

2013 MIZZOU GYMNASTICS

MISSOURI INFORMATION

Location Columbia, Mo.
 Founded 1839
 Enrollment 33,805
 Nickname Tigers
 Colors Old Gold and Black
 Chancellor Dr. Brady S. Deaton
 Athletic Director Michael Alden
 SWA Sarah Reesman
 Conference SEC
 Affiliation NCAA Division I
 Home Arena Hearn Center
 Capacity 13,611

COACHING STAFF

Head Coach Rob Drass
 Alma Mater Penn State, 1990
 Record at school 144-112 (13 years)
 Career record 144-112 (13 years)
 Best Way to Contact . Through Media Relations
 Office Phone (573) 882-0736
 Assistant Coach Louis Robinson
 Alma Mater Ohio State, 1983
 Office Phone (573) 882-3919
 Assistant Coach Jennifer Green
 Alma Mater LSU, 1989
 Office Phone (573) 882-9071

TEAM INFORMATION

2012 Regular Season Record 9-6
 2012 Postseason . NCAA Regional Qualifier (4th)
 Big 12 Record/Finish 0-1-1/T-2nd
 2012 Regional qualifying score 195.925
 NCAA Final Ranking 19
 Letterwinners returning/lost 12/2
 All-Americans returning/lost 1/0
 Newcomers three

PROGRAM INFORMATION

First Year of Gymnastics 1979-80
 Overall Regular Season Record 360-286-1
 Overall Postseason Record 72-163-1
 NCAA Appearance/Last National
 Championships/2011
 NCAA Individual/Last Sarah Shire
 National Championships/2010

MEDIA RELATIONS INFORMATION

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 Columbia, MO 65211

MISSOURI vs NO. 25 ARKANSAS, CENTENARY, LINDENWOOD



Friday, March 1; 7:00 p.m. CT

Barnhill Arena; Fayetteville, Ark.

Live Twitter Updates: @TigerGymnastics

Video Feed: http://www.arkansasrazorbacks.com/liveEvents/liveEvents.dbml?db_oem_id=6100&SPID=682

Live Scoring: http://www.arkansasrazorbacks.com/liveStats/liveStats.dbml?DB_OEM_ID=6100&SPID=682&SPORT_ID=682

Last Time Out

The Tigers set a new season high on floor last weekend against Georgia, earning a team score of 48.800 on the event. Several gymnasts set new career highs at the meet as well, and sophomore Rachel Updike took first on the vault with a 9.950 score, which matches her career high. Senior Tori Howard also had a career night on the vault earning a 9.875 score. She followed freshman Miranda Eubank in the lineup, who also put up a personal best of 9.775. Medrea kicked off the floor rotation for the Tigers with her career-high 9.800 score as well.

Scouting the Opponents

Arkansas: The Razorbacks clock in at No. 25 in the nation this week with an RQS of 195.260. The team is coming off of a 197.100 tie against Alabama in Fayetteville this week. The score also stands as a season high for the Razorbacks. Senior All-American Kelci Lewis was recognized as the SEC Specialist of the Week after the meet for her 9.925 scores on both vault and floor.

Centenary: The Centenary Ladies are ranked No. 65 in the nation this week, coming off of a third place finish at Texas Women's after earning a season high 191.625 score. Robyn Price was named Midwest Independent Conference Gymnast of the Week after the meet, where she earned a career high 38.850 all-around score to take first at the meet.

Lindenwood: The Lindenwood Lions are off to a great start in their inaugural season, ranked at No. 63 in the country. The Lions earned a season and program high 192.050 against Bowling Green earlier this season, and will come to the quad meet off of a loss at Air Force.

History vs. the Opponents

Mizzou and Arkansas have met nine times in program history, and the Tigers own a 5-2 record over the Razorbacks in the regular season, 0-2 in post season. The two teams last regular season meeting was in 2012 as the Tigers hosted Arkansas, earning a 196.100 to the Razorback's 195.450. Missouri is 16-0 against the Centenary Ladies, and last hosted the team on March 4, 2011. Mizzou swept the quad meet with a 194.775. Lindenwood Gymnastics is in its first season, but the Tigers had a preview of what the program had to offer as Mizzou traveled to Lindenwood for its annual Black & Gold Exhibition in December.

Quick Hits

- Sophomore All-American Rachel Updike currently checks in at No. 18 in the nation on the vault with a 9.893 average score.
- Missouri's win over TWU at the Air Force Quad Meet marks Missouri Gymnastics' 360th win in the regular season.
- Mizzou's March 1 meet against Arkansas will appear on Fox Sports Net on March 9 at 11 p.m.

2013 Missouri Gymnastics Roster

Name	Yr.	Ht.	Hometown	Club Team
Cathryn Aliceaacosta	4-11	Jr.	Houston, Texas	Cypress Academy
Briana Conkle	5-4	So.	Fleming Island, Fla.	North Florida Gym and Cheer
Blair Elmore	5-6	Fr.	Houston, Texas	Champions Gymnastics
Miranda Eubank	5-4	Fr.	Louisville, Ky.	Champion Gymnastics
Rachel Henderson	5-0	Fr.	Oklahoma City, Okla.	Mat Trotters
Tori Howard	5-2	Sr.	Chesterfield, Mo.	St. Louis Gym Centre
Rebecca Johnson	5-4	So.	Pewaukee, Wis.	Midwest Twisters
Laura Kappler	5-1	So.	Evansville, Ind.	Revolution Gymnastics
Mackenzie McGill	5-4	Jr.	Bartlesville, Okla.	ConocoPhillips Gymnastics
Taylor Medrea	5-2	Jr.	Britton, Mich.	Michigan Elite Gymnastics
Sandra Ostad	5-1	Sr.	Oslo, Norway	Oslo Turnforening
Katelyn Trevino	5-2	Jr.	Ovilla, Texas	Trevinos Gymnastics
Rachel Updike	5-2	So.	Olathe, Kan.	Kansas Gymnastics Dance and Cheer

Head Coach: Rob Drass
Assistant Coach: Jennifer Green
Assistant Coach: Louis Robinson

Student Coach: Brittani Price
Student Coach: Brittany Bendoff
Student Coach: Colleen Mulcahy

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GymInfo Top 25

No.	Team	Avg.	High	RQS
1	Oklahoma	197.410	197.322	198.375
2	Florida	197.280	197.256	198.100
3	Michigan	196.975	196.938	197.375
4	Alabama	196.810	196.879	197.650
5	L.S.U.	196.770	196.566	197.275
6	UCLA	196.720	196.729	197.425
7	Georgia	196.595	196.419	197.500
8	Utah	196.375	196.514	197.300
9	Oregon State	196.370	195.969	196.925
10	Nebraska	196.365	196.393	197.175
11	Auburn	196.270	195.925	197.175
12	Stanford	196.235	196.264	197.275
13	Denver	195.990	195.797	196.600
14	Minnesota	195.775	195.694	196.800
15	Arizona	195.640	195.500	196.075
16	West Virginia	195.560	195.211	196.550
17	Washington	195.520	195.304	196.025
18	Ohio State	195.495	195.413	196.300
19	Illinois	195.480	195.357	196.350
-	Kent State	195.480	195.289	196.050
21	Kentucky	195.445	195.294	196.075
22	Penn State	195.415	195.225	196.700
23	Maryland	195.340	195.425	196.175
24	Iowa	195.265	195.082	195.875
25	Arkansas	195.260	195.554	197.100

A LOOK AT THE LEAGUE Results

Friday, February 22

- No. 1 Florida def. No. 23 Kentucky
196.975-196.075 (Lexington)*
- No. 4 Alabama and No. 19 Arkansas
tied 197.100 (Fayetteville)*
- No. 14 Auburn def. No. 6 LSU
197.175-196.975 (Auburn)*
- No. 8 Georgia def. Missouri
196.825-194.550 (Columbia)*

Coming up

Friday, March 1

- No. 14 Minnesota at No. 2 Florida
- No. 6 UCLA at No. 4 Alabama
- No. 7 Georgia at No. 5 LSU
- No. 23 Maryland at No. 11 Auburn
- No. 21 Kentucky at Ball State
- Missouri/Centenary/Lindenwood at No. 25 Arkansas

