

# 2003 NEBRASKA GYMNASTICS

## 2003 Nebraska Women's Gymnastics Media Guide



The Nebraska women's gymnastics team is looking for its fifth straight NCAA Super Six appearance in 2003.

### Husker Quick Facts

Location .....	Lincoln, Neb.
Population .....	225,581
Founded .....	1869
Enrollment .....	25,000
Colors .....	Scarlet and Cream
Nickname .....	Cornhuskers, Huskers
Conference .....	Big 12
Home Facility .....	Bob Devaney Sports Center (13,500)
Head Coach .....	Dan Kendig (Kentucky, 1979)
Record at Nebraska .....	222-78-2 (Nine years)
Career Record .....	335-190-3 (19 years)
Office Phone .....	(402) 472-3808
Office Address .....	315 Mabel Lee Hall - Lincoln, NE 68588-0651
Assistant Coaches .....	Danna Durante (First season) Adrian Burde (Second season)
Sports Information Contact .....	Jeff Abele
Office Phone .....	(402) 472-2263
Maxson's Direct Line .....	(402) 472-7776
Maxson's E-Mail .....	jabele@huskers.unl.edu
Sports Information Fax .....	(402) 472-2005
Web Site .....	Huskers.com
2002 Record .....	23-8
2002 Big 12 Conference Finish .....	First (196.725)
2002 South Central Regional Finish .....	First (195.925)
2002 NCAA Finish .....	Fifth (196.425)
All-Americans Returning .....	Gina Bruce (V)*; Jen French (BB)*; Tami Harris (UB); Julie Houk (UB); Libby Landgraf (UB); A.J. Lamb (V, UB, AA); Richelle Simpson (V, UB, BB, AA); Jess Wertz (V)
All-Americans Lost .....	Alecia Ingram (AA, UB)*
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#### Media & Recruiting Guide Credits

The 2003 Nebraska Women's Gymnastics Media Guide was written and designed by Josh Maxson of the Nebraska Sports Information office, with editorial assistance from SID Chris Anderson, Assistant Sports Information Directors Jeff Griesch, Jeff Abele and Shamus McKnight, SID Office Supervisor Vicki Cartwright, Tanya Wright and the Women's Gymnastics Office. The guide was produced entirely on Adobe PageMaker 6.5 and printed at the University of Nebraska Printing Services. Photo credits go to Alan Jackson of Alan Jackson Studios, Sports Information Photographers Scott Bruhn and Matt Miller, Patrick Tower Photography, Jerry Laizure, Richard Voges (freelance) and to Tom Slocum and Richard Wright of UNL Photo Services. Cover design by Jeff Abele. The 2003 Nebraska Women's Gymnastics Guide is \$5, tax included.

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## Athletic Department Directory

### Information

**Location:** Lincoln, Neb.  
**Population:** 225,581  
**Founded:** 1869  
**Enrollment:** 25,000  
**Arena:** Bob Devaney Sports Center  
**Capacity:** 13,500  
**Nickname:** Cornhuskers, Huskers  
**Colors:** Scarlet & Cream  
**Conference:** Big 12  
**Chancellor:** Harvey Perlman, J.D.  
**Institutional Rep.:** Josephine Potuto, J.D.  
**Director of Athletics:** TBA  
     **Office Phone:** (402) 472-3011  
**Head Coach:** Dan Kendig  
     **Office Phone:** (402) 472-3808  
**Assistant Coach:** Danna Durante  
     **Office Phone:** (402) 472-8808  
**Assistant Coach:** Adrian Burde  
     **Office Phone:** (402) 472-7808  
**Assistant AD/SID:** Chris Anderson  
     **Office Phone:** (402) 472-2263  
     **Home Phone:** (402) 489-8766  
**Gymnastics SID:** Jeff Abele  
     **Office Phone:** (402) 472-7776  
**SID Fax:** (402) 472-2005

### Administration

**President**  
 Dr. L. Dennis Smith

### Board of Regents

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

### Student Regents

Ryan Wilkins, Nebraska-Lincoln  
 Joe Bilek, Nebraska-Omaha  
 Ryan Hatt, Nebraska-Kearney  
 Casey Johnston, Nebraska-Medical Center

The University of Nebraska Department of Intercollegiate Athletics, as an integral part of the University's educational mission, is committed to a comprehensive athletics program.  
*...Dedicated to Excellence.*



*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.*

### Administration

	<b>Phone (402)</b>
<b>Chancellor:</b> Harvey Perlman, J.D. ....	472-2116
<b>Institutional Representative:</b> Josephine Potuto, J.D. ....	472-1252
<b>Director of Athletics:</b> TBA .....	472-3011
<b>Senior Associate AD/External Operations:</b> Joe Selig .....	472-3311
<b>Senior Associate AD/Internal Operations:</b> Bob Burton .....	472-5663
<b>Associate AD/Senior Woman Administrator:</b> Dr. Barbara Hibner .....	472-6460
<b>Associate AD/Financial Management:</b> Nancy Kenny .....	472-2035
<b>Associate AD/Director of Academic Programs and Student Services:</b> Dennis Leblanc .....	472-2042
<b>Assistant AD/Director of Athletic Performance:</b> Boyd Epley .....	472-3333
<b>Assistant AD/Communications/Sports Information Director:</b> Chris Anderson .....	472-2263
<b>Assistant AD/Director of Marketing:</b> Heidi Cuca .....	472-0775
<b>Assistant AD/Director of Events:</b> Butch Hug .....	472-1950
<b>Assistant to the Director of Athletics/Coaches' Advocate:</b> Terry Pettit .....	472-9433
<b>Sports Information Director Emeritus:</b> Don Bryant .....	472-5959
<b>Director of Ticket Operations:</b> John Anderson .....	472-3111
<b>Director of Athletic Development:</b> Paul Meyers .....	472-2367
<b>Director of Facilities:</b> John Ingram .....	472-1959
<b>Director of Licensing:</b> Michael Stephens .....	472-9446
<b>Director of HuskerVision:</b> Jeff Schmahl .....	472-4645
<b>Skybox Director:</b> Karen Underwood .....	472-3016

