Kentucky	3-3	.500	9-15	.375	196.775
AUBURN	3-4	.429	12-13	.480	197.175
Arkansas	1-5	.167	12-18	.400	197.100
MISSOURI	0-7	.000	4-17	.182	195.525



◆ Junior Becca Johnson closed out the first rotation with a team high score of 9.850. For the rotation, the visiting Tigers finished with a 48.950 score and it marked the third consecutive meet for Missouri that the bars lineup contributed the top event score.

◆ Up next in Baton Rouge, the Tigers headed to vault for their second rotation. Heimsath posted a new career-high score of 9.775 in the middle of the lineup, and was followed by another personal best score of 9.850 from Kappler.

◆ At the third rotation on floor, Missouri's freshmen class stepped up and delivered strong performances. Heimsath started things off with a 9.750 score, and was followed by Angie Kern's 9.775 score. Fellow freshman Anna Bowers rounded out the rotation with a 9.750, as the Tigers rounded out their turn on floor with an event total of 48.575.

◆ Missouri ended their night on beam, and senior Mackenzie McGill posted a solid 9.725 score in the leadoff spot. Heimsath and Kappler ended their solid nights with scores of 9.725 and 9.825 respectively. Elmore made her beam lineup debut, and posted a new career-high score of 9.775. The team's 48.800 beam total matched their 2014 season high on the event.

Additional Missouri Gymnastics Tidbits...

◆ Missouri's next televised meet will take place on Friday, Mar. 14 vs. Florida. The home finale at the Hearnes Center will also be on a tape delay and can be viewed on Comcast Sports South on Tuesday, Mar. 18 at a time to be determined.

◆ Missouri's 194.825 team total last week at No. 1 LSU was good enough for their third highest total of the 2014 campaign.

◆ Junior Laura Kappler's 38.550 all-around score at LSU was the second highest all-around effort of her season up to this point.

◆ Junior Becca Johnson has quietly evolved into one of the top bars specialists in the country. At LSU, the Pewaukee, Wis. native finished with a team high score of 9.850. Johnson's 9.840 RQS score on bars ranks T-53rd nationally and T-12th regionally (South Central).

◆ How Missouri and Auburn fare nationally (rankings in parentheses)...

	<u>Missouri</u>	<u>Auburn</u>
Team RQS	194.650 (34)	196.335 (11)
Vault RQS	48.655 (41)	49.285 (8)
Bars RQS	48.920 (27)	49.020 (16)
Beam RQS	48.560 (35)	48.810 (T-23)
Floor RQS	48.860 (34)	49.198 (11)

◆ 2014 Meet-By-Meet Results ◆

Overall: 6-5
RQS Score: 194.650

Home: 2-2
Season High Score: 195.725

Away: 4-3
Vault High: 48.875

SEC: 0-3
Bars High: 49.300

Beam High: 48.880
Floor High: 49.100

Team Scores

at Alabama (Jan. 10)	Vault	Bars	Beam	Floor	Overall
Missouri	48.575	48.850	47.850	48.150	193.425
Alabama	49.300	49.475	49.075	49.300	197.150
vs. Arkansas (Jan. 17)	Vault	Bars	Beam	Floor	Overall
Arkansas	49.075	48.975	49.975	49.025	196.050
Missouri	48.775	48.825	48.550	48.500	194.650
vs. Kentucky (Jan. 24)	Vault	Bars	Beam	Floor	Overall
Kentucky	48.900	48.875	48.250	49.125	195.150
Missouri	47.825	48.375	48.650	48.925	193.775
at NC State (Feb. 1)	Vault	Bars	Beam	Floor	Overall
Missouri	48.700	48.775	48.125	48.925	194.525
NC State	49.025	48.825	48.900	47.925	194.675
vs. SEMO (Feb. 7)	Vault	Bars	Beam	Floor	Overall
SEMO	48.450	48.200	47.300	46.950	190.900
Missouri	48.425	48.700	48.025	48.975	194.125
at GymQuarters Invite (Feb. 14)	Vault	Bars	Beam	Floor	Overall
Missouri	48.700	48.125	48.500	48.725	194.050
Lindenwood	48.050	47.825	47.775	47.275	190.925
Illinois State	47.300	47.425	47.825	47.625	190.175
vs. George Wash. (Feb. 21)	Vault	Bars	Beam	Floor	Overall
George Wash.	48.750	48.725	47.725	48.500	193.700
Missouri	48.525	49.300	48.800	49.100	195.725
at Lindenwood Tri (Feb. 23)	Vault	Bars	Beam	Floor	Overall
Missouri	48.875	49.200	48.300	48.750	195.125
Lindenwood	48.475	48.350	47.550	48.650	193.025
Air Force Academy	48.200	48.525	48.500	48.400	193.625
at LSU (Feb. 28)	Vault	Bars	Beam	Floor	Overall
Missouri	48.500	48.950	48.800	48.575	194.825
LSU	49.575	49.500	49.275	49.700	198.050

MU Meet Leaders

Vault	Bars	Beam	Floor	AA
Updike (9.850)	Updike & Eubank (9.850)	Updike (9.625)	Kappler & Elmore (9.650)	N/A
Vault	Bars	Beam	Floor	AA
Updike (9.875)	Updike (9.800)	Updike (9.900)	Trevino (9.800)	N/A
Vault	Bars	Beam	Floor	AA
Updike (9.925)	Updike (9.825)	Heimsath & McGill (9.750)	Bowers (9.850)	Kappler (38.125)
Vault	Bars	Beam	Floor	AA
Updike (9.900)	Conkle, Johnson, Kappler, & Updike (9.775)	Kappler & McGill (9.800)	Kern & Updike (9.825)	Updike (39.175)
Vault	Bars	Beam	Floor	AA
Updike (9.850)	Updike (9.825)	Updike (9.775)	Updike (9.900)	Updike (39.350)
Vault	Bars	Beam	Floor	AA
Updike (9.900)	Johnson (9.850)	Updike (9.850)	Updike (9.900)	Updike (38.450)
Vault	Bars	Beam	Floor	AA
Updike (9.925)	Johnson (9.900)	Sander (9.825)	Kern (9.875)	N/A
Vault	Bars	Beam	Floor	AA
Updike (9.900)	Johnson & Updike (9.900)	Updike (9.875)	Updike (9.850)	Updike (39.525)
Vault	Bars	Beam	Floor	AA
Kappler (9.850)	Johnson (9.850)	Kappler (9.825)	Kern (9.775)	Kappler (38.550)