GymInfo Preseason Poll

Rank	Team	Points
1	Alabama	689
2	UCLA	645
3	Florida	644
4	Oklahoma	622
5	Utah	568
6	Stanford	542
7	Nebraska	495
8	L.S.U.	481
9	Oregon State	442
10	Michigan	438
11	Georgia	435
12	Arkansas	421
13	Auburn	302
14	Ohio State	279
15	Boise State	258
16	Penn State	242
17	Washington	212
18	Illinois-Champaign	192
19	Arizona	183
20	Denver	140
21	Missouri	139
22	NC State	129
23	Minnesota	123
24	West Virginia	115
25	Kentucky	101

Other teams receiving votes:
Arizona State, California, Southern Utah, Iowa State, Iowa, Kent State, Maryland-College Park, Western Michigan, BYU, Sacramento State, Utah State, Illinois State, Michigan State, Pittsburgh, North Carolina, UIC, Central Michigan, San Jose State

2013 Missouri Gymnastics Schedule/Results

Date	Opponent/Event	Location	Time/Result
Dec. 9	Black & Gold	St. Louis, Mo.	W, 194.550
Jan. 11	Alabama	Columbia, Mo.	L, 196.450-192.025
Jan. 18	at Florida	Gainesville, Fla.	L, 197.300-194.625
Jan. 26	at Airforce	Colorado Springs Colo.	3rd/4, 193.000
	vs. Airforce, UC Davis, Texas Womens		
Feb. 1	BEAUTY AND THE BEAST (Auburn)	Columbia, Mo.	L, 196.725-194.575
Feb. 8	LSU	Columbia, Mo.	L, 197.275-194.575
Feb. 15	at Kentucky	Lexington, Ky.	L, 194.250-194.125
Feb. 22	Georgia	Columbia, Mo.	L, 196.825-194.550
March 1	at Arkansas (Centenary/Lindenwood)	Fayetteville, Ark.;	7 p.m.
March 8	Illinois	Columbia, Mo.	6:30 p.m.
March 16	at Arizona	Tucson, Ariz.	5 p.m.
March 23	SEC Championships	Little Rock, Ark.	TBA

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2013 SEC STANDINGS

Team	SEC	Pct.	Overall	Pct.	High Score
Florida	6-1	.857	7-1	.875	198.100
Georgia	4-1-1	.800	6-5-1	.545	197.500
Alabama	4-2	.667	4-2-1	.667	197.650
LSU	4-2-1	.667	8-3	.727	197.275
Kentucky	3-3-1	.500	5-4-1	.555	196.075
Auburn	3-4	.429	3-7	.300	197.175
Arkansas	0-5-1	.000	1-5-1	.167	197.100
Missouri 0-6	.000	1-8	.111	194.625	

2013 Team Highs

Vault	48.925
Bars	49.075
Beam	48.975
Floor.....	48.800
All-Around	194.625

Team Averages

Vault	48.635
Bars	48.685
Beam	48.335
Floor.....	48.380
All-Around	194.165

2013 Team Numbers

2013 Record	1-8
Regular Season	1-8
Post Season.....	0-0
At Home	0-4
On the Road.....	1-4
At Home Conference.....	0-4
On Road Conference	0-2
Against Top-25 Teams.....	0-6
Against 2012 Regional Qualifiers	0-6
Against 2012 NCAA Finals Teams	0-4
Scoring 195.00 or Higher	0-0
Scoring Under 195.000.....	1-8
In January.....	1-4
In February.....	0-4
In March	0-0
In April.....	0-0

- This year's Beauty and the Beast brought in the 10th largest crowd in Missouri history, and the largest crowd for a Beauty and the Beast event ever. The Tigers hosted 6,486 fans for the event.
- Sophomore Rachel Updike has never scored below a 9.750 on the vault. She has scored above a 9.825 in all but one meet over the past two seasons.
- Senior Tori Howard has made an appearance in every meet of her career except one. She did not perform against Centenary in her freshman season.
- Mizzou will recognize seniors Brittany Bendoff, Tori Howard and Sandra Ostad at Senior Night on March 8 against Illinois.

National Recognition

The Tigers are ranked at No. 38 in the nation this week with an RQS of 194.165. Mizzou checks in at No. 40 in the nation on the vault as well, with a team average of 48.639 and a season high 48.925. The Tigers clock in at 30th on the uneven bars and 38th on the balance beam with a season average of 48.271. Missouri is also ranked at No. 50 in the nation on the floor. Individually, sophomore Rachel Updike is ranked 18th on the vault with a 9.893 average score and a season high of 9.950.

Going Back to Kentucky

Missouri Gymnastics dropped a close contest to the Kentucky Wildcats on Friday (Feb. 15). The Tigers put up a 194.125 to Kentucky's 194.250. Freshman Miranda Eubank took first on the bars, with a career high 9.900 score, and sophomore Rachel Updike also placed first on the vault with a 9.875. Junior Taylor Medrea also set a new career best score with a 9.850 score on the uneven bars. Missouri's 49.075 team total on the event also marks a season-high score.

Looking back at LSU

Missouri put up a 194.575 score for the second consecutive week against the LSU Tigers last Friday night in the Hearnes Center. LSU scored a 197.275 to win the meet, but several Missouri Tigers matched or set new career high scores at the meet. Freshman Miranda Eubank kicked off the record breaking with a 9.750 score on the vault, and Howard followed that up with a career high 9.850 on vault as well. Sophomore Rachel Updike took first on the balance beam with a career high 9.900 score for her routine. Sophomore Laura Kappler made her first appearance as an all-around competitor at the meet as well.

Beauty and the Beast through the years

This year marked Mizzou's sixth annual Beauty and the Beast event, with the first one being held in 2007. Combining two exciting sports, the event gives fans a fast-paced and unique experience. Beauty and the Beast drew its largest crowd on Friday, with 6,486 fans in attendance, also marking the 10th largest crowd in program history. The number surpasses the all-time largest non-Cat Classic crowd as well, which was originally set at Beauty and the Beast in 2008 (6,308 in attendance). The

2013 Individual Season Highs

Gymnast	Yr.	Vault	Bars	Beam	Floor	All-Around
Cathryn Aliceaacosta	JR	9.600	---	9.750	9.825*	---
Briana Conkle	SO	9.550	9.475	9.175	9.675	37.875*
Blair Elmore	FR	---	---	9.675^*	---	---
Miranda Eubank	FR	9.775*	9.900*!	---	9.675*	---
Rachel Henderson	FR	9.375^*	---	9.700*	---	---
Tori Howard	SR	9.875*	---	9.900*!	9.875	---
Rebecca Johnson	SO	---	---	---	---	---
Laura Kappler	SO	9.650*	9.725*	9.775	9.175*	38.175*
Mackenzie McGill	JR	---	9.800*	9.850^*	---	---
Taylor Medrea	JR	---	9.850*	9.750*	9.800*	---
Sandra Ostad	SR	9.750	9.750*	---	9.850*	---
Katelyn Trevino	JR	9.775	9.775	---	9.800	---
Rachel Updike	SO	9.950*	9.850*	9.900*!	---	---

^ -Exhibition Routine

*-Career High Score

!-Won event

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first Beauty and the Beast event drew 6,197 fans to the Hearnes Center. The Mizzou Tigers fell to the 17th-ranked Auburn Tigers at this year's event, 196.725-194.575, however several Mizzou gymnasts recorded new personal bests at the meet. Senior Tori Howard placed first on the balance beam with a career and season high score of 9.900. Updike also hit her career-high on the event with a 9.875, good for a second place finish.

Air Force Recap

Sophomore Rachel Updike earned her first event titles of the season on Sunday as Missouri Gymnastics placed third in the Air Force Quad Meet. The Tigers finished with a team score of 193.000. UC Davis took the meet with a 193.325, followed by Air Force who scored 193.225. TWU finished fourth with a 191.400 score. Updike recorded a 9.850 score on her beam routine to take the event title, she also placed first on the uneven bars with a 9.825 score. Several Tigers improved their career-high scores at the meet, including Miranda Eubank who scored a 9.775 on the uneven bars to place second on the event.