### Gymnastics Staff

<b>Head Coach:</b> Dan Kendig .....	472-3808
<b>Assistant Coach:</b> Danna Durante .....	472-8808
<b>Assistant Coach:</b> Adrian Burde .....	472-7808
<b>Gymnastics Office Secretary:</b> Dianne Streaks .....	472-3186
<b>Gymnastics Student Secretary:</b> Andrea Hammon .....	472-9876
<b>Devaney Center Superintendent:</b> Doug Lillie .....	472-1132
<b>HuskerVision Production:</b> Kay Gertsen .....	472-4645

### Sports Information Staff

<b>Associate SID:</b> Keith Mann .....	472-2263
<b>Assistant SID:</b> Jeff Griesch .....	472-2263
<b>Assistant SID:</b> Jeff Abele .....	472-2263
<b>Assistant SID:</b> Shamus McKnight .....	472-2263
<b>Assistant SID:</b> Shannon Sherman .....	472-2263
<b>Assistant SID:</b> Jerry Trickie .....	472-2263
<b>Office Supervisor:</b> Vicki Cartwright .....	472-2263
<b>Gymnastics Contact:</b> Jeff Abele .....	472-2263
<b>Sports Information Fax:</b> .....	472-2005

### Medical Staff

<b>Director of Athletic Medicine:</b> Dr. Lonnie Albers .....	472-2276
<b>Chief of Staff/Orthopedic Surgeon:</b> Dr. Pat Clare .....	472-2276
<b>Orthopedists:</b> Dr. Robert Dugas, Dr. Scott Strasburger, Dr. Tom Heiser .....	472-2276
<b>Head Athletic Trainer/Physical Therapist:</b> Jerry Weber, RPT .....	472-2276
<b>Head Football Trainer:</b> Doak Ostergard .....	472-2276
<b>Assistant Trainers:</b> Brad Brown, Derek Clark, Tom Dufresne, Jose Fonseca, Amanda Monterastelli .....	472-2276
<b>Gymnastics Trainers:</b> Tom Dufresne, Brooke Landerfield (Student) .....	472-2276
<b>Coordinator of Performance Nutrition:</b> James Harris .....	472-2276

### Academic Performance Team

<b>Asst. Dir. for Academic Programs/Student Services:</b> Keith Zimmer .....	472-2042
<b>Coordinator of Special Programs (Gymnastics):</b> Katie Jewell .....	472-2042
<b>Coordinator of Learning Development Programs:</b> Kim Schellpeper .....	472-2042
<b>Coordinator of Multi-Cultural Programs:</b> Jamar Banks .....	472-2042

### Athletic Performance Team

<b>Associate Director of Athletic Performance:</b> Mike Arthur .....	472-3333
<b>Assistant Director of Athletic Performance:</b> Randy Gobel .....	472-3333
<b>Coordinator of Research:</b> Bryan Bailey .....	472-3333
<b>Bob Devaney Sports Center Strength Coach:</b> Rodger DeGarmo .....	472-3333
<b>West Stadium Strength Coach:</b> Courtney Carter .....	472-3333
<b>Assistant Bob Devaney Sports Center Strength Coach:</b> Clint Dominick .....	472-3333
<b>Assistant Strength Coach:</b> Chad Wade, Michael Greenfield .....	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 300 West Stadium, P.O. Box 880219, Lincoln, NE 68588-0219 or faxed to 402-472-4609.

## Husker Gymnastics Media Information

The 2003 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 Sports Information 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, between 14th and 17th streets.

**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 Court Street, turn left and go two blocks east to the arena, which is on the north side of Court Street. 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.

**Interviews:** All media requests for interviews with Nebraska gymnasts should be directed to Jeff Abele (office phone: (402) 472-7776) 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.

**Dan Kendig Interview Time:** The best time to reach Coach Dan Kendig 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 Jeff Abele in the Sports Information office at (402) 472-0229. 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 gym 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 hospitality room. A sports information representative will be in the press room until all writers have filed.

**Telephones:** Nebraska provides four modular telephones in the Bob Devaney Sports Center Press 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.**

**Sports Information Office:** The University of Nebraska Sports Information Office is located in Room 116 of the South Stadium Building, which is located at the south end of Memorial Stadium at 10th street and Stadium Drive. The South Stadium Building is approximately one mile from the Devaney Center. **Address:** Nebraska Sports Information Office, P.O. Box 880123, Lincoln, NE, 68588-0123. **Phone:** (402) 472-2263.

**Fax Access:** The Nebraska Sports Information 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 Sports Information office personnel will send results free of charge as time permits.