◆ 2014 Meet-By-Meet Lineups ◆

Jan. 10 at Alabama

<i>Vault</i>	<i>Bars</i>	<i>Beam</i>	<i>Floor</i>
Trevino	Elmore	Heimsath	Heimsath
Heimsath	Conkle	Kappler	Kappler
Kappler	Trevino	Sander	Conkle
Kern	Eubank	McGill	Elmore
Updike	Updike	Conkle	Kern
Elmore	Johnson	Updike	Trevino

Jan. 17 vs. Arkansas

<i>Vault</i>	<i>Bars</i>	<i>Beam</i>	<i>Floor</i>
Elmore	Elmore	Heimsath	Heimsath
Heimsath	Conkle	Kappler	Kappler
Kappler	Trevino	Sander	Conkle
Kern	Eubank	McGill	Kern
Updike	Updike	Conkle	Elmore
Trevino	Johnson	Updike	Trevino

Jan. 24 vs. Kentucky

<i>Vault</i>	<i>Bars</i>	<i>Beam</i>	<i>Floor</i>
Elmore	Elmore	Kappler	Heimsath
Heimsath	Conkle	Heimsath	Kappler
Kappler	Kappler	Sander	Conkle
Kern	Eubank	McGill	Pokladnik
Updike	Updike	Conkle	Elmore
Bowers	Johnson	Updike	Bowers

Feb. 1 at North Carolina State

<i>Vault</i>	<i>Bars</i>	<i>Beam</i>	<i>Floor</i>
Elmore	Elmore	Kappler	Heimsath
Heimsath	Conkle	Heimsath	Kappler
Kappler	Kappler	Sander	Conkle
Kern	Eubank	McGill	Kern
Updike	Updike	Conkle	Updike
Pokladnik	Johnson	Updike	Bowers

Feb. 7 vs. SEMO

<i>Vault</i>	<i>Bars</i>	<i>Beam</i>	<i>Floor</i>
Elmore	Elmore	Kappler	Heimsath
Heimsath	Conkle	Heimsath	Kappler
Kappler	Kappler	Sander	Conkle
Kern	Eubank	McGill	Kern
Updike	Updike	Conkle	Updike
Eubank	Johnson	Updike	Bowers

Feb. 14 at GymQuarters Invite

<i>Vault</i>	<i>Bars</i>	<i>Beam</i>	<i>Floor</i>
Bowers	Elmore	Kappler	Heimsath
Heimsath	Conkle	Heimsath	Kappler
Kappler	Kappler	Sander	Conkle
Kern	Eubank	McGill	Kern
Updike	Johnson	Conkle	Updike
Elmore	Updike	Updike	Bowers

Feb. 21 vs. George Washington

<i>Vault</i>	<i>Bars</i>	<i>Beam</i>	<i>Floor</i>
Bowers	Elmore	McGill	Heimsath
Heimsath	Conkle	Heimsath	Kappler
Kappler	Sander	Kappler	Conkle
Kern	Eubank	Sander	Kern
Updike	Johnson	Conkle	Bowers
Eubank	Updike	Updike	Pokladnik

Feb. 23 at Lindenwood / Air Force

<i>Vault</i>	<i>Bars</i>	<i>Beam</i>	<i>Floor</i>
Kern	Elmore	McGill	Heimsath
Heimsath	Conkle	Heimsath	Kappler
Eubank	Sander	Kappler	Conkle
Kappler	Eubank	Sander	Kern
Updike	Johnson	Conkle	Bowers
Bowers	Updike	Updike	Updike

Feb. 28 at LSU

<i>Vault</i>	<i>Bars</i>	<i>Beam</i>	<i>Floor</i>
Kern	Elmore	McGill	Heimsath
Eubank	Conkle	Heimsath	Kappler
Heimsath	Sander	Kappler	Conkle
Kappler	Kappler	Sander	Kern
Elmore	Eubank	Elmore	Bowers
N/A	Johnson	Bowers	Pokladnik

Mar. 7 at Auburn

<i>Vault</i>	<i>Bars</i>	<i>Beam</i>	<i>Floor</i>
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Mar. 14 vs. Florida

<i>Vault</i>	<i>Bars</i>	<i>Beam</i>	<i>Floor</i>
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◆ 2014 Missouri Tigers Roster ◆

Name	Height	Year	Hometown	Club Team
Cathryn Aliceacosta	4-11	Sr.	Houston, Texas	Cypress Academy
Anna Bowers	5-4	Fr.	Matthews, N.C.	National Elite Gymnastics
Briana Conkle	5-4	Jr.	Fleming Island, Fla.	North Florida Gymnastics & Cheer
Blair Elmore	5-6	So.	Houston, Texas	Champions Gymnastics
Miranda Eubank	5-3	So.	Louisville, Ky.	Champion Gymnastics (Ky.)
Alyson Heimsath	5-2	Fr.	Houston, Texas	Stars Gymnastics
Rachel Henderson	5-0	So.	Oklahoma City, Okla.	Mat Trotters
Rebecca Johnson	5-4	Jr.	Pewaukee, Wis.	Midwest Twisters
Laura Kappler	5-1	Jr.	Evansville, Ind.	Revolution Gymnastics
Angie Kern	5-4	Fr.	Columbia, Mo.	Show-Me Gymnastics
Mackenzie McGill	5-4	Sr.	Bartlesville, Okla.	ConocoPhillips Gymnastics
Lark Pokladnik	5-0	Fr.	Dallas, Texas	Metroplex
Sasha Sander	5-3	Fr.	Louisville, Ky.	Perfection Gymnastics
Katelyn Trevino	5-2	Jr.	Ovilla, Texas	Trevinos Gymnastics
Rachel Updike	5-2	Jr.	Olathe, Kan.	Kansas Gymnasics Dance & Cheer

Shannon Welker Head Coach
 John Carney Assistant Coach
 Casey Jo Magee Assistant Coach
 Tori Howard Director of Operations

Pronunciations

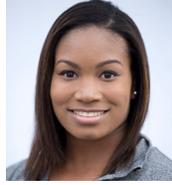
ALICEACOSTA uh-LEEK-uh-cost-uh
 BRIANA (Conkle) Bree-ah-na
 EUBANK you-bank
 HEIMSATH high-m-sath
 POKLADNIK Poke-lad-nick
 TREVINO trev-EEN-yo



◆ Radio / TV Roster ◆



**Cathryn
Aliceacosta**
Senior



**Anna
Bowers**
Freshman



**Briana
Conkle**
Junior



**Blair
Elmore**
Sophomore



**Miranda
Eubank**
Sophomore



**Alyson
Heimsath**
Freshman



**Rachel
Henderson**
Sophomore



**Rebecca
Johnson**
Junior



**Laura
Kappler**
Junior



**Angie
Kern**
Freshman



**Mackenzie
McGill**
Senior



**Lark
Pokladnik**
Freshman



**Sasha
Sander**
Freshman



**Katelyn
Trevino**
RS Junior



**Rachel
Updike**
Junior



**Shannon
Welker**
Head Coach



**John
Carney**
Assistant Coach



**Casey Jo
Magee**
Assistant Coach



Shannon Welker *Head Coach*



Bio

On May 9, 2013, the University of Missouri named Shannon Welker the third coach in Mizzou Gymnastics history. He takes over for Rob Drass, who led the Tigers from 2000-2013. The St. Louis, Mo. native brings a wealth of experience to Columbia after spending five years as an assistant coach under Bev Plocki at the University of Michigan and nine years as the head coach and program director at the St. Louis Gymnastics Center.