Flashback to Florida

Mizzou Gymnastics competed in its first-ever SEC road competition in Gainesville, Fla., falling to the Florida Gators, 197.300-194.625. Several Tigers competed their first-ever collegiate meet; Freshman Miranda Eubank appeared in the vault and bar lineups, and Freshman Rachel Henderson earned a spot in the beam lineup as well. Sophomore Laura Kappler recorded a career high 9.725 in her first collegiate uneven bar performance, and Rachel Updike matched her career high score with a 9.950 on the vault.

Largest Pink Out Crowd Ever!

Mizzou Gymnastics opened the 2013 season with a home meet against two-time defending National Champion Alabama on Jan. 11. The meet was the annual Pink Out competition, which raises money for the Ellis Fischel Cancer Center. Tiger Fans were the team's greatest asset at the meet, as a crowd of 5,760 came out to support the team. That number marks the largest Pink Out crowd in Mizzou History. The number ranks 15th on Missouri's all-time attendance list, and is the third largest non-Cat Classic crowd in history.

Looking Back at Black & Gold

The 2013 Mizzou Gymnastics team opened the season with a Black & Gold exhibition contest at Lindenwood University on Dec. 9, 2012. The meet was the first-ever competition for the Lindenwood Lions, who are just beginning their first year of gymnastics. The Tigers had a consistent performance, and had meet counted as an actual competition, the team would have scored a 194.550. Rachel Updike matched her career-high score on vault with a 9.900 score, and senior Tori Howard also put up a nice 9.800 on the event. Sophomore Laura Kappler also scored what would be a career-high 9.700 on her bar routine. Missouri had its best performance of the night on the balance beam as the team scored a 48.800 overall.

Rachel Updike Returns

Rachel Updike finished last season as Missouri's only NCAA National competitor. Her performance at last season's NCAA Semifinal earned her First Team All-America Honors on the floor exercise, making her Mizzou's fifth All-America gymnast, and just the second gymnast to earn all-america honors in her freshman season. She garnered the Big 12 Newcomer of the Week award nine times in 2012, the most for any gymnast in the Big 12 Conference as well. Not only that, but Updike was named Big 12 Newcomer of the Year for her performances this season.

Seven Tigers Finished 2012 with Academic Recognition

A league-leading seven Tigers received Academic All-Big 12 First Team recognition as announced by the Big 12 Conference on March 20, 2012. The honor is the third consecutive Academic All-Big 12 honor for seniors Mary Burke and Allie Heizelman, and junior Tori Howard has now been named to the Academic All-Big 12 First Team twice in her career. Sophomores Cathryn Aliceaacosta, Mackenzie McGill, Taylor Medrea and Katelyn Trevino also received first team recognition, and the honor is the first in each of their careers.



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Head Coach Rob Drass

In his 14th season as Mizzou's Head Gymnastics Coach, Rob Drass is looking to build on the recent successes of his program and make an impact in his first season in the Southeastern Conference. Last season, freshman Rachel Updike became Mizzou's fifth All-American gymnast under Drass' direction. She earned first team All-America honors on the floor exercise and was named Big 12 Newcomer of the year after being named Big 12 Newcomer of the Week a league-leading nine times throughout the course of the season. Drass led his Tigers to their 11th consecutive NCAA Regional appearance, and coached his team to the best start in Mizzou Gymnastics history. The Tigers opened the season with a 5-0 record, marking the first time that the team has won five consecutive dual meets to start off the year.

Looking back at his successes, Drass coached his team to an outstanding 2009 season, but The Tigers continued their record-breaking performances in 2010. With a regular season finish of 11-3, Drass coached the Mizzou gymnastics team through the post-season, and helped the team advance to the NCAA National Championship for the first time in program history. With Drass' assistance, both Mary Burke and Sarah Shire were added to the Mizzou record books. The two gymnasts tied for the program record on floor after they both scored a 9.975 on floor in Missouri's meet against Illinois State. Shire also set a new career high and school record with an all-around score of 39.725. Drass' coaching skills were on display during the 2010 Big 12 Championships, where Mizzou finished third (195.900) and Sarah Shire took the Big 12 title in the all-around. Shire finished her conference season with six Gymnast of the Week honors from the Big 12 conference bringing her career total to a program record 12 conference Gymnast of the Week honors. Drass and the Tigers did not stop there, the team hosted the Columbia Regional Tournament where Missouri took first place and set a new regional record with a team score of 196.500 to advance to Nationals. With Drass' help, Mizzou placed sixth in the semifinal round (194.600) and Shire continued to the individual event finals. Drass coached Shire to a second place finish on floor and fifth place spot on vault. She became the first gymnast in program history to earn a national ranking. Shire also earned All-America First team honors on vault and floor and All-America Second team honors on Bars to become Mizzou's first four-time All-American athlete.

Drass' Tigers finished the season ranked at No. 12 in the nation, the highest ranking ever in Missouri Gymnastics program history. With all the success of the 2009 season, Drass' coaching skills helped to bring the team to a higher level in 2010.

In 2009, Drass coached the team to a 20-6 record as the team stamped performances in all four events and the all-around into the Missouri record books. The end of the season came with the Tigers' highest ever overall score at an NCAA Regional (196.000) and Drass' squad finished the year ranked 13th in the country. The season was also marked by outstanding performances from senior Adrienne Perry and junior Sarah Shire. Drass helped Perry become the first Missouri gymnast to qualify for Nationals in each of her four seasons. Shire followed in Perry's footsteps from 2008 and became Drass' second gymnast to win the Big 12 all-around title. Both Perry and Shire became All-Americans at the 2009 NCAA National Championships, the second and third gymnasts to receive that honor in his career at Missouri. Another prime example of Drass' success was 2009 senior Alicia Hatcher, who was not only one of Missouri's most consistent gymnasts, but was also honored outside the sport as well. Hatcher was tapped into the Mystical Seven honors society, named the Student-Athlete of the Year by the Varsity M Association and named to the prestigious Mizzou '39 (the university's recognition of the top 39 seniors).

The 2008 Tigers saw a successful year across the board, as well as standout performances by individual gymnasts, all mentored by Drass. Perry led the Tigers and captured the programs' first ever Big 12 all-around title and represented the squad at the National Championships. The Missouri squad spent much of the season in the top 20 in 2008 and ultimately finished 13-10. The Tigers placed third in the Big 12 and grabbed the fourth-place spot at the NCAA Central Regional.

Before taking the reigns at Missouri, Drass was the top assistant for the University of Nebraska's nationally ranked gymnastics team for eight years. He served as a graduate assistant coach from 1991-92, before being elevated as a full-time assistant in 1993. He was the Cornhuskers' primary floor exercise coach and worked closely with Head Coach Dan Kendig in coaching uneven bars. He was named the National Association of Collegiate Gymnastics Coaches 1996 Midwest Regional Assistant Coach of the Year. Nebraska Gymnastics enjoyed tremendous success under Drass, earning a berth at the NCAA Championships in four of five seasons, highlighted by NCAA Super Six Finals appearances in both 1997 and 1999. As an assistant, Drass helped NU claim an unprecedented six straight conference titles from 1994 to 1999. With Drass' help, six different NU gymnasts earned All-America honors. Topping his career at NU, Drass coached Brink to a spot on the U. S. team that competed at the World University Games in Spain.

Prior to his coaching days, Drass was a gymnast at Penn State from 1987 to 1990. As a Nittany Lion, Drass competed at the NCAA Championships all four years. A seasoned gymnast who began competing at age nine, Drass began his coaching career while in college, as the assistant boys' gymnastics coach at the McCracken's Gym School in Kansas City in 1987. He served as the head boys' coach at the Nittany Gym School in Pennsylvania in the summer of 1988. Since 1989, Drass has worked at the Woodward Gymnastics Camp in Pennsylvania during the summer. Drass graduated from Penn State with a bachelor's degree in marketing in 1990. He completed his master's degree in strategic management and long-range planning at Nebraska in May 1994.

He is married to former Husker All-American gymnast Joy Taylor, who is now a pediatrician at the University of Missouri Medical Center. Rob and Joy are the proud parents of daughter Molly and son James.



Assistant Coach Jennifer Green

Jennifer Green is in her second season as an Assistant Coach with the Tigers. Green is primarily responsible for coaching beam and handling choreography for the team.