### Newspapers

**Omaha World-Herald**  
Steve Sinclair, Sports Editor  
Mitch Sherman, Beat Writer  
14th & Dodge • Omaha, Neb., 68102  
Phone: (402) 444-1000  
Lincoln Bureau: (402) 473-9587  
Fax: (402) 344-3343

**Lincoln Journal Star**  
John Mabry, Sports Editor  
Brian Rosenthal, Beat Writer  
926 P Street • Lincoln, Neb., 68508  
Phone: (402) 473-7431  
Fax: (402) 473-7291

**Associated Press**  
Eric Olson  
909 N. 9th • Omaha, Neb., 68114  
Phone: (402) 391-0031  
Fax: (402) 391-1412

**DailyNebraskan**  
Vann Jensen, Beat Writer  
34 Nebraska Union • Lincoln, Neb., 68588  
Phone: (402) 472-1765  
Fax: (402) 472-1761

### Television Stations

**KLKN (ABC, Ch. 8)**  
Matt Kelly, Sports Director  
3240 S. 10th • Lincoln, Neb., 68502  
Phone: (402) 434-8000  
Fax: (402) 436-2236

**KOLN-TV (CBS, Chs. 10/11)**  
Andrew Fellios, Sports Director  
40th and W • Lincoln, Neb., 68503  
Phone: (402) 467-9720  
Fax: (402) 467-9208

**KMTV (CBS, Ch. 3)**  
Travis Justice, Sports Director  
10714 Mockingbird • Omaha, Neb., 68127  
Phone: (402) 592-4330  
Fax: (402) 592-4714

**KETV (ABC, Ch. 7)**  
Jon Schuetz, Sports Director  
27th & Douglas • Omaha, Neb., 68131  
Phone: (402) 978-8954  
Fax: (402) 978-8931

**WOWT (NBC, Ch. 6)**  
Dave Webber, Sports Director  
3501 Farnam • Omaha, Neb., 68131  
Phone: (402) 345-9530  
Fax: (402) 233-7940

**KPTM (Fox, Ch. 42)**  
J.J. Davis, Sports Director  
4625 Farnam • Omaha, Neb., 68132  
Phone: (402) 554-4286  
Fax: (402) 554-4292

**NETV (PBS, Ch. 12)**  
Joe Turco, Sports Director  
1800 North 33rd • Lincoln, Neb., 68503  
Phone: (402) 472-3611  
Fax: (402) 472-1785

### Radio Stations

**KLIN (1400 AM)**  
Gary Sharp, Sports Director  
4343 O St. • Lincoln, Neb., 68510  
Phone: (402) 475-4567  
Fax: (402) 474-8011

**KFAB (1110 AM)**  
5010 Underwood • Omaha, Neb., 68132  
Phone: (402) 556-8000  
Fax: (402) 556-8937

**KFOR (1240 AM)**  
Chuck Stevens, Sports Director  
6900 Van Dorn, Suite 11  
Lincoln, Neb., 68506  
Phone: (402) 483-5100  
Fax: (402) 483-4095

**KKAR (1290 AM)**  
1001 Farnam St. • Omaha, Neb., 68102  
(402) 342-1180  
Fax: (402) 342-7041

**KRNU (90.3 FM)**  
Rick Alloway, Station Manager  
University of Nebraska  
201 Andersen Hall • Lincoln, Neb.,  
68588-0466  
(402) 472-3054  
Fax: (402) 472-8403

# 2003 NEBRASKA GYMNASTICS

## The Big 12 Conference

As the Big 12 Conference approaches the 10-year mark of its founding—Feb. 25, 1994—the organization remains dedicated to celebrating student-athletes, competitive excellence, scholarship, sportsmanship and competitive equity.

These tenets remain firmly in place as the Big 12 seeks to maintain a leadership role in key areas within NCAA and international agencies' framework.

Dedicated to achieving the highest goals in the integration of academic and athletic endeavors, Baylor, Colorado, Iowa State, Kansas, Kansas State, Missouri, Nebraska, Oklahoma, Oklahoma State, Texas, Texas A&M and Texas Tech combined forces in 1994 to form the Big 12 Conference—a league covering seven states and encompassing over 40 million people (2000 U.S. census).

In particular, youngsters' welfare and the highest level of athletic competition for the 4,000-plus student-athletes in 21 sports are key goals for Big 12 members and sports administrators. The conference recognizes the accomplishments of our nation's future leaders as well as their academic and civic achievements.

Competing in these structures and other key areas helps enhance both the excitement and excellence of competition within the conference.

Along with competitive excellence, scholarship has been and continues to be a point of emphasis with the Big 12. There are 19 academic honor teams (first and second units), and the semiannual Commissioner's Honor Roll salutes student-athletes who achieved 3.0 averages (4.0 grading scale) in the semester previous to the announcement.

Each member institution also has a chance to nominate a male or female student-athlete for one of the prestigious Big 12 Conference postgraduate scholarships at the end of the academic year. More than 50 aspiring scholars have received over \$250,000 in financial aid during the first five years of the program.

Sportsmanship has been an item high on the Big 12 agenda since Commissioner Kevin Weiberg became the league's third chief executive in December, 1998. The conference developed and has maintained a Sportsmanship Statement that applies to all student-athletes, coaches and administrators throughout the league.

Providing a "level playing field" for participants in all Big 12 sports also figures into the competitive equity equation. This does not deny the potential for national team champions in any sport but seeks to provide an avenue in which up-and-coming student-athletes can display their top individual talents within the framework of conference and NCAA sports' guidelines.

These principles of fair play, sportsmanship, rules compliance, and national respect for each student-athlete and team within the Big 12 framework can give both fans and foes a greater respect for the types of people competing and coaching in the Big 12 Conference.

Big 12 schools and the conference office seek to provide national-class facilities for all levels of league championships, postseason tournaments and NCAA venues. They utilize Big 12 campus sites as well as buildings such as Kansas City's Kemper Arena, Arrowhead Stadium and Municipal Auditorium, San Antonio's Alamodome, St. Louis' Edward Jones Dome, Irving's Texas Stadium, Oklahoma City's Southwestern Bell Bricktown Ballpark, The Ballpark at Arlington, Dallas' American Airlines Center and Reunion Arena, among others.