During his time at Michigan, Welker was primarily responsible for coaching the vault and floor squads in addition to serving as the recruiting coordinator. Welker guided his vault squads to three top-ten finishes during his time at Michigan, and his 2012 vault team finished at No. 11 in the nation. Under his direction, the Michigan floor squads also finished among the nation's top-10 four times. As a team, Michigan closed out the 2013 season ranked at No. 7 in the nation, and Welker assisted the team to a top-15 finish in each of his seasons in Ann Arbor.

Welker has coached five gymnasts to 12 All-American honors while with the Wolverines, including the 2013 NCAA National Floor Champion, Joanna Sampson. He also produced three NCAA Regional Championship floor title winners and back-to-back NCAA Regional Champions on vault. Four of his gymnasts won event titles at the Big 10 Championships, and Welker assisted the Wolverines to three NCAA National Championships as well.

Welker Quick Facts

- ◆ Begins his first season at the helm for Mizzou Gymnastics.
- ◆ A native of St. Louis, Mo. and attended Webster Groves High School.
- ◆ Starred collegiately as a gymnast for the University of Illinois at Chicago men's gymnastics team.
- ◆ While at UIC, served as a team captain for three years and earned NCAA All-American honors in 1996. Was also rewarded UIC Athlete of the Year honors for his accomplishments that season.
- ◆ Before joining Mizzou, spent the past five seasons as an assistant coach under Bev Plocki at the University of Michigan women's gymnastics program.



Cathryn Aliceaacosta Senior



2014 Season Notes

◆ Currently rehabbing a knee injury that she suffered in offseason practices. Will look to return later in the season for the Tigers.

Aliceaacosta Quick Facts

- ◆ Resides in Houston, Texas and went to high school at Langham Creek.
- ◆ Competed with the Cypress Academy club team before arriving to Columbia.
- ◆ Majoring in Nutritional Sciences at the University of Missouri.
- ◆ Only one of two seniors on the 2014 Mizzou roster.

Career Highs

- ◆ Vault: 9.650 (Quad Meet, 2012)
- ◆ Beam: 9.800 (twice, last coming at Southern Utah, 2012)
- ◆ Floor: 9.825 (vs. Auburn, 2013)

2014 Statistics

Date	Meet	Vault	Bars	Beam	Floor	AA
Jan. 10	at Alabama	-	-	-	-	-
Jan. 17	Arkansas	-	-	-	-	-
Jan. 24	Kentucky	-	-	-	-	-
Feb. 1	at NC State	-	-	-	-	-
Feb. 7	SEMO	-	-	-	-	-
Feb. 14	at GymQuarters	-	-	-	-	-
Feb. 21	George Washington	-	-	-	-	-
Feb. 23	at Lindenwood Tri	-	-	-	-	-
Feb. 28	at LSU	-	-	-	-	-
Mar. 7	at Auburn					
Mar. 14	Florida					
Mar. 22	SEC Championship					
Apr. 5	NCAA Regionals					
Apr. 17	NCAA Nationals					



Anna Bowers Freshman



2014 Season Notes

- ◆ Made her Tigers debut against Arkansas (Jan. 17) at the annual Pink Out meet. In an exhibition routine on floor, the freshman tallied a 9.675 score.
- ◆ Posted her season best score of 9.625 on vault at the GymQuarters Invite in St. Charles, Mo. (Feb. 14)
- ◆ Matched her career-high on floor, after hitting a 9.850 vs. George Washington (Feb. 21). Helped lead the Tigers to a 2014 floor event high against the Colonials with a 49.100 rotation total.

Bowers Quick Facts

- ◆ Resides in Matthews, N.C.
- ◆ Competed with the National Elite Gymnastics Club before signing with the Tigers.
- ◆ One of five freshmen gymnasts to join the Missouri program this season.
- ◆ 2011 Level 9 and Level 10 Junior Olympic Nationals qualifier.

Career Highs

- ◆ Vault: 9.625 (at GymQuarters Invite, 2014)
- ◆ Beam: 9.100 (at LSU, 2014)
- ◆ Floor: 9.850 (2x, last vs. George Washington, 2014)

2014 Statistics

Date	Meet	Vault	Bars	Beam	Floor	AA
Jan. 10	at Alabama	-	-	-	-	-
Jan. 17	Arkansas	-	-	-	9.675 (E)	-
Jan. 24	Kentucky	9.375	-	-	9.850	-
Feb. 1	at NC State	-	-	-	9.750	-
Feb. 7	SEMO	9.475 (E)	-	-	9.800	-
Feb. 14	at Gym Quarters	9.625	-	-	8.650	-
Feb. 21	George Washington	8.800	-	-	9.850	-
Feb. 23	at Lindenwood Tri	-	-	-	9.775	-
Feb. 28	at LSU	-	-	9.100	9.750	-
Mar. 7	at Auburn					
Mar. 14	Florida					
Mar. 22	SEC Championship					
Apr. 5	NCAA Regionals					
Apr. 17	NCAA Nationals					



Briana Conkle *Junior*



2014 Season Notes

- ◆ Has competed on bars, beam and floor in all but one Missouri meet this season.
- ◆ Hit a then career-high on bars with a 9.800 score at the GymQuarters Invite (Feb. 14).
- ◆ Established new career-highs on both bars (9.850) and beam (9.725) the following week vs. George Washington (Feb. 21).
- ◆ For the third time this season, scored 9.800 or above on bars at LSU (Feb. 28).

Conkle Quick Facts

- ◆ Resides in Fleming Island, Fla.
- ◆ Completed for the North Florida Gymnastics and Cheerleading Club prior to her Mizzou career.
- ◆ Looking to rebound in 2014, after suffering a season-ending injury at the second meet of the season last year.