Green competed at the elite level before continuing her career as a gymnast for LSU, where she was honored as an All-Conference athlete (SEC) as well as an NCAA All-American. Green spent four years as the Recreational Director and Beam and Floor coach at Elite Gymnastics Club in Lenexa, Kan. before moving on to Kansas Gymnastics and Cheer where she spent twelve years as the beam and floor coach. Green has worked with gymnasts of all levels, and has worked with several former Mizzou Gymnasts including Sarah Cooper, Amanda Peterson and current gymnast Rachel Updike. Green has also coached numerous athletes to USA Gymnastics Western Nationals and Level 10 Junior Olympic Nationals, and several earned state, regional and national titles.

"I'm thrilled that I have the opportunity to be here, this has been my dream since I left LSU," Green said. "I have always wanted to coach gymnastics and coach at the collegiate level. It's exciting that my dream is actually coming true and that Mizzou has given me the opportunity to follow my dreams. I really am thrilled to be here."

Green has four children, Taylor (18), Matt (17), Jackson (15) and Bailey (9).



Assistant Coach Louis Robinson

Louis Robinson joins the Missouri Gymnastics staff for the 2012-13 season, serving as the program's recruiting coordinator and vault coach. Robinson will also assist on the uneven bars.

Robinson will bring a wealth of experience to Mizzou as he was the owner of Midwest Gymnastics and has served as an assistant coach at both Florida and Michigan.

A graduate of The Ohio State University, Robinson returned to his alma mater as a volunteer assistant coach for the gymnastics program, coaching primarily on the uneven bars. Robinson previously served as the owner and head coach of Midwest Gymnastics, located in Dublin, Ohio. Alongside his wife, Carol, Robinson has coached over 70 national qualifiers, six national champions, five Junior Olympic national team members and had 14 of his gymnasts receive NCAA Division I scholarships.

Robinson is familiar to the Southeastern Conference as he worked as an assistant coach with the Florida Gators during the 2004 and 2005 seasons. While at Florida, Robinson helped coach the team to two NCAA Championship appearances and an NCAA Super Six appearance. With the Michigan Wolverines, Robinson also helped the team reach Nationals in 2007. At the meet, two Wolverine gymnasts were named All-Americans as well.

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2013 Meet-by-Meet Results

January 11, 2013

Alabama 196.450, Missouri 192.025

Missouri

V A U L T

Name	Judge 1	Judge 2	Avg.
Kappler	9.60	9.60	9.600
Ostad	9.75	9.75	9.750
Trevino	9.65	9.65	9.650
Howard	9.70	9.80	9.750
Updike	9.85	9.90	9.875
Conkle	9.55	9.55	9.550

Vault Score: 48.625 **Running Total: 48.625**

B A R S

Ostad	9.40	9.60	9.500
Medrea	7.90	7.50	7.700
Conkle	9.35	9.60	9.475
McGill	9.60	9.70	9.650
Updike	9.65	9.50	9.575
Trevino	9.20	9.30	9.250

Bars Score: 47.450 **Running Total: 96.075**

B E A M

Kappler	9.75	9.70	9.725
Medrea	9.45	9.40	9.425
McGill	9.05	9.10	9.075
Updike	9.85	9.85	9.850
Howard	8.65	8.60	8.625
Conkle	9.25	9.10	9.175

Beam Score: 47.250 **Running Total: 143.325**

F L O O R

Medrea	9.70	9.60	9.650
Aliceaacosta	9.40	9.30	9.350
Trevino	9.80	9.80	9.800
Howard	9.80	9.85	9.825
Conkle	9.70	9.65	9.675
Ostad	9.80	9.70	9.750

Floor Score: 48.700 **Running Total: 192.025**

Team Total: 192.025

All Around	VT	UB	BB	FX	AA
Briana Conkle	9.550	9.475	9.175	9.675	37.875

Alabama

V A U L T

Name	Judge 1	Judge 2	Avg.
Jacob	9.80	9.80	9.800
Clark	9.80	9.85	9.825
Beers	9.40	9.50	9.450
Sledge	9.80	9.80	9.800
Gutierrez	9.80	9.85	9.825
Milliner	9.90	9.95	9.925

Vault Score: 49.175 **Running Total: 98.225**

B A R S

Sledge	9.80	9.85	9.825
Alexin	9.75	9.75	9.750
Jacob	9.70	9.70	9.700
Clark	9.80	9.70	9.700
DeMeo	9.90	9.90	9.900
Priess	9.80	9.85	9.825

Bars Score: 49.050 **Running Total: 49.050**

B E A M

Gutierrez	9.80	9.75	9.775
Milliner	9.80	9.80	9.800
Williams	9.75	9.80	9.775
DeMeo	9.90	9.90	9.900
Priess	9.75	9.75	9.750
Jacob	9.90	9.90	9.900

Beam Score: 49.150 **Running Total: 196.450**

F L O O R

Beers	9.70	9.60	9.650
Clark	9.65	9.70	9.675
Parker	9.80	9.85	9.825
Jacob	9.90	9.85	9.875
DeMeo	9.90	9.80	9.850
Milliner	9.90	9.80	9.850

Floor Score: 49.075 **Running Total: 147.300**

Team Total: 196.450

All Around	VT	UB	BB	FX	AA
Kim Jacob	9.800	9.700	9.900	9.875	39.275

EMBRACE THE CHALLENGE

2013 MIZZOU GYMNASTICS

January 18, 2013
Florida 197.300, Missouri 194.625

Missouri

	Name	Judge 1	Judge 2	Avg.	
V A U L T	Kappler	9.35	9.60	9.475	
	Ostad	9.75	9.70	9.725	
	Eubank	9.70	9.65	9.675	
	Trevino	9.80	9.75	9.775	
	Howard	9.80	9.80	9.800	
	Updike	9.95	9.95	9.950	
	Vault Score: 48.925		Running Total: 97.725		
B A R S	Ostad	9.40	9.60	9.500	
	Eubank	9.75	9.75	9.750	
	Kappler	9.75	9.70	9.725	
	McGill	9.75	9.80	9.775	
	Updike	9.70	9.85	9.775	
	Trevino	9.85	9.70	9.775	
	Bars Score: 48.800		Running Total: 48.800		
B E A M	Kappler	9.65	9.70	9.675	
	Medrea	9.05	9.15	9.100	
	Aliceaacosta	9.55	9.75	9.650	
	Henderson	9.65	9.75	9.700	
	Howard	9.75	9.80	9.775	
	Updike	9.60	9.55	9.575	
	Beam Score: 48.375		Running Total: 194.625		
F L O O R	Medrea	9.75	9.65	9.675	
	Aliceaacosta	9.75	9.65	9.700	
	Trevino	9.75	9.75	9.750	
	Howard	9.85	9.75	9.800	
	Ostad	9.55	9.60	9.575	
	Floor Score: 48.525		Running Total: 146.250		
	Team Total: 194.625				
All Around	VT	UB	BB	FX	AA

Florida

	Name	Judge 1	Judge 2	Avg.		
V A U L T	Shisler	9.80	9.75	9.775		
	Wang	9.80	9.85	9.825		
	Caquatto	9.85	9.85	9.850		
	King	9.75	9.85	9.800		
	Dickerson	10.0	9.95	9.975		
	Hunter	9.85	9.90	9.875		
	Vault Score: 49.325		Running Total: 49.325			
B A R S	Dickerson	9.90	9.80	9.850		
	King	9.90	9.85	9.875		
	Hunter	9.95	9.90	9.925		
	Sloan	9.35	9.30	9.325		
	Johnson	9.95	9.95	9.950		
	Caquatto	10.0	10.0	10.000		
	Bars Score: 49.600		Running Total: 98.925			
B E A M	Stageberg	9.75	9.75	9.750		
	Johnson	9.60	9.65	9.625		
	Sloan	9.90	9.90	9.900		
	Hunter	9.80	9.85	9.825		
	Caquatto	9.85	9.85	9.8500		
	Dickerson	9.85	9.85	9.850		
	Beam Score: 49.175		Running Total: 148.100			
F L O O R	Wang	9.80	9.80	9.800		
	King	9.90	9.80	9.850		
	Stageberg	9.65	9.70	9.675		
	Sloan	9.75	9.80	9.875		
	Johnson	9.90	9.85	9.875		
	Dickerson	9.90	9.90	9.90		
	Floor Score: 49.200		Running Total: 197.300			
Team Total: 197.300						
All Around		VT	UB	BB	FX	AA
Ashanee Dickerson		9.975	9.850	9.850	9.900	39.575