Not only has the Big 12 fostered a spirit of conviviality and excitement with newfound rivalries, but the conference organization has given rise to several related, cooperative ventures in Big 12 cities with libraries, campus



**Kevin Weiberg**  
Commissioner



**Donnie Duncan**  
Senior Associate  
Commissioner

security organizations, Chambers of Commerce, tourism/visitors' bureaus, information exchanges, sports medicine associations and campus public information offices.

The solid athletic traditions at the 12 schools are evident as student-athletes have claimed more than 800 NCAA crowns and 169 national team championships. Commissioner Weiberg, acting in accord with the Big 12 Board of Directors, also has contracted most major championship sites and dates through the 2004-05 academic year. The league office has negotiated critical media (television/radio/print) contracts and ongoing bowl agreements.

In all, the Big 12 Conference serves as a conduit for student-athletes to compete at their highest levels on and off their fields.

### Big 12 Staff Directory

Kevin L. Weiberg .....	Commissioner
Donnie Duncan .....	Senior Associate Commissioner
Tim Allen .....	Associate Commissioner
Britton Banowsky .....	Associate Commissioner
Prentice Gautt .....	Associate Commissioner
Dru Hancock .....	Associate Commissioner
Steve Pace .....	Chief Financial Officer
Lori Ebihara .....	Assistant Commissioner for Compliance
John Underwood .....	Director of Basketball Operations
Tim Millis .....	Coordinator of Football Officials
Brad Clements .....	Director of Events
Rob Castro .....	Assistant Director of Championships
Dayna Wells .....	Assistant Director of Championships
Kathy James .....	Legislative Services Coordinator
Melanie Ellis .....	Executive Assistant to the Commissioner
Regina Everett .....	Administrative Assistant
Tracy Hunt .....	Administrative Assistant
Michelle Peterson .....	Administrative Assistant
Valerie Ramos .....	Administrative Assistant
Darlene Winsett .....	Administrative Assistant
Becky Marshall .....	Women's Basketball Coordinator of Officials
Dale Kelley .....	Men's Basketball Coordinator of Officials

### Media Relations Staff

Bo Carter .....	Assistant Commissioner/Director
Chris Theisen .....	Associate Director
Joni James (Gymnastics Contact) .....	Assistant
Neal Freeman .....	Information Services Assistant
Mailing Address .....	2201 Stemmons Freeway, 28th Floor
.....	Dallas, TX 75207

NITRO AND OUTLOOK

# 2003 NEBRASKA GYMNASTICS

## 2003 Nebraska Gymnastics Roster

Name	Yr.	Events	Hometown (High School/Other School)	Club
Gina Bruce	Jr.	All-Around	Champlin, Minn. (Champlin Park)	Twin City Twisters
Tiffany Byrd	Jr.	All-Around	Orlando, Fla. (The First Academy)	Orlando Metro
Jen French	Sr.	All-Around	Greensboro, N.C. (Helen Paester)	Gymcarolina
Carrie Gloudemans	So.	All-Around	Neenah, Wis. (Our Lady of the Rosary)	La Fleur's Academy
Tami Harris	Jr.	All-Around	Virginia Beach, Va. (Ocean Lake)	Ocean Tumblers Gymnastics
Julie Houk	Sr.	All-Around	Hamilton, Ohio (Hamilton Badin)	Cincinnati Gymnastics
A.J. Lamb	Sr.	All-Around	Lincoln, Neb. (Northeast)	Capital City Gymnastics
Libby Landgraf	Jr.	All-Around	Ft. Collins, Colo. (Ft. Collins)	GK's Gymnastics
Jamie Saas	So.	All-Around	Aurora, Ill. (New Song Christian Academy/Middle Tennessee State)	Westside Gymnastics
Richelle Simpson	Jr.	All-Around	Toronto, Ontario (North Toronto Collegiate/Penn State)	Winstonettes Gymnastics Association
Jess Wertz	Sr.	All-Around	Lebanon, Ohio (Lebanon)	Cincinnati Gymnastics

**Head Coach:** Dan Kendig (University of Kentucky, 1979) - 10th season

**Assistant Coach:** Danna Durante (Arizona State, 1995) - first season

**Assistant Coach:** Adrian Burde - second season

### Husker Tidbits

#### Pronunciations

Adrian BURDE	Bur-day
DANNA Durante	DAN-a
Carrie GLOUDEMANS	GLOUD-de-min
Jamie SAAS	SOSS

#### Huskers By Class

Seniors	4
(French, Houk, Lamb, Wertz)	
Juniors	5
(Bruce, Byrd, Harris, Landgraf, Simpson)	
Sophomore	2
(Gloudemans, Saas)	
Freshman	0

#### Gymnasts and Coaches Birthdays

Adrian Burde	February 12th
Tami Harris	April 6th
Tiffany Byrd	April 21st
Jen French	June 3rd
Danna Durante	June 8th
A.J. Lamb	June 22nd
Carrie Gloudemans	August 5th
Gina Bruce	August 21st
Julie Houk	September 3rd
Libby Landgraf	September 7th
Jamie Saas	September 30th
Dan Kendig	October 18th
Richelle Simpson	November 16th
Jess Wertz	November 30th

#### Majors

Jess Wertz	Biological Sciences
Julie Houk	Business
A.J. Lamb	Business Administration
Carrie Gloudemans	General Studies
Gina Bruce	Exercise Science
Jen French	Exercise Science
Tami Harris	Business Marketing
Richelle Simpson	International Studies
Libby Landgraf	& French
Libby Landgraf	Business Administration
Tiffany Byrd	Nutrition, Fitness and Health
Jamie Saas	Special Education

### Huskers Across North America



#### Colorado

Libby Landgraf (Fort Collins)

#### Florida

Tiffany Byrd (Orlando)