Career Highs

- ◆ Vault: 9.550 (vs. Alabama, 2013)
- ◆ Bars: 9.850 (vs. George Wash., 2014)
- ◆ Beam: 9.725 (vs. George Wash., 2014)
- ◆ Floor: 9.875 (vs. Arkansas, 2012)
- ◆ All-Around: 37.875 (vs. Alabama, 2013)

2014 Statistics

Date	Meet	Vault	Bars	Beam	Floor	AA
Jan. 10	at Alabama	-	8.950	9.550	9.625	-
Jan. 17	Arkansas	-	9.775	9.150	9.700	-
Jan. 24	Kentucky	-	9.350	9.700	9.825	-
Feb. 1	at NC State	-	9.775	9.675	9.775	-
Feb. 7	SEMO	-	9.175	9.625	9.700	-
Feb. 14	at GymQuarters	-	9.800	9.550	9.700	-
Feb. 21	George Washington	-	9.850	9.725	9.825	-
Feb. 23	at Lindenwood Tri	-	9.775	9.150	9.700	-
Feb. 28	at LSU	-	9.800	-	9.625	-
Mar. 7	at Auburn					
Mar. 14	Florida					
Mar. 22	SEC Championship					
Apr. 5	NCAA Regionals					
Apr. 17	NCAA Nationals					



Blair Elmore Sophomore



Elmore Quick Facts

- ◆ Resides from Houston, Texas (one of three Tigers from the area).
- ◆ A part of the Champions Gymnastics Club team before her collegiate career.
- ◆ Gained valuable experience last year in her first season with Missouri, including exhibiting in five meets and starts in beam against LSU and in floor at Arkansas.

Career Highs

- ◆ Vault: 9.550 (3x, last at NC State, 2014)
- ◆ Bars: 9.750 (vs. George Wash., 2014)
- ◆ Beam: 9.775 (at LSU, 2014)
- ◆ Floor: 9.775 (vs. Kentucky, 2014)

2014 Season Notes

- ◆ Surpassed her previous career-highs on both vault and bars vs. Arkansas (Jan. 17) with a 9.550 and 9.725 respectively.
- ◆ Matched her personal best on vault vs. Kentucky (Jan. 24), and set a new career-high on floor with a 9.775 score.
- ◆ Enjoyed a banner night vs. George Washington (Feb. 21) after posting a new career-high on bars with a 9.750 score.
- ◆ Made her 2014 beam debut at LSU (Feb. 28), and posted a new career-high score of 9.775.

2014 Statistics

Date	Meet	Vault	Bars	Beam	Floor	AA
Jan. 10	at Alabama	9.500	9.625	9.475 (E)	9.650	-
Jan. 17	Arkansas	9.550	9.725	-	9.625	-
Jan. 24	Kentucky	9.550	9.675	9.325 (E)	9.775	-
Feb. 1	at NC State	9.550	9.450	-	-	-
Feb. 7	SEMO	9.425	9.700	9.650 (E)	9.700 (E)	-
Feb. 14	at GymQuarters	-	9.700	-	-	-
Feb. 21	George Washington	-	9.750	9.775 (E)	-	-
Feb. 23	at Lindenwood Tri	-	9.000	-	-	-
Feb. 28	at LSU	9.525	9.725	9.775	-	-
Mar. 7	at Auburn					
Mar. 14	Florida					
Mar. 22	SEC Championship					
Apr. 5	NCAA Regionals					
Apr. 17	NCAA Nationals					



Miranda Eubank *Sophomore*



Eubank Quick Facts

- ◆ Resides in Louisville, Ky.
- ◆ A part of the Champion Gymnastics (Ky.) Club team prior to signing her letter of intent with Mizzou.
- ◆ Appeared in every meet last year in her freshman campaign. Earned her first career lineup start at No. 3 Florida.
- ◆ Claimed her first event title of her career on the uneven bars with a 9.900 score at Kentucky.

Career Highs

- ◆ Vault: 9.850 (at Arizona, 2013)
- ◆ Bars: 9.900 (at Kentucky, 2013)
- ◆ Floor: 9.775 (at Arizona, 2013)

2014 Season Notes

- ◆ Was sidelined late in the Tigers off-season, but recovered in time to compete on bars in Missouri's 2014 season opener.
- ◆ Eubank recorded a 9.850 in her only event against No. 2 Alabama (Jan. 10), and tied junior Rachel Updike for the team best score.
- ◆ Hit a 9.875 season high score on bars vs. George Washington (Feb. 21).
- ◆ Posted her 2014 season high on vault at the Lindenwood Tri-Meet (Feb. 23) with a 9.700 score.

2014 Statistics

Date	Meet	Vault	Bars	Beam	Floor	AA
Jan. 10	at Alabama	-	9.850	-	-	-
Jan. 17	Arkansas	-	9.750	-	-	-
Jan. 24	Kentucky	-	9.250	-	-	-
Feb. 1	at NC State	-	9.675	-	-	-
Feb. 7	SEMO	9.475	9.725	-	-	-
Feb. 14	at GymQuarters	-	9.800	-	-	-
Feb. 21	George Washington	9.475	9.875	-	-	-
Feb. 23	at Lindenwood Tri	9.700	9.775	-	-	-
Feb. 28	at LSU	9.675	9.200	-	-	-
Mar. 7	at Auburn					
Mar. 14	Florida					
Mar. 22	SEC Championship					
Apr. 5	NCAA Regionals					
Apr. 17	NCAA Nationals					



Alyson Heimsath

Freshman



Heimsath Quick Facts

- ◆ Resides in Houston, Texas and attended Conroe High School.
- ◆ Trained at the Stars Gymnastics Club before arriving to Columbia, Mo.
- ◆ Claimed a Level 9 Texas State All-Around Championship, and is also a Level 9 Regional and Western Nationals All-Around Champion.

Career Highs

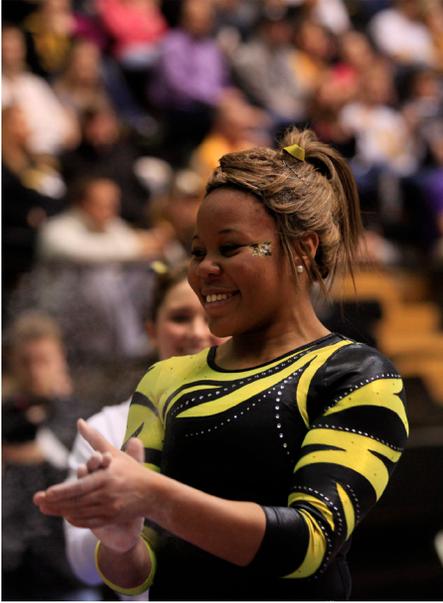
- ◆ Vault: 9.775 (at LSU, 2014)
- ◆ Beam: 9.750 (vs. Kentucky, 2014)
- ◆ Floor: 9.775 (2x, last vs. SEMO, 2014)

2014 Season Notes

- ◆ Heimsath was one of three Tigers gymnasts to make her NCAA debut at No. 2 Alabama (Jan. 10).
- ◆ Had a banner day vs. Kentucky (Jan. 24) setting new personal bests on both beam (9.750) and floor (9.775).
- ◆ Set a then career-high of 9.750 on vault at NC State (Feb. 1), and matched the mark two weeks later at Lindenwood (Feb. 23).
- ◆ Shined at LSU (Feb. 28) after posting a new personal best score of 9.775 on vault.