EMBRACE THE CHALLENGE

2013 MIZZOU GYMNASTICS

January 26, 2013

UC Davis 193.725, Air Force 193.225, Missouri 193.000, TWU

Air Force

	Name	Avg.
V A U L T	Hanner	9.525
	Ables	9.775
	Hawthorne	9.725
	Larsen	9.775
	Hance	9.600
	Wallandr	9.225
	Vault Score: 48.400	
	Running Total: 48.400	
B A R S	Stych	9.625
	Larsen	9.650
	Hanner	9.675
	Hawthorne	9.725
	Hance	9.175
	Wallandr	9.725
	Bars Score: 48.400	
	Running Total: 96.800	
B E A M	Larsen	9.475
	Ables	9.250
	Hawthorne	9.175
	Bucher	9.800
	Hance	9.650
	Hanner	9.725
	Beam Score: 47.900	
	Running Total: 144.700	
F L O O R	Hanner	9.425
	Larsen	9.725
	Stych	9.725
	Hawthorne	9.500
	Wallandr	9.775
	Hance	9.800
	Floor Score: 48.525	
	Running Total: 193.225	
	Team Total: 193.225	

UC Davis

	Name	Avg.
V A U L T	Yamashita	9.600
	DeFrancesco	9.650
	Montell	9.150
	Kennedy	9.550
	Shumaker	9.800
	Yamamura	9.775
	Vault Score: 48.375	
	Running Total: 48.375	
B A R S	Montell	9.675
	Shumaker	9.600
	Yamashita	9.550
	Judal	9.200
	Yamamura	9.750
	Ho	9.750
	Bars Score: 48.325	
	Running Total: 96.700	
B E A M	Kennedy	9.725
	Judal	9.075
	Ho	9.350
	Housman	9.750
	Yamamura	9.825
	Shumaker	9.750
	Beam Score: 48.400	
	Running Total: 145.100	
F L O O R	Kennedy	9.650
	DeFrancesco	9.725
	West	9.675
	Shumaker	9.725
	Yamamura	9.700
	Ho	9.800
	Floor Score: 48.625	
	Running Total: 193.725	
	Team Total: 193.725	

Texas Women's

	Name	Avg.
V A U L T	Jones, S.	9.575
	Jones, K.	9.625
	Mayfield	9.650
	Edwards	9.650
	Winczura	9.700
	Larimer	9.875
	Vault Score: 48.500	
	Running Total: 48.500	
B A R S	Jones	9.200
	Read	9.050
	Winczura	9.150
	Cochefski, V.	7.300
	Cochefski, C.	9.625
	Larimer	9.675
	Bars Score: 46.700	
	Running Total: 95.200	
B E A M	Larimer	9.700
	Read	9.725
	Chochefski, V.	9.050
	Mayfield	9.575
	Maradiaga	9.250
	Jones, S.	9.775
	Beam Score: 48.025	
	Running Total: 143.225	
F L O O R	Maradiaga	9.550
	Gillis	9.075
	Mayfield	9.675
	Jones, K.	9.750
	Jones, S.	9.575
	Edwards	9.625
	Floor Score: 48.175	
	Running Total: 191.400	
	Team Total: 191.400	

Missouri

	Name	Avg.
V A U L T	Kappler	9.650
	Ostad	9.725
	Eubank	9.725
	Howard	9.725
	Updike	9.850
	Vault Score: 48.500	
	Running Total: 48.500	
B A R S	Ostad	9.600
	Eubank	9.775
	Kappler	9.675
	McGill	9.650
	Updike	9.825
	Medrea	9.675
	Bars Score: 48.600	
	Running Total: 97.275	
B E A M	Kappler	9.725
	McGill	9.000
	Aliceaacosta	9.700
	Henderson	9.150
	Updike	9.850
	Howard	9.825
	Beam Score: 48.250	
	Running Total: 145.525	
F L O O R	Medrea	9.625
	Aliceaacosta	9.450
	Howard	9.175
	Ostad	9.600
	Eubank	9.625
	Floor Score: 47.475	
	Running Total: 193.000	
	Team Total: 193.000	

EMBRACE THE CHALLENGE

2013 MIZZOU GYMNASTICS

February 1, 2013
Auburn 196.725, Missouri 194.575

Missouri

V A U L T

Name	Judge 1	Judge 2	Avg.
Kappler	9.55	9.55	9.550
Ostad	9.05	9.00	9.025
Eubank	9.60	9.60	9.600
Howard	9.80	9.75	9.775
Updike	9.90	9.85	9.875
Aliceaacosta	9.55	9.60	9.575
Vault Score: 48.375			Running Total: 48.375

B A R S

Ostad	9.70	9.75	9.725
Eubank	9.00	9.20	9.100
Kappler	9.50	9.35	9.425
McGill	9.80	9.80	9.800
Updike	9.85	9.85	9.850
Medrea	9.70	9.80	9.750
Bars Score: 48.550			Running Total: 96.925

B E A M

Kappler	9.65	9.75	9.700
Medrea	9.75	9.75	9.750
Aliceaacosta	9.70	9.80	9.750
Henderson	8.30	8.40	8.350
Updike	9.90	9.85	9.875
Howard	9.90	9.90	9.900
Beam Score: 48.975			Running Total: 145.900

F L O O R

Medrea	9.85	9.75	9.800
Aliceaacosta	9.80	9.85	9.825
Ostad	9.80	9.90	9.850
Eubank	9.60	9.70	9.650
Howard	9.65	9.65	9.550
Floor Score: 48.675			Running Total: 194.575

Team Total: 194.575

All Around	VT	UB	BB	FX	AA
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Auburn

V A U L T

Name	Judge 1	Judge 2	Avg.
Kluz	9.75	9.75	9.750
Webster	9.00	9.15	9.075
Yokay	9.80	9.75	9.775
Garcia	9.85	9.75	9.775
Guy	9.90	9.85	9.875
Atkinson	9.90	9.90	9.900
Vault Score: 49.125			Running Total: 98.325

B A R S

Kluz	9.80	9.80	9.800
Guy	9.80	9.85	9.825
Habicht	9.75	9.75	9.750
Walker	9.80	9.90	9.850
Atkinson	9.90	9.90	9.850
Yokay	9.85	9.80	9.825
Bars Score: 49.200			Running Total: 49.200

B E A M

Yokay	9.65	9.70	9.675
Kadous	9.85	9.80	9.825
Habicht	9.90	9.85	9.875
Guy	9.80	9.70	9.750
Walker	9.90	9.80	9.850
Atkinson	9.90	9.85	9.875
Beam Score: 49.175			Running Total: 196.725

F L O O R

Kadous	9.80	9.70	9.750
Yokay	9.80	9.85	9.825
Garcia	9.85	9.90	9.875
Webster	9.80	9.85	9.825
Atkinson	9.85	9.85	9.850
Guy	9.90	9.80	9.850
Floor Score: 49.225			Running Total: 147.550

Team Total: 196.725

All Around	VT	UB	BB	FX	AA
Atkinson	9.900	9.900	9.875	9.85	39.525
Guy	9.875	9.825	9.750	9.850	39.300
Yokay	9.775	9.825	9.675	9.825	39.100

EMBRACE THE CHALLENGE

2013 MIZZOU GYMNASTICS

February 8, 2013
LSU 197.275, Missouri 194.575

Missouri

V A U L T

Name	Judge 1	Judge 2	Avg.
Kappler	9.45	9.65	9.550
Ostad	9.60	9.70	9.650
Eubank	9.80	9.70	9.750
Howard	9.85	9.85	9.850
Updike	9.85	9.90	9.875
Aliceaacosta	9.45	9.50	9.475
Vault Score: 48.675			Running Total: 48.675

B A R S

Ostad	9.80	9.65	9.775
Eubank	9.75	9.85	9.800
Kappler	9.75	9.60	9.675
McGill	9.65	9.75	9.700
Updike	9.80	9.70	9.750
Medrea	9.75	9.80	9.775
Bars Score: 48.750			Running Total: 97.425