#### Illinois

Jamie Saas (Aurora)

#### Minnesota

Gina Bruce (Champlin)

#### Nebraska

A.J. Lamb (Lincoln)

#### North Carolina

Jen French (Greensboro)

#### Ohio

Julie Houk (Hamilton)  
Jess Wertz (Lebanon)

#### Virginia

Tami Harris (Virginia Beach)

#### Wisconsin

Carrie Gloudemans (Neenah)

#### Ontario, Canada

Richelle Simpson (Toronto)

# 2003 NEBRASKA GYMNASTICS

## 2003 Nebraska Gymnastics Schedule

Date	Day	Meet	Location	Time
Jan. 4	Saturday	Georgia	Devaney Center	7:30 p.m.
Jan. 11	Saturday	at Super Six Challenge (with Georgia, Alabama, Florida, Oklahoma, Minnesota)	Athens, Ga.	3 p.m.
Jan. 18	Saturday	at Iowa	Iowa City, Iowa	7 p.m.
Jan. 24	Friday	at Missouri	Columbia, Mo.	7 p.m.
Jan. 26	Sunday	Alabama	Devaney Center	2 p.m.
Feb. 1	Saturday	Oklahoma	Devaney Center	7:30 p.m.
Feb. 7	Friday	at Iowa State	Ames, Iowa	7 p.m.
Feb. 14	Friday	at Ohio State	Columbus, Ohio	6 p.m.
Feb. 23	Saturday	Masters Classic (with LSU, Kent State and Washington)	Devaney Center	2 p.m.
March 1	Saturday	at Penn State	State College, Pa.	6 p.m.
March 14	Friday	at Michigan	Ann Arbor, Mich.	6:30 p.m.
March 23	Sunday	Iowa State	Devaney Center	2 p.m.
March 29	Saturday	at Big 12 Championships	Columbia, Mo.	7 p.m.
April 12	Saturday	at NCAA Regional Championships	Campus Sites	TBA
April 24	Thursday	NCAA Qualifier	Lincoln, Neb.	2 & 7 p.m.
April 25	Friday	NCAA Super Six Finals	Lincoln, Neb.	7 p.m.
April 26	Saturday	NCAA Event Finals	Lincoln, Neb.	2 p.m.

Note: All times listed are central and subject to change

## Regular-Season Travel Plans

### At Super Six Challenge (Athens, Ga.)

Depart: Jan. 10 Return: Jan. 12

Commercial Flight

Team Hotel:

Foundry Park Inn  
295 East Dougherty St.  
Athens, Ga. 30601

Phone: (706) 549-7020  
Hotel Fax: (706) 549-7085  
Georgia Gymnastics SID: Tyler Sabo  
Phone Number: (706) 542-1621

### At Iowa State

Depart: Feb. 6 Return: Feb. 7

Bus Trip

Team Hotel:

Gateway Hotel  
2100 Green Hill Dr.  
Ames, Iowa 50010

Phone: (515) 292-8600  
Hotel Fax: (515) 268-2224  
Iowa State Gymnastics SID: Tiffany Hartkemeyer  
Office Phone: (515) 294-3372



### At Michigan

Depart: March 13 Return: March 15

Commercial Flight

Team Hotel:

Sheraton Inn  
3200 Boardwalk  
Ann Arbor, Mich. 48108

Phone: (734) 996-0600  
Hotel Fax: (734) 996-5898  
Michigan Gymnastics SID: Jason Gerdom  
Office Phone: (734) 763-4423



### At Iowa

Depart: Jan. 17 Return: Jan. 18

Bus Trip

Team Hotel:

Red Roof Inn  
200 6th Street  
Coralville, Iowa 52241

Phone: (319) 337-9797  
Hotel Fax: (319) 337-9888  
Iowa Gymnastics SID: Erin Zein  
Phone Number: (319) 335-9411



### At Ohio State

Depart: Feb. 13 Return: Feb. 15

Commercial Flight

Team Hotel:

Woodfin Suites Hotel  
4130 Tuller Road  
Dublin, Ohio 43017

Phone: (614) 766-7762  
Hotel Fax: (614) 761-7762  
Ohio State Gymnastics SID: Adam Widman  
Office Phone: (614) 292-3577



### At Missouri

Depart: Jan. 23 Return: Jan. 24

Bus Trip

Team Hotel:

Ramada Inn Conference Center  
1100 Vandiver Dr.  
Columbia, Mo. 65202

Phone: (573) 449-0051  
Hotel Fax: (573) 874-8963  
Missouri Gymnastics SID: Whitney Vernieuw  
Phone Number: (573) 882-2531



### At Penn State

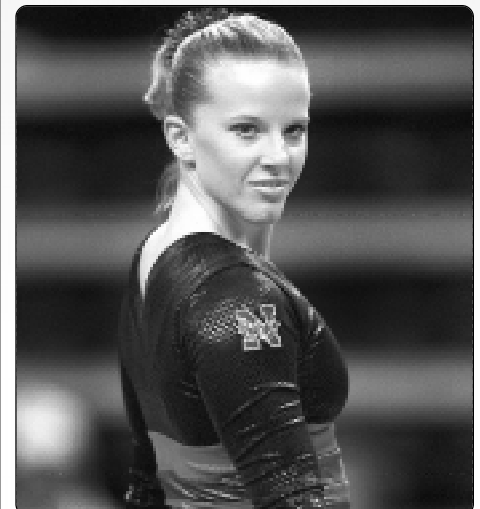
Depart: Feb. 28 Return: March 2

Commercial Flight

Team Hotel:

The Atherton Hotel  
125 So. Atherton Street  
State College, Pa. 16801

Phone: (814) 231-2100  
Hotel Fax: (814) 237-1130  
Penn State Gymnastics SID: Jen Armson  
Office Phone: (814) 865-1757



Jen French will get a chance to showcase her talents when the Huskers open the 2003 season with Georgia on Jan. 4.