2014 Statistics

Date	Meet	Vault	Bars	Beam	Floor	AA
Jan. 10	at Alabama	9.675	-	9.525	9.625	-
Jan. 17	Arkansas	9.675	-	9.350	9.700	-
Jan. 24	Kentucky	9.675	-	9.750	9.775	-
Feb. 1	at NC State	9.750	-	9.175	9.725	-
Feb. 7	SEMO	9.625	-	9.700	9.775	-
Feb. 14	at GymQuarters	9.750	-	9.750	9.700	-
Feb. 21	George Washington	9.700	-	9.725	9.750	-
Feb. 23	at Lindenwood Tri	9.750	-	9.700	9.675	-
Feb. 28	at LSU	9.775	-	9.725	9.750	-
Mar. 7	at Auburn					
Mar. 14	Florida					
Mar. 22	SEC Championship					
Apr. 5	NCAA Regionals					
Apr. 17	NCAA Nationals					



Rachel Henderson

Sophomore



Henderson Quick Facts

- ◆ Resides in Oklahoma City, Okla., and trained with the Mat Trotters Club team.
- ◆ One of the consistent freshmen in 2013 for the Tigers, as she performed in all but one meet.
- ◆ Made her first career appearance last season at No. 3 Florida and recorded a 9.700 score on the balance beam.
- ◆ Her 9.775 score on beam at Arizona helped Missouri earn their then-season high team score of 195.450.

Career Highs

- ◆ Vault: 9.600 (at SEC Champ., 2013)
- ◆ Beam: 9.775 (at Arizona, 2013)

2014 Season Notes

- ◆ Suffered a knee injury while competing on the uneven bars at the 2013-14 exhibition meet against Lindenwood University. Looks to return towards the end of the 2014 Tigers season.

2014 Statistics

Date	Meet	Vault	Bars	Beam	Floor	AA
Jan. 10	at Alabama	-	-	-	-	-
Jan. 17	Arkansas	-	-	-	-	-
Jan. 24	Kentucky	-	-	-	-	-
Feb. 1	at NC State	-	-	-	-	-
Feb. 7	SEMO	-	-	-	-	-
Feb. 14	at GymQuarters	-	-	-	-	-
Feb. 21	George Washington	-	-	-	-	-
Feb. 23	at Lindenwood Tri	-	-	-	-	-
Feb. 28	at LSU	-	-	-	-	-
Mar. 7	at Auburn	-	-	-	-	-
Mar. 14	Florida	-	-	-	-	-
Mar. 22	SEC Championship	-	-	-	-	-
Apr. 5	NCAA Regionals	-	-	-	-	-
Apr. 17	NCAA Nationals	-	-	-	-	-



Rebecca Johnson *Junior*



Johnson Quick Facts

- ◆ Resides in Pewaukee, Wis. and attended Pewaukee High School before coming to Mizzou.
- ◆ Trained at the Midwest Twisters Club team before her collegiate career with the Tigers.
- ◆ Will be looked upon for her leadership (2014 team co-captain) and performance at meets this season, after missing all of last year due to injuries.

Career Highs

- ◆ Vault: 9.825 (vs. Arkansas, 2012)
- ◆ Bars: 9.900 (2x, last at Lindenwood Tri-Meet, 2014)
- ◆ Beam: 8.100 (Exh. vs. Arkansas, 2014)

2014 Season Notes

- ◆ After missing all of last year for Missouri, Johnson made her return against No. 2 Alabama (Jan. 10).
- ◆ Johnson appeared on bars, and posted a solid 9.750 for the Tigers. It marked her first career appearance on the event.
- ◆ Claimed her first career event title, after winning on bars with a 9.850 at the GymQuarters Invite (Feb. 14).
- ◆ In back-to-back meets, has won the bars title with a 9.900 score against George Washington (Feb. 21) and at the Lindenwood Tri-Meet (Feb. 23).

2014 Statistics

Date	Meet	Vault	Bars	Beam	Floor	AA
Jan. 10	at Alabama	-	9.750	-	-	-
Jan. 17	Arkansas	-	9.775	8.100 (E)	-	-
Jan. 24	Kentucky	-	9.800	-	-	-
Feb. 1	at NC State	-	9.775	-	-	-
Feb. 7	SEMO	-	9.800	-	-	-
Feb. 14	at GymQuarters	-	9.850 *	-	-	-
Feb. 21	George Washington	-	9.900 *	-	-	-
Feb. 23	at Lindenwood Tri	-	9.900 *	-	-	-
Feb. 28	at LSU	-	9.850	-	-	-
Mar. 7	at Auburn					
Mar. 14	Florida					
Mar. 22	SEC Championship					
Apr. 5	NCAA Regionals					
Apr. 17	NCAA Nationals					



Laura Kappler Junior



Kappler Quick Facts

- ◆ Resides in Evansville, Ind. and competed with the Revolution Gymnastics Club team.
 - ◆ Had a standout day at the 2013 SEC Champ. posting four new career highs.
- ### Career Highs
- ◆ Vault: 9.850 (at LSU, 2014)
 - ◆ Bars: 9.800 (at LSU, 2014)
 - ◆ Beam: 9.825 (2x, last at LSU, 2014)
 - ◆ Floor: 9.800 (vs. George Wash., 2014)
 - ◆ All-Around: 39.125 (at NC State, 2014)

2014 Season Notes

- ◆ Became Missouri's first 2014 all-around competitor vs. Kentucky (Jan. 24), and finished with a 38.125 score. Her 9.700 on floor set a then career-high on the event.
- ◆ Had arguably the Tigers best individual meet at NC State (Feb. 1), as she tied or surpassed career-highs in all five categories. Kappler's 39.125 all-around score marked a new personal best.
- ◆ Turned in the Tigers' top individual night at LSU (Feb. 28), as she recorded new career-highs on vault (9.850) and bars (9.800), while also matching her personal best on beam (9.825).