B E A M

Kappler	9.85	9.70	9.775
Medrea	8.90	9.10	9.000
Aliceaacosta	9.70	9.80	9.750
Elmore	9.40	9.60	9.500
Updike	9.90	9.90	9.900
Howard	9.70	9.85	9.775
Beam Score: 48.700			Running Total: 146.125

F L O O R

Medrea	9.80	9.75	9.775
Aliceaacosta	9.75	9.85	9.800
Ostad	9.75	9.90	9.825
Eubank	9.20	9.00	9.100
Howard	9.85	9.90	9.875
Kappler	9.10	9.25	9.175
Floor Score: 48.450			Running Total: 194.575

Team Total: 194.575

All Around	VT	UB	BB	FX	AA
Kappler	9.550	9.675	9.775	9.175	38.175

LSU

V A U L T

Name	Judge 1	Judge 2	Avg.
Dickson	9.85	9.80	9.825
Jordan	9.90	9.85	9.875
Wyrick	9.85	9.90	9.875
Savona	9.85	9.85	9.850
Ranzy	9.85	9.85	9.850
Courville	9.95	9.95	9.950
Vault Score: 49.400			Running Total: 98.500

B A R S

Jordan	9.20	9.05	9.125
Ranzy	9.75	9.80	9.775
Dickson	9.90	9.80	9.850
Courville	9.90	9.80	9.850
Wyrick	9.80	9.75	9.775
Morrison	9.90	9.80	9.850
Bars Score: 49.100			Running Total: 49.100

B E A M

Garcia	9.85	9.85	9.850
Dickson	9.80	9.85	9.825
Ranzy	9.15	9.05	9.100
Hall	9.85	9.75	9.800
Courville	9.90	9.90	9.900
Jordan	9.90	9.90	9.900
Beam Score: 49.275			Running Total: 197.275

F L O O R

Jordan	9.80	9.90	9.850
Dickson	9.85	9.85	9.850
Savona	9.90	9.90	9.900
Wyrick	9.75	9.75	9.750
Courville	9.90	9.90	9.900
Hall	10.00	10.00	10.000
Floor Score: 49.500			Running Total: 148.000

Team Total: 197.275

All Around	VT	UB	BB	FX	AA
Courville	9.950	9.850	9.900	9.900	39.600
Dickson	9.825	9.850	9.825	9.850	39.350
Jordan	9.875	9.125	9.900	9.850	38.375

EMBRACE THE CHALLENGE

2013 MIZZOU GYMNASTICS

February 15, 2013
Kentucky 194.250, Missouri 194.125

Missouri

V A U L T

Name	Judge 1	Judge 2	Avg.
Kappler	9.45	9.55	9.500
Aliceaacosta	9.50	9.60	9.550
Ostad	9.70	9.65	9.675
Eubank	9.20	9.20	9.200
Howard	9.65	9.80	9.725
Updike	9.90	9.85	9.875
Vault Score: 48.325			Running Total: 97.400

B A R S

Ostad	9.75	9.65	9.700
Kappler	9.60	9.75	9.675
McGill	9.75	9.80	9.775
Eubank	9.90	9.90	9.900
Updike	9.85	9.85	9.850
Medrea	9.90	9.80	9.850
Bars Score: 49.075			Running Total: 49.075

B E A M

Henderson	9.50	9.60	9.550
Medrea	9.00	9.15	9.075
Aliceaacosta	9.60	9.70	9.650
Updike	9.75	9.80	9.775
Howard	9.35	9.65	9.500
McGill	9.70	9.75	9.725
Beam Score: 48.200			Running Total: 194.125

F L O O R

Medrea	9.50	9.70	9.725
Aliceaacosta	9.65	9.70	9.575
Ostad	9.75	9.75	9.750
Eubank	9.70	9.65	9.675
Howard	9.75	9.85	9.800
Kappler	8.00	8.400	8.200
Floor Score: 48.525			Running Total: 145.925

Team Total: 194.125

All Around	VT	UB	BB	FX	AA
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KENTUCKY

V A U L T

Name	Judge 1	Judge 2	Avg.
Beucler	9.70	9.75	9.725
Harrison	9.75	9.70	9.725
Chappel	9.80	9.80	9.800
Hedges	9.80	9.80	9.800
Cunningham	9.85	9.85	9.850
Hilton	9.70	9.75	9.725
Vault Score: 48.900			Running Total: 48.900

B A R S

Sienkowski	9.55	9.60	9.575
Shipley	9.75	9.75	9.750
Hilton	9.85	9.70	9.775
Hartley	9.80	9.90	9.850
Harrison	9.90	9.90	9.900
Gross	9.85	9.90	9.875
Bars Score: 49.150			Running Total: 98.050

B E A M

Sienkowski	8.80	9.10	8.950
Mitchell	9.75	9.80	9.775
Beucler	8.50	8.70	8.600
Harrison	9.85	9.80	9.825
Gross	9.50	9.65	9.575
Shipley	9.00	9.05	9.025
Beam Score: 47.150			Running Total: 145.200

F L O O R

Phipps	9.80	9.80	9.800
Gross	9.80	9.80	9.800
Hedges	9.75	9.75	9.750
Mitchell	9.85	9.85	9.850
Harrison	9.85	9.85	9.850
Hartley			
Floor Score: 49.050			Running Total: 194.125

Team Total: 194.250

All Around	VT	UB	BB	FX	AA
Harrison	9.725	9.900	9.825	9.850	39.300

EMBRACE THE CHALLENGE

2013 MIZZOU GYMNASTICS

February 22, 2013
Georgia 196.825, Missouri 194.550

Missouri

	Name	Judge 1	Judge 2	Avg.		
V A U L T	Kappler	9.55	9.45	9.500		
	Aliceaacosta	9.60	9.60	9.600		
	Eubank	9.75	9.80	9.775		
	Howard	9.85	9.90	9.725		
	Updike	9.90	9.85	9.875		
	Ostad	9.70	9.65	9.675		
	Vault Score: 48.875		Running Total: 48.875			
B A R S	Ostad	9.75	9.75	9.750		
	Kappler	9.70	9.75	9.725		
	McGill	9.70	9.70	9.700		
	Eubank	9.75	9.75	9.750		
	Updike	9.75	9.80	9.775		
	Medrea	9.70	9.75	9.725		
	Bars Score: 48.725		Running Total: 97.600			
B E A M	Kappler	9.75	9.75	9.750		
	Aliceaacosta	9.70	9.70	9.700		
	Henderson	9.10	9.20	9.150		
	Updike	9.75	9.80	9.775		
	Howard	9.75	9.80	9.775		
	McGill	9.05	9.05	9.050		
	Beam Score: 48.150		Running Total: 145.750			
F L O O R	Medrea	9.80	9.80	9.800		
	Aliceaacosta	9.80	9.80	9.800		
	Ostad	9.90	9.80	9.850		
	Eubank	9.55	9.55	9.550		
	Howard	9.80	9.80	9.800		
	Kappler	7.80	7.90	7.850		
	Floor Score: 48.800		Running Total: 194.550			
Team Total: 194.550						
	All Around	VT	UB	BB	FX	AA
	Kappler	9.500	9.725	9.750	9.850	36.825

GEORGIA

	Name	Judge 1	Judge 2	Avg.	
V A U L T	Davis	9.85	9.80	9.825	
	Hires	9.80	9.80	9.800	
	Couch	9.55	9.50	9.525	
	Rogers	9.85	9.80	9.825	
	Cheek	9.80	9.80	9.800	
	Jay	9.90	9.90	9.900	
	Vault Score: 49.150		Running Total: 98.550		
B A R S	Cheek	9.90	9.85	9.875	
	Tanella	9.25	9.15	9.200	
	Jay	9.85	9.85	9.850	
	Worley	9.80	9.80	9.800	
	Rogers	9.90	9.95	9.925	
	Davis	9.95	9.95	9.950	
	Bars Score: 49.400		Running Total: 49.400		
B E A M	Cheek	9.20	9.30	9.250	
	Persinger	9.85	9.80	9.825	
	Couch	9.85	9.85	9.850	
	Rogers	9.80	9.85	9.825	
	Worley	9.95	9.95	9.950	
	Earls	9.70	9.70	9.700	
	Beam Score: 49.150		Running Total: 196.825		
F L O O R	Persinger	9.80	9.85	9.825	
	Tanella	9.85	9.85	9.850	
	Rogers	9.05	9.00	9.025	
	Jay	9.85	9.75	9.800	
	Worley	9.80	9.85	9.725 (-.10)	
	Couch	9.90	9.95	9.925	
	Floor Score: 49.125		Running Total: 147.675		
Team Total: 196.825					
All Around	VT	UB	BB	FX	AA
Rogers	9.825	9.925	9.825	9.025	38.600

EMBRACE THE CHALLENGE

2013 MIZZOU GYMNASTICS



Senior Tori Howard // Chesterfield, Mo.