# Huskers Look for Fifth Straight Super Six Trip

The Nebraska women's gymnastics team will go in search of its fifth straight trip to the NCAA Super Six Finals, and its first national championship in 2003.

The only difference this season is that the Huskers will not have to leave the comforts of the Bob Devaney Sports Center in search of the trophy.

For the first time ever, Nebraska is set to host the NCAA Women's Gymnastics Championships. And with the loss of only one senior, the Huskers return a veteran group that is loaded with eight gymnasts who have won 16 first- or second-team All-America honors during their careers.

"We are going to have an experienced squad with nine of our 11 athletes either juniors or seniors," Head Coach **Dan Kendig** said. "I think that will be a real plus for our team this year. Our goals are high, our expectations are high, and we feel like we have the team that can match those goals and expectations."

The key for the veteran squad is to get the confidence level up early by hitting routines and being able to stay healthy throughout a long season.

"It comes down to getting that confidence level up and hitting routines," Kendig said. "Like any other year, the most important factor is to stay healthy."

NU is coming off of a 23-8 record while winning Big 12 and Northeast Regional titles last year. Eight All-Americans return in search of the program's first national title, which could come at home April 24-26.

"I think it is huge," Kendig said of playing host to the NCAA meet. "The thing I have found in my 10 years here at Nebraska is the fans have a tendency to rally around something like this. I want this national championship in Lincoln to not only be a successful experience for my team, but to be an event that the community will talk about for years

to come."

The Huskers also know how difficult winning the national championship will be. In the 21-year history of the NCAA Women's Gymnastics Championship, only four teams: Alabama, Georgia, UCLA and Utah, have ever taken home the crown.

"Only four schools have ever won an NCAA title — period," Kendig said, "I would like the University of Nebraska to be that fifth school. We have a group of athletes that are extremely dedicated and have a tremendous work ethic."

NU will once again have a tough road leading up to the postseason. The Huskers open the season with NCAA runner-up Georgia at home. NU's schedule is highlighted by the likes of defending national champion Alabama, along with Florida, Oklahoma, Penn State and Georgia at the SEC Challenge. Nebraska will also face the likes of Iowa, Ohio State, Penn State and Michigan, along with Big 12 Conference foes Missouri and Iowa State.

A new face that will play a vital role in the success of the Huskers in 2003 is new assistant coach **Danna Durante**. She comes to Nebraska after five seasons at Washington. Durante will handle the coaching duties on the beam, while also choreographing routines on both the floor and beam.

"Danna has come in and really let her personality shine through," Kendig said. "She is a good listener. Danna knows how she wants things to look on beam. She knows how she wants things done on floor. Danna has come in wanting to be part of the team, both the coaching team and the team itself."

The quest for NU's first national title starts with the 1999 recruiting class that has yielded this year's seniors in **Jen French**, **Julie Houk**, **A.J. Lamb** and **Jess Wertz**.

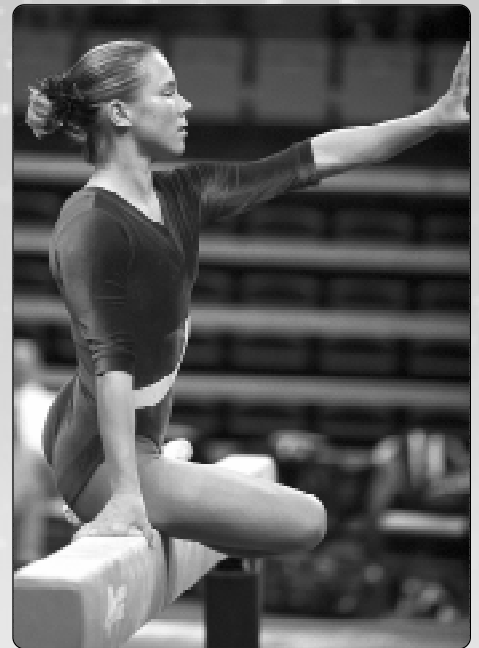
The senior class has won nine NCAA All-America honors, while leading its team to fourth-, fifth- and fifth-place finishes, respectively, at the NCAA Championships.

"Our seniors are a very strong group," Kendig said. "They have seen three different senior classes. They learned the things they didn't want to do when they became seniors, and the things that they thought were important. Our leadership comes by committee. There is no one person that makes the decisions."

A Lincoln native, Lamb will look for even bigger things in 2003 after an outstanding season last year. She captured first-team All-America honors on the uneven bars and vault and second-team honors in the all-around, finishing fifth on vault and ninth on bars at the NCAA Event Finals.

"A.J. is one of our superstars," Kendig said. "She is one of the crowd favorites. A local favorite, being the hometown girl from Lincoln, but people seem to know her wherever we go. She is very powerful, and her expressions really highlight her performances. She puts everything she has into everything she does. A.J. is a hard worker and those are the things that are going to carry her through another great year for us."

Houk, a three-time All-American, returns to anchor the Huskers' rotation on the uneven bars.



Lincoln native A.J. Lamb brings her dynamic presence to the Huskers once again in 2003.

She earned first-team All-America honors last season and finished 10th at the NCAA event finals on the bars in 2002. She is a three-time All-American, capturing second-team honors in both her freshman and sophomore years.

"Julie is the real deal on bars," Kendig said. "She has the routine and ability to be a national champion on bars. What is going to make this season successful for Julie is to get in and compete on more than one event, and I think she has the capabilities to do it."