2014 Statistics

Date	Meet	Vault	Bars	Beam	Floor	AA
Jan. 10	at Alabama	9.725	9.750 (E)	9.500	9.650	-
Jan. 17	Arkansas	9.775	9.650 (E)	9.750	9.625	-
Jan. 24	Kentucky	8.975	9.725	9.725	9.700	38.125
Feb. 1	at NC State	9.800	9.775	9.800	9.750	39.125
Feb. 7	SEMO	9.750	9.650	8.975	9.675	38.050
Feb. 14	at GymQuarters	9.725	8.975	8.100	9.700	36.500
Feb. 21	George Washington	9.800	9.775 (E)	9.750	9.800	-
Feb. 23	at Lindenwood Tri	9.800	-	9.825	9.625	-
Feb. 28	at LSU	9.850	9.800	9.825	9.075	38.550
Mar. 7	at Auburn					
Mar. 14	Florida					
Mar. 22	SEC Championship					
Apr. 5	NCAA Regionals					
Apr. 17	NCAA Nationals					



Angie Kern Freshman



2014 Season Notes

- ◆ Along with freshmen teammates Alyson Heimsath and Sasha Sander, Kern made her Tigers debut against No. 2 Alabama (Jan. 10).
- ◆ Set a career-high on vault with a 9.825 score in only her second collegiate meet vs. Arkansas (Jan. 17).
- ◆ Established a then career-high on floor at NC State (Feb. 1) with a 9.825 score.
- ◆ Picked up her first career event title after producing a career-high score of 9.875 against George Washington (Feb. 21).

Kern Quick Facts

- ◆ Hometown gymnast for the Tigers, as she resides in Columbia, Mo.
- ◆ Attended Rock Bridge High School and trained at Show-Me Gymnastics Club.
- ◆ Was a three-time Level 10 Missouri State Vault Champion and two-time Level 10 State All-Around Champion.

Career Highs

- ◆ Vault: 9.825 (vs. Arkansas, 2014)
- ◆ Floor: 9.875 (vs. George Wash., 2014)

2014 Statistics

Date	Meet	Vault	Bars	Beam	Floor	AA
Jan. 10	at Alabama	9.725	-	-	9.500	-
Jan. 17	Arkansas	9.825	-	-	9.675	-
Jan. 24	Kentucky	9.300	-	-	-	-
Feb. 1	at NC State	9.700	-	-	9.825	-
Feb. 7	SEMO	9.725	-	-	9.800	-
Feb. 14	at GymQuarters	9.700	-	-	9.725	-
Feb. 21	George Washington	9.625	-	-	9.875 *	-
Feb. 23	at Lindenwood Tri	9.725	-	-	9.750	-
Feb. 28	at LSU	9.675	-	-	9.775	-
Mar. 7	at Auburn					
Mar. 14	Florida					
Mar. 22	SEC Championship					
Apr. 5	NCAA Regionals					
Apr. 17	NCAA Nationals					



Mackenzie McGill

Senior



2014 Season Notes

- ◆ Remained a mainstay on the Tigers beam lineup vs. Arkansas (Jan. 17) and posted a 9.775 score.
- ◆ Posted a 9.800 on beam at NC State (Feb. 1), tying for the team lead and marking her 2014 season-high.
- ◆ Played a crucial role into the team's top beam score (48.800) of the season vs. George Washington (Feb. 21) after hitting a 9.775.
- ◆ Her 9.725 on beam at LSU (Feb. 28) once again led Mizzou to matching their top beam event score of the season.

McGill Quick Facts

- ◆ Resides in Bartlesville, Okla. and attended Bartlesville High School before joining the Tigers.
- ◆ Competed for the Conoco Phillips Gymnastics Club team.
- ◆ A solid contributor at the bars and beam during her Missouri career. Her 9.900 score on the beam earned her a spot on the 2013 All-SEC team.
- ◆ Made her Mizzou debut back in 2011 against SEMO.

Career Highs

- ◆ Bars: 9.850 (vs. Illinois, 2013)
- ◆ Beam: 9.900 (SEC Champ., 2013)

2014 Statistics

Date	Meet	Vault	Bars	Beam	Floor	AA
Jan. 10	at Alabama	-	-	9.550	-	-
Jan. 17	Arkansas	-	-	9.775	-	-
Jan. 24	Kentucky	-	-	9.750	-	-
Feb. 1	at NC State	-	-	9.800	-	-
Feb. 7	SEMO	-	-	9.175	-	-
Feb. 14	at GymQuarters	-	-	9.650	-	-
Feb. 21	George Washington	-	-	9.775	-	-
Feb. 23	at Lindenwood Tri	-	-	9.025	-	-
Feb. 28	at LSU	-	-	9.725	-	-
Mar. 7	at Auburn					
Mar. 14	Florida					
Mar. 22	SEC Championship					
Apr. 5	NCAA Regionals					
Apr. 17	NCAA Nationals					



Lark Pokladnik

Freshman



2014 Season Notes

- ◆ Made her Missouri debut vs. Kentucky (Jan. 24), and delivered a solid 9.700 score on floor. Pokladnik's contribution led to a meet event best score of 48.925 on floor, which up to that point was the highest floor total of the year.
- ◆ Exhibited at NC State (Feb. 1) and tallied a 9.625 score.
- ◆ Anchored the Tigers floor lineup vs. George Washington (Feb. 21) and finished with a 9.675 score.
- ◆ Filled-in on floor at LSU (Feb. 28) and matched her second best event score of the year with a 9.675.

Pokladnik Quick Facts

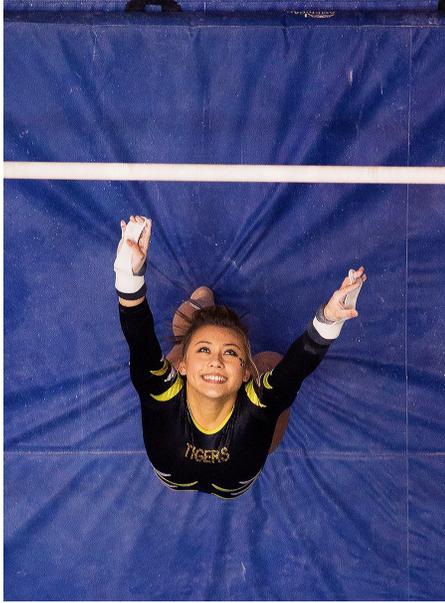
- ◆ Resides in Dallas, Texas and trained at the club level for Metroplex before signing her NLOI with Missouri.
- ◆ A former Elite gymnast, and qualified for the NIT four times in her club career.
- ◆ Was a Texas State Bar Champion and won the Houston National Invite All-Around title.