2013 Season Highlights

- Led the Tigers with a 9.825 on floor as she is stepping into a leadership role as one of two seniors competing this season.
- Scored a season high 9.900 on vault and 9.775 on beam against No. 3 Florida.
- Recorded a season-high 9.825 on the balance beam at the Air Force Quad meet to take second place.
- Earned her first event title of the season with a career-high 9.900 score on balance beam against Auburn.
- Matched her career high vault score of 9.850 against LSU and also posted a season high 9.875 on floor at the meet.
- Set a new career high on vault with a 9.875 against Georgia.

Career Highs: Vault-- 9.875 (Georgia) Beam--9.900 (Oklahoma; Auburn 2013) Floor--9.900 (Bowling Green State)

Date	Meet	V	UB	BB	FX	AA
1/11	Alabama	9.750	--	8.625	9.825	--
1/18	at Florida	9.800	--	9.775	9.800	--
1/26	at Air Force Quad	9.725	--	9.825	9.175	--
2/1	Auburn	9.775	--	9.900*	9.550	--
2/8	LSU	9.850	--	9.775	9.875	--
2/15	at Kentucky	9.725	--	9.500	9.800	--
2/22	Georgia	9.875	--	9.775	9.800	--
3/1	at Arkansas	--	--	--	--	--
3/8	Illinois	--	--	--	--	--
3/16	at Arizona	--	--	--	--	--
3/23	SEC Championships	--	--	--	--	--

* won event



Senior Sandra Ostad // Oslo, Norway

2013 Season Highlights

- Matched her career high on floor (9.750) against No. 1 Alabama in Missouri's home opener. It marks the first time she has earned the score in a competitive performance as she previously scored a 9.750 in an exhibition routine.
- Recorded a new personal best on floor with a 9.850 score against Auburn.
- Matched her career high on floor with a 9.850 against Georgia.

Career Highs: Vault-- 9.875 (Illinois) Bars-- 9.775 (Cancun Classic) Beam--9.775 (exh. Ohio State) Floor--9.850 (2x, last vs Georgia)

Date	Meet	V	UB	BB	FX	AA
1/11	Alabama	9.750	9.500	--	9.750	--
1/18	at Florida	9.725	9.500	--	9.575	--
1/26	at Air Force Quad	9.725	9.600	--	9.600	--
2/1	Auburn	9.025	9.725	--	9.850	--
2/8	LSU	9.650	9.725	--	9.825	--
2/15	at Kentucky	9.675	9.700	--	9.750	--
2/22	Georgia	9.675	9.750	--	9.850	--
3/1	at Arkansas	--	--	--	--	--
3/8	Illinois	--	--	--	--	--
3/16	at Arizona	--	--	--	--	--
3/23	SEC Championships	--	--	--	--	--

* won event

EMBRACE THE CHALLENGE

2013 MIZZOU GYMNASTICS



Junior Cathryn Aliceaacosta // Houston, Texas

2013 Season Highlights

- Set new season highs on beam and floor against No. 3 Florida.
- Recorded a new season-high on balance beam at the Air Force Quad Meet
- Set a new career high on floor against Auburn with a 9.825
- Has been a consistent member of the floor and balance beam lineups this season.

Career Highs: Vault-- 9.650 (Quad Meet) Beam-- 9.800 (2x, last vs. Southern Utah) Floor-- 9.825 (Auburn 2013)

Date	Meet	V	UB	BB	FX	AA
1/11	Alabama	--	--	--	9.350	--
1/18	at Florida	--	--	9.650	9.750	--
1/26	at Air Force Quad	--	--	9.700	9.450	--
2/1	Auburn	9.575	--	9.750	9.825	--
2/8	LSU	9.475	--	9.750	9.800	--
2/15	at Kentucky	9.550	--	9.650	9.575	--
2/22	Georgia	9.600	--	9.700	9.800	--
3/1	at Arkansas	--	--	--	--	--
3/8	Illinois	--	--	--	--	--
3/16	at Arizona	--	--	--	--	--
3/23	SEC Championships	--	--	--	--	--

* won event



Mackenzie McGill // Bartlesville, Okla.

2013 Season Highlights

- Matched her career high score on the uneven bars against No. 3 Florida
- Improved her personal best on the bars against Auburn with a 9.800 score.
- Put up a career high 9.850 in an exhibition beam routine against LSU
- Is a consistent member of the bar lineup this season.

Career Highs: Bars 9.800 (Auburn 2013), Beam 9.850 (Exh. LSU)

Date	Meet	V	UB	BB	FX	AA
1/11	Alabama	--	9.650	9.075	--	--
1/18	at Florida	--	9.775	EXH: 9.450	--	--
1/26	at Air Force Quad	--	9.650	9.00	--	--
2/1	Auburn	--	9.800	--	--	--
2/8	LSU	--	9.700	EXH: 9.850	--	--
2/15	at Kentucky	--	9.775	9.725	--	--
2/22	Georgia	--	9.700	9.050	--	--
3/1	at Arkansas	--	--	--	--	--
3/8	Illinois	--	--	--	--	--
3/16	at Arizona	--	--	--	--	--
3/23	SEC Championships	--	--	--	--	--

* won event

EMBRACE THE CHALLENGE

2013 MIZZOU GYMNASTICS



Junior Taylor Medrea // Britton, Mich.

2013 Season Highlights

- Set a new season high on the floor exercise against No. 3 Florida.
- Recorded a new season high on the bars at the Air Force Quad meet.
- Matched her career highs on beam and floor against Auburn at the Beauty and the Beast event.
- Scored a season high 9.775 on the bars against LSU
- Improved on her career high with a 9.850 score on bars at Kentucky.
- Matched her career high for the fourth time on floor with a 9.800 against Georgia.

Career Highs: Bars-- 9.850 (Kentucky 2013); Beam--9.750 (Iowa State; Auburn 2013); Floor--9.800 (4x, last vs. Georgia)

Date	Meet	V	UB	BB	FX	AA
1/11	Alabama	--	7.700	9.425	9.650	--
1/18	at Florida	--	--	9.100	9.700	--
1/26	at Air Force Quad	--	9.675	--	9.625	--
2/1	Auburn	--	9.750	9.750	9.800	--
2/8	LSU	--	9.775	9.000	9.775	--
2/15	at Kentucky	--	9.850	9.075	9.725	--
2/22	Georgia	--	9.725	--	9.800	--
3/1	at Arkansas	--	--	--	--	--
3/8	Illinois	--	--	--	--	--
3/16	at Arizona	--	--	--	--	--
3/23	SEC Championships	--	--	--	--	--

* won event



Junior Katelyn Trevino // Ovilla, Texas

2013 Season Highlights

- Improved season high scores on vault and bars against No. 3 Florida
- Suffered a season ending injury at the Air Force Quad Meet.

Career Highs-- Vault -- 9.875 (Twice in 2012); Bars -- 9.800 (Illinois 2011); Beam -- 9.550 (Iowa State); Floor -- 9.900 (2x, last at Big 12 Championship); All-Around -- 38.100 (Southern Utah)

Date	Meet	V	UB	BB	FX	AA
1/11	Alabama	9.650	9.250	--	9.800	--
1/18	at Florida	9.775	9.775	--	9.750	--
1/26	at Air Force Quad	--	--	--	--	--
2/1	Auburn	--	--	--	--	--
2/8	LSU	--	--	--	--	--
2/15	at Kentucky	--	--	--	--	--
2/22	Georgia	--	--	--	--	--
3/1	at Arkansas	--	--	--	--	--
3/8	Illinois	--	--	--	--	--
3/16	at Arizona	--	--	--	--	--
3/23	SEC Championships	--	--	--	--	--

* won event

EMBRACE THE CHALLENGE

2013 MIZZOU GYMNASTICS



Sophomore Briana Conkle // Fleming Island, Fla.