Wertz garnered first-team All-America honors on the vault, while sharing her second straight Big 12 vault title with Lamb in 2002.

"Jess seems to always rise to the occasion when you need her," Kendig said. "She has the potential to go on all four events this year, it is just a matter of keeping her healthy, and keeping her moving forward. She struggled with injuries early last season, but when it is crunch time, Jess was right there scoring big for us when we needed her. I expect nothing but the same this year."

French solidifies the lineup on the beam and floor for the Huskers. She was a second-team All-American in 2001 on the beam.

"Jen is experienced," Kendig said, "This will be her fourth year, and she is a very good beam worker. She competed beam and floor for us last year. I think she has the potential to do the same for us this year. She struggled with some injuries in the preseason, but now I think she is on track to contribute, and contribute in a big way on beam, and hopefully on floor."

Junior **Richelle Simpson** stepped into the Huskers' lineup in 2002, after transferring from Penn State. She secured second-team All-America honors on the vault, bars, beam and the all-around and will be gunning for a national title this year.



Jess Wertz helps anchor the Huskers vault rotation. She earned first-team All-America honors in 2002.

# 2003 NEBRASKA GYMNASTICS

"Richelle was the most valuable gymnast on our team last year, voted on by her teammates," Kendig said. "I'm really not sure where we would have been last year without her. She is an incredibly gifted and talented athlete that is not afraid of the hard work."

Junior **Tami Harris** also returns after two impressive years at NU. She will compete in the all-around again after capturing second-team All-America honors on the uneven bars last season.

"Tami is one of the standouts on this team," Kendig said. "When everything is going well for her, and she feels good — she is dynamic in all four events. She brings her personality to the competition floor. Tami has strong routines in all four events."

A first-team All-American on vault in 2001, **Gina Bruce** returns to solidify NU's vault lineup.

"I think we will see All-America type of performances out of Gina this year," Kendig said. "She will vault for us, and she is going to be vying for spots on the other three events, too. She is a valuable person to have. Gina has proven to be a great vaulter, and someone who can come in and fill in when we need her with quality routines."

Junior **Libby Landgraf** was a mainstay in the Nebraska lineup on the floor exercise, vault and uneven bars a year ago, earning second-team All-America honors on the bars.

"Libby is one of those quiet ones on the team that just goes about doing her work," Kendig said. "You can always count on her. Libby will be able to provide us with strong routines, and she is getting better everyday on each event. She doesn't make a lot of noise doing what she does, but she is very valuable to our team."

**Carrie Gloude-mans** earned All-Big 12 honors on floor last year after a career-best showing at the Big 12 Championships. In 2003, she will be looking to step into the lineup on multiple events.

"Carrie competed floor for us last year and is working extremely hard to get into the rotation on more than just that one event," Kendig said. "She's got the potential to vault for us, and her bars keep getting stronger and stronger. It is just a matter of time before she is in more than just one event."

**Jamie Saas** joined the Huskers mid-year last season and stepped into the lineup on beam and didn't miss a routine.

"Jamie came in at mid-year last year and that is a tough place to come in," Kendig said. "She seems to be stronger now and getting healthier. She should be able to provide the same types of things for us on beam with the ability to work into the lineup on other events."

**Tiffany Byrd** joins Nebraska after two years at Alabama, where she won an NCAA title with the Crimson Tide last season. Injuries limited her at Alabama, but healthier and competing all-around again, Byrd will be looking to make a statement for the Huskers in 2003.

"Tiffany is going to bring a lot of experience and quality routines to our team this year," Kendig said. "She is good on bars and beam and her vault is huge. The biggest thing for her is to stay healthy. She has had problems in the past with injuries, and we just need her to stay healthy. She is a terrific addition to our team."

## Event-by-Event Outlook

### Vault

Led by vaulting coach Adrian Burde, Nebraska heads into the season with eight gymnasts working on vaults with 10.0 start values and all six starters returning from a year ago. In comparison, five NU gymnasts had vaults with a 10.0 start value at the 2002 NCAA Championships. The Huskers feature three first-team All-Americans (**Gina Bruce, A.J. Lamb and Jess Wertz**) in their lineup, as well as **Richelle Simpson**, who garnered second-team honors last season.

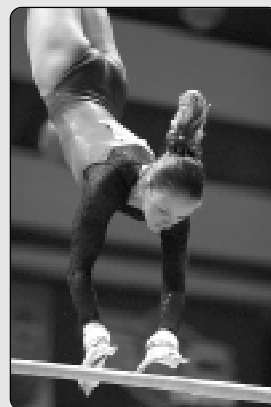
Lamb will again do a handspring front pike half, while Wertz will perform a layout Yurchenko, a full and half and Bruce will do a front handspring on the boards and a front handspring, front pike off. Simpson, **Tami Harris** and **Tiffany Byrd** are all doing layout Yurchenko fulls. Junior **Libby Landgraf** is set to do a handspring front pike half, while sophomore **Carrie Gloude-mans** will do a layout Yurchenko half. Senior **Julie Houk** will also be in the mix on the vault, now working a Yurchenko on, full-twist back pike off.



### Uneven Bars

Nebraska returns all six gymnasts that competed on uneven bars a year ago on an event that was one of the Huskers' strongest. NU produced five All-Americans on the bars in 2002, including first-team honorees **A.J. Lamb**, who finished ninth at the NCAA Event Finals, and **Julie Houk**, who finished 10th at the event finals. Houk won six uneven bars titles throughout the 2002 season and has 17 career bars titles.