Career Highs

- ◆ Floor: 9.700 (vs. Kentucky, 2014)

2014 Statistics

Date	Meet	Vault	Bars	Beam	Floor	AA
Jan. 10	at Alabama	-	-	-	-	-
Jan. 17	Arkansas	-	-	-	-	-
Jan. 24	Kentucky	-	-	-	9.700	-
Feb. 1	at NC State	-	-	-	9.625 (E)	-
Feb. 7	SEMO	-	-	-	-	-
Feb. 14	at GymQuarters	-	-	-	-	-
Feb. 21	George Washington	-	-	-	9.675	-
Feb. 23	at Lindenwood Tri	-	-	-	-	-
Feb. 28	at LSU	-	-	-	9.675	-
Mar. 7	at Auburn	-	-	-	-	-
Mar. 14	Florida	-	-	-	-	-
Mar. 22	SEC Championship	-	-	-	-	-
Apr. 5	NCAA Regionals	-	-	-	-	-
Apr. 17	NCAA Nationals	-	-	-	-	-



Sasha Sander

Freshman



Sander Quick Facts

- ◆ Resides in Louisville, Ky. and trained with the Perfection Gymnastics Club team before arriving in Columbia, Mo.
- ◆ Was a three-time Level 10 Region 5 competitor.
- ◆ In 2011, earned a 23rd place finish in the all-around at the U.S. Junior Olympics competition.

Career Highs

- ◆ Bars: 9.850 (at Lindenwood Tri-Meet, 2014)
- ◆ Beam: 9.825 (vs. George Wash, 2014)

2014 Season Notes

- ◆ Sander made her Missouri and collegiate debut at No. 2 Alabama (Jan. 10).
- ◆ After three exhibitions on bars earlier in the year, she made her line-up debut against George Washington (Feb. 21) and hit an impressive 9.825 score.
- ◆ Along with her bars debut against the Colonials, the freshman earned her first event title with a 9.825 score on beam.
- ◆ The following week at Lindenwood (Feb. 23) once again set a new career-high on bars with a 9.850 score.

2014 Statistics

Date	Meet	Vault	Bars	Beam	Floor	AA
Jan. 10	at Alabama	-	-	9.600	-	-
Jan. 17	Arkansas	-	-	9.775	-	-
Jan. 24	Kentucky	-	9.700 (E)	9.050	-	-
Feb. 1	at NC State	-	9.725 (E)	9.100	-	-
Feb. 7	SEMO	-	9.625 (E)	9.750	-	-
Feb. 14	at GymQuarters	-	-	9.700	-	-
Feb. 21	George Washington	-	9.825	9.825 *	-	-
Feb. 23	at Lindenwood Tri	-	9.850	9.750	-	-
Feb. 28	at LSU	-	9.775	9.750	-	-
Mar. 7	at Auburn					
Mar. 14	Florida					
Mar. 22	SEC Championship					
Apr. 5	NCAA Regionals					
Apr. 17	NCAA Nationals					



Katelyn Trevino

Junior



2014 Season Notes

- ◆ After missing most of last season due to injuries, the 2014 co-captain made her return to the Tigers lineup at No. 2 Alabama (Jan. 10).
- ◆ Trevino appeared in three-of-four events for Missouri, highlighted by her 9.775 on bars.
- ◆ Once again proved to be one of the more versatile Tigers against Arkansas (Jan. 17), highlighted by her team best score of 9.800 on floor.
- ◆ Currently out with a minor knee injury, and looks to return for the Tigers later this season.

Trevino Quick Facts

- ◆ Resides from Ovilla, Texas and trained at Trevinos Gymnastics prior to her Missouri career.
- ◆ Looks to rebound this season, as she was sidelined after only participating in two meets last year.

Career Highs

- ◆ Vault: 9.875 (twice, last vs. Bowling Green, 2012)
- ◆ Bars: 9.800 (vs. Illinois, 2011)
- ◆ Beam: 9.600 (Exh. vs. Bowling Green, 2012)
- ◆ Floor: 9.900 (at Big 12 Champ., 2012)
- ◆ All-Around: 38.100 (at Southern Utah, 2012)

2014 Statistics

Date	Meet	Vault	Bars	Beam	Floor	AA
Jan. 10	at Alabama	9.600	9.775	-	9.600	-
Jan. 17	Arkansas	9.625	8.925	-	9.800	-
Jan. 24	Kentucky	-	-	-	-	-
Feb. 1	at NC State	-	-	-	-	-
Feb. 7	SEMO	-	-	-	-	-
Feb. 14	at GymQuarters	-	-	-	-	-
Feb. 21	George Washington	-	-	-	-	-
Feb. 23	at Lindenwood Tri	-	-	-	-	-
Feb. 28	at LSU	-	-	-	-	-
Mar. 7	at Auburn	-	-	-	-	-
Mar. 14	Florida	-	-	-	-	-
Mar. 22	SEC Championship	-	-	-	-	-
Apr. 5	NCAA Regionals	-	-	-	-	-
Apr. 17	NCAA Nationals	-	-	-	-	-



Rachel Updike Junior



Updike Quick Facts

◆ Resides in Olathe, Kan., and competed with Kansas Gymnastics Dance and Cheer before joining Mizzou.

◆ Won Big 12 Newcomer of the Year her freshman campaign.

◆ Earned a trip to the NCAA Regionals last year in vault & beam.

Career Highs

◆ Vault: 9.950 (vs. Georgia, 2013)

◆ Bars: 9.900 (at Lindenwood Tri, 2014)

◆ Beam: 9.900 (twice, last vs. Arkansas, 2014)

◆ Floor: 9.925 (vs. Arkansas, 9.925, 2012)

◆ All-Around: 39.525 (at Lindenwood Tri, 2014)

2014 Season Notes

◆ Had an outstanding night vs. SEMO (Feb. 7) after claiming all five individual event titles, highlighted by her 39.350 all-around score and 9.900 on floor.

◆ Turned in arguably the finest meet of her career at Lindenwood Tri-Meet (Feb. 23), as she swept the individual event titles. Her 39.525 all-around score marked a new career-high, and also set a new personal best on bars with a 9.900.

◆ Currently on a six-meet streak of claiming top honors on vault.

◆ Has amassed a total of 19 event wins so far in 2014.