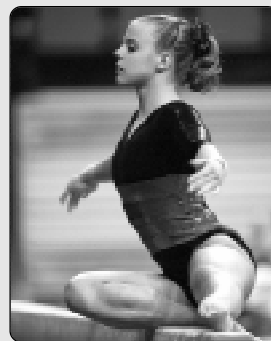
Juniors **Richelle Simpson, Libby Landgraf** and **Tami Harris** all captured second-team All-America honors with outstanding performances during the first day of competition at the NCAA Championships. In addition to the Huskers' six returners, transfer **Tiffany Byrd** will also be in the mix for one of the six spots on bars. **Gina Bruce, Jess Wertz** and **Carrie Gloude-mans** are training bars for NU as well. The Huskers will be nine deep on the event in 2003.



### Balance Beam

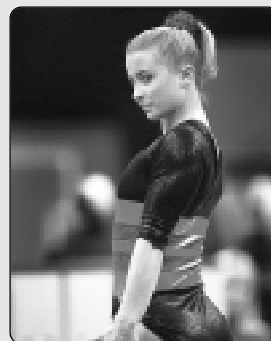
Nebraska will have to replace its lone senior, Laura Goss, from a year ago on the balance beam, but with the arrival of transfer **Tiffany Byrd**, the Huskers once again look strong on the beam in 2003. **Richelle Simpson** anchors a group of 11 gymnasts who are vying for one of six spots in the Nebraska lineup. Simpson won five event titles, including the Big 12 title, en route to second-team All-America honors last season.

Senior **Jen French** claimed second-team All-America honors on the beam in 2001 and will look for another strong year in 2003. **A.J. Lamb** claimed three event titles, and has proven to be solid on the beam throughout her career. **Tami Harris** won the beam title against Missouri, while **Jamie Saas** spent her entire freshman campaign in NU's lineup and didn't miss a routine along the way. **Julie Houk, Libby Landgraf, Jess Wertz** and **Gina Bruce** are all competing for a spot in the lineup.



### Floor Exercise

The Huskers return all six members of their floor exercise team from a year ago. Floor will be very deep and competitive in 2003. A first-team All-American in 2001, **A.J. Lamb**, heads a talented group that includes Big 12 and Northeast Regional floor champion **Richelle Simpson**. Also returning on the floor exercise is **Tami Harris** and senior **Jen French**, who captured the floor title against Penn State. Sophomore **Carrie Gloude-mans** returns after a career performance at the Big 12 Championships where she tied for third, earning All-Big 12 honors. **Libby Landgraf** also returns to solidify the NU lineup. Transfer **Tiffany Byrd** will compete for one of six spots on the floor, as will **Jess Wertz, Julie Houk** and **Gina Bruce**.



## 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. Individual optional routines, put together by the gymnast to express herself through the skills she performs the best, have a starting value of only 9.5. An additional five tenths can be earned, up to four tenths by performing skills of the highest level (difficulty), and up to four tenths for performing a series of high level skills (combination). Only one tenth must come from difficulty and only one tenth must come from combination, the rest may come from either.

Common deductions are landing deductions. One tenth is taken away for each step or large hop that the gymnast takes, while only half a tenth is taken for a small hop. Other deductions include bent arms, legs, toes or leg separation. Falls that occur are deducted five tenths each time a fall occurs. 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 that 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 (SR's), 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 thru 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" at Level 10
- Additional "D" elements will receive 0.10 bonus points
- Additional "E" elements will receive 0.20 bonus points

### Vault

Vault is unlike any other event. There are no specific requirements. It 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.

### Uneven Bars

An uneven bar routine must contain at least two bar changes; these are the first two SR's. 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 SR's. A release move is defined as when the gymnast lets go of the bar with both hands and flips or twists and regrips the same bar or the other bar. Uneven bar routines must contain change of direction. This is the fifth SR; it must be a change of at least 180 degrees or more. The final SR is a dismount. A bar routine must contain at least 10 skills.

#### Special Requirements

- At least two bar changes
- One flight element of at least "C" value
- A different flight element of at least "B" value
- A "C" dismount

### Balance Beam

The balance beam is 16 feet long, four feet high and merely four inches wide. Performing on the beam requires precise movement and intense concentration. A balance beam routine cannot be more than one minute 30 seconds. The first special requirement a beam routine must contain is a tumbling series. It must also contain a series of two leaps and/or a series of one tumbling skill and one leap skill. This series is called a gym/acro series. These two series are the second and third SR's. The fourth SR is that the gymnast's torso must touch the beam at some point during the routine. The gymnast must complete a turn of at least 360 degrees on one leg for the fifth SR. The sixth SR is a leap with large amplitude. This requirement may be part of the leap series, the gym/acro series or entirely on its own. Finally, the gymnast must dismount the beam. This is the final SR.

#### Special Requirements

- One acro series with a minimum of two flight elements, both must start and finish on the beam
- One dance or dance/acro series of two or more elements
- Minimum of 360 degree turn on one foot or knee
- 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 one minute 10 seconds and one minute 30 seconds. A floor routine must contain at least two tumbling passes, first SR, one of which contains two flips, second SR. It must also contain three different flips within the two tumbling passes, third SR. A floor routine must contain a series of three leaps, fourth SR, and a series of two leaps and a tumbling skill or two tumbling skills and a leap, fifth SR. One of the leaps in the routine must be of "C" value or higher, sixth SR. The final SR is that the routine contains a dismount commensurate with the rest of the routine. Floor exercise has become not only one of the most beautiful of athletic events, but one of the most daring and exciting, as well.

#### Special Requirements

- One acro (tumbling) series that consists of at least three fast flight acrobatic elements, one of which is a salto
- Another acrobatic series that must contain two separate saltos
- Three different saltos (flipping or somersaulting) within the exercise
- Minimum 360 degree turn on one foot
- Dance series of two or more leaps, jumps or hops
- "C" dismount