2014 Statistics

Date	Meet	Vault	Bars	Beam	Floor	AA
Jan. 10	at Alabama	9.850	9.850	9.625	-	-
Jan. 17	Arkansas	9.875	9.800	9.900 *	-	-
Jan. 24	Kentucky	9.925 *	9.825 *	9.725	-	-
Feb. 1	at NC State	9.900 *	9.775	9.675	9.825	39.175
Feb. 7	SEMO	9.850 *	9.825 *	9.775 *	9.900 *	39.350 *
Feb. 14	at GymQuarters	9.900 *	8.800	9.850 *	9.900 *	38.450 *
Feb. 21	George Washington	9.925 *	9.850	9.200	-	-
Feb. 23	at Lindenwood Tri	9.900 *	9.900 *	9.875 *	9.850 *	39.525 *
Feb. 28	at LSU	-	-	-	-	-
Mar. 7	at Auburn					
Mar. 14	Florida					
Mar. 22	SEC Championship					
Apr. 5	NCAA Regionals					
Apr. 17	NCAA Nationals					

◆ Missouri Records ◆

All-Time Team Totals

1)	197.475	at Texas Woman's Invite	3/12/04
2)	197.350	at Cat Classic	2/6/04
3)	197.125	at Mizzou Invitational	3/6/04
4)	197.000	vs. Oklahoma	2/29/04
5)	196.875	vs. Illinois State	2/26/10
6)	196.700	at Big 12 Championship	3/29/03
7)	196.675	at Michigan	3/16/07
8)	196.625	vs. Illinois	2/13/09
9)	196.600	vs. Arkansas	2/13/04
10)	196.500	at Columbia Regional vs. SEMO	4/10/10 1/25/04

All-Time Team Vault Score

1)	49.375	at Texas Woman's Invite	3/12/04
2)	49.350	at Northeast Regional vs. Arkansas	4/03/04 2/13/04
		at Nebraska	1/31/04
5)	49.300	at Columbia Regional at Cat Classic	4/10/10 2/6/04
7)	49.250	vs. SEMO at Nebraska	2/6/09 1/28/12
9)	49.225	at Big 12 Championship vs. Centenary	3/27/10 3/21/10
		at Michigan	3/16/07
		at Mizzou Invitational	3/6/04

All-Time Team Uneven Bars Score

1)	49.400	at Texas Woman's Invite	3/12/04
2)	49.375	vs. Centenary	2/08/08
3)	49.350	at Northeast Regional	4/4/09
4)	49.325	vs. Illinois vs. Arkansas	2/11/05 2/13/04
6)	49.300	vs. George Washington	2/21/14
7)	49.250	vs. Oklahoma at Utah State / Boise State	2/29/04 2/20/04
		at Cat Classic	2/6/04
		at Pittsburgh	3/3/07

All-Time Team Balance Beam Score

1)	49.325	vs. Illinois at Mizzou Invitational	2/11/05 3/6/04
		vs. Oklahoma	2/29/04
4)	49.275	vs. SEMO	1/25/04
5)	49.250	vs. Illinois	2/13/09
6)	49.225	at Utah State / Boise State at Cat Classic	2/20/04 2/6/04
8)	49.175	at Cat Classic at Cat Classic vs. Illinois State	2/23/07 2/24/06 1/30/03

All-Time Team Floor Exercise Score

1)	49.575	at Mizzou Invitational at Cat Classic	3/6/04 2/6/04
3)	49.550	at Texas Woman's Invite	3/12/04
4)	49.500	vs. Illinois State	2/26/10
5)	49.400	vs. Iowa State vs. SEMO	1/22/10 1/25/04
7)	49.375	vs. Bowling Green	2/24/12
8)	49.350	at Michigan vs. Oklahoma vs. Iowa State	3/16/07 2/29/04 3/17/02

◆ Missouri Records ◆

All-Time Individual Vault Score

1)	9.975	Alisha Robinson at Nebraska	1/31/04
		Alisha Robinson vs. Arkansas	2/13/04
3)	9.950	Rachel Updike at Nebraska	1/28/12
		Rachel Updike at Winterfest Invit.	3/3/12
		Sarah Shire at Columbia Regional	4/10/10
		Sarah Shire at Cat Classic	2/27/09
		Adrienne Perry vs. SEMO	2/6/09
		Alisha Robinson at Arkansas	3/13/05
		Alisha Robinson at TWU Invite	3/12/04
		Alisha Robinson at Big 12 Champ.	3/20/04

All-Time Individual Uneven Bars Score

1)	9.950	Sarah Shire at Lady Luck Invite	1/15/10
		Alisha Robinson vs. Illinois	2/11/05
		Jodie Heinicka at Cat Classic	2/6/04
		Alisha Robinson at TWU Invite	3/12/04
5)	9.925	Mary Burke at Lady Luck Invite	1/15/10
		Sarah Shire vs. Centenary	3/21/10
		Sarah Shire at Illinois	3/13/10
		Sarah Shire vs. Oklahoma	2/19/10
		Adrienne Perry vs. Centenary	2/08/08
		Jodie Heinicka	5 Times
		Andrea Nervig vs. Iowa State	1/11/04
		Alisha Robinson	Twice

All-Time Individual Balance Beam Score

1)	10.000	Lauren Schwartzman vs. Iowa State	1/11/04
		Lauren Schwartzman at TWU Invite	3/12/04
3)	9.975	Lauren Schwartzman vs. Illinois	2/11/05
4)	9.950	Sarah Shire vs. Centenary	3/21/10
		Sarah Shire vs. Illinois State	2/26/10
		Lauren Schwartzman at Cat Classic	2/24/06
		Lauren Schwartzman vs. Iowa State	2/3/06
		Lauren Schwartzman at Centenary	1/20/06
		Lauren Schwartzman vs. Oklahoma	2/29/04
10)	9.925	Sarah Shire	5 Times
		Adrienne Perry at Arkansas	3/23/07
		Julie Abaray at Cat Classic	2/23/07

All-Time Individual Floor Exercise Score

1)	9.975	Mary Burke vs. Illinois State	2/26/10
		Sarah Shire vs. Illinois State	2/26/10
		Alisha Robinson at Cat Classic	2/6/04
		Lauren Schwartzman at Cat Classic	2/6/04
5)	9.950	Sarah Shire	Twice
		Adrienne Perry at Big 12 Champ.	3/21/09
		Lauren Schwartzman	Twice
		Alisha Robinson	6 Times
		Andrea Nervig at Mizzou Invite	3/6/04

All-Time Individual All-Around Score

1)	39.725	Sarah Shire vs. Illinois State	2/26/10
2)	39.675	Sarah Shire at SEMO / Alaska	3/7/10
3)	39.650	Alisha Robinson at Mizzou Invite	3/6/04
		Alisha Robinson at Cat Classic	2/6/04
5)	39.625	Sarah Shire at Columbia Regional	4/10/10
		Sarah Shire vs. Oklahoma	2/19/10
7)	39.600	Sarah Shire vs. Centenary	3/21/10
		Sarah Shire vs. Iowa State	1/22/10
9)	39.575	Sarah Shire at Cat Classic	2/27/09
		Alisha Robinson at TWU Invite	3/12/04
		Alisha Robinson at Bowling Green	1/13/02