2013 Season Highlights

- Competed as an all-arounder for the first time in her career against No. 1 Alabama earning a career-high 37.875.
- Suffered a season-ending injury against the Florida Gators in January

2012 Season Highlights

- Competed in her first collegiate meet against No. 24 Iowa State on bars and floor.
- Earned career-high scores on bars and floor against Southern Utah.
- Again earned a career-high on floor in an exhibition against No. 16 Denver.
- Once again improved on her career-high floor score against No. 4 Nebraska.
- Improved her career-high floor score for the fourth time against No. 9 Arkansas.

Career Highs: Vault--9.550 (Alabama 2013); Bars -- 9.700 (Exh. Nebraska); Beam--9.175 (Alabama 2013); Floor -- 9.875 (Arkansas); All-Around--37.875 (Alabama 2013)

<i>Date</i>	<i>Meet</i>	<i>V</i>	<i>UB</i>	<i>BB</i>	<i>FX</i>	<i>AA</i>
1/11	Alabama	9.550	9.475	9.175	9.675	37.875
1/18	at Florida	--	--	--	--	--
1/26	at Air Force Quad	--	--	--	--	--
2/1	Auburn	--	--	--	--	--
2/8	LSU	--	--	--	--	--
2/15	at Kentucky	--	--	--	--	--
2/22	Georgia	--	--	--	--	--
3/1	at Arkansas	--	--	--	--	--
3/8	Illinois	--	--	--	--	--
3/16	at Arizona	--	--	--	--	--
3/23	SEC Championships	--	--	--	--	--

* won event



Sophomore Becca Johnson // Pewaukee, Wis.

2012 Season Highlights

- Competed in her first collegiate meet against No. 24 Iowa State on vault and also competed for the Tigers against Southern Utah to improve on her career-high.
- Improved her career-high vault score against Arkansas.

2012 Season Highlights

- Suffered a season ending injury prior to the Tigers' first meet against Alabama.

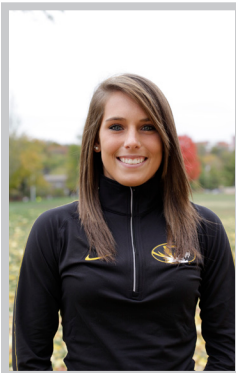
Career Highs: Vault--9.825 (Arkansas)

<i>Date</i>	<i>Meet</i>	<i>V</i>	<i>UB</i>	<i>BB</i>	<i>FX</i>	<i>AA</i>
1/11	Alabama	--	--	--	--	--
1/18	at Florida	--	--	--	--	--
1/26	at Air Force Quad	--	--	--	--	--
2/1	Auburn	--	--	--	--	--
2/8	LSU	--	--	--	--	--
2/15	at Kentucky	--	--	--	--	--
2/22	Georgia	--	--	--	--	--
3/1	at Arkansas	--	--	--	--	--
3/8	Illinois	--	--	--	--	--
3/16	at Arizona	--	--	--	--	--
3/23	SEC Championships	--	--	--	--	--

* won event

EMBRACE THE CHALLENGE

2013 MIZZOU GYMNASTICS



Sophomore Laura Kappler // Evansville, Ind.

2013 Season Highlights

- Set a new career high score (9.600) on vault in Missouri's season opener against two-time defending National Champion Alabama.
- Competed on the uneven bars for the first time against No.3 Florida earning a career high 9.725
- Set a new career high on vault at the Air Force Quad meet and also matched her career-high bars score at the meet.
- Competed in the all-around for the first time in her career against LSU earning a 38.175 score. She also put up a season high 9.775 on the beam at the meet.
- Matched her career high on bars with a 9.725 against Georgia

Career Highs: Vault--9.650 (Air Force Quad Meet); Bars--9.725 (2x, last vs. Georgia); Air Force Quad Meet); Beam--9.800 (Oklahoma); All -Around--38.175 (LSU)

<i>Date</i>	<i>Meet</i>	<i>V</i>	<i>UB</i>	<i>BB</i>	<i>FX</i>	<i>AA</i>
1/11	Alabama	9.600	--	9.725	--	--
1/18	at Florida	9.475	9.725	9.675	--	--
1/26	at Air Force Quad	9.650	9.675	9.725	--	--
2/1	Auburn	9.550	9.425	9.700	--	--
2/8	LSU	9.550	9.675	9.775	9.175	38.175
2/15	at Kentucky	9.500	9.675	--	8.200	--
2/22	Georgia	9.500	9.725	9.750	7.850	36.825
3/1	at Arkansas	--	--	--	--	--
3/8	Illinois	--	--	--	--	--
3/16	at Arizona	--	--	--	--	--
3/23	SEC Championships	--	--	--	--	--

* won event



Sophomore Rachel Updike // Olathe, Kan.

2013 Season Highlights

- Matched her career high score on vault against No. 3 Florida and set new season highs on both vault and bars at the meet.
- Won two event titles at the Air Force Quad meet, recording a season-high 9.825 on the uneven bars.
- Set a new career high score on the bars against Auburn and also matched her career high on the balance beam at the meet.
- Took the beam title against LSU with a career high 9.900 score.
- Earned the vault title with a 9.875 score at Kentucky and also matched her career high with a 9.850 on bars.
- Won her fifth event title of the season on vault with a career high 9.950 against Georgia.

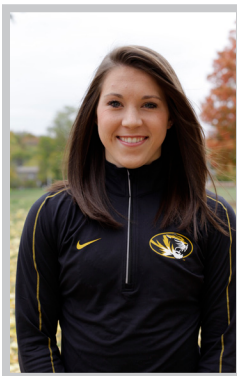
Career highs: Vault--9.950 (4x, last vs Georgia); Bars--9.850 (Auburn/Kentucky 2013); Beam--9.900 (LSU); Floor--9.925 (2x in 2012); All-Around--39.400 (Big 12 Championship)

<i>Date</i>	<i>Meet</i>	<i>V</i>	<i>UB</i>	<i>BB</i>	<i>FX</i>	<i>AA</i>
1/11	Alabama	9.875	9.575	9.850	--	--
1/18	at Florida	9.950	9.775	9.575	--	--
1/26	at Air Force Quad	9.850	9.825*	9.850*	--	--
2/1	Auburn	9.875	9.850	9.875	--	--
2/8	LSU	9.875	9.750	9.900*	--	--
2/15	at Kentucky	9.875*	9.850	9.775	--	--
2/22	Georgia	9.950*	9.775	9.775	--	--
3/1	at Arkansas	--	--	--	--	--
3/8	Illinois	--	--	--	--	--
3/16	at Arizona	--	--	--	--	--
3/23	SEC Championships	--	--	--	--	--

* won event

EMBRACE THE CHALLENGE

2013 MIZZOU GYMNASTICS



Freshman Blair Elmore // Houston, Texas

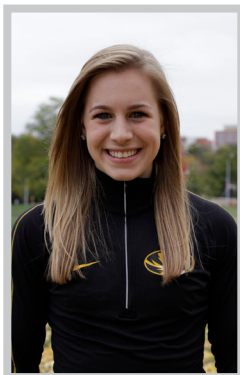
2013 Highlights:

- Exhibited on the beam in her first collegiate meet against two-time defending National Champion Alabama and again at the Air Force Quad Meet.
- Improved on her personal best with a 9.675 on the balance beam against Auburn.
- Competed in the beam lineup for the first time in her career against LSU.

Career highs: Beam--9.675 (exh. Auburn)

Date	Meet	V	UB	BB	FX	AA
1/11	Alabama	--	--	EXH: 9.025	--	--
1/18	at Florida	--	--	EXH: 8.875	--	--
1/26	at Air Force Quad	--	--	--	--	--
2/1	Auburn	--	--	EXH: 9.675	--	--
2/8	LSU	--	--	9.500	--	--
2/15	at Kentucky	--	--	--	--	--
2/22	Georgia	--	--	EXH: 9.550	--	--
3/1	at Arkansas	--	--	--	--	--
3/8	Illinois	--	--	--	--	--
3/16	at Arizona	--	--	--	--	--
3/23	SEC Championships	--	--	--	--	--

* won event



Freshman Miranda Eubank // Louisville, Ky.

2013 Highlights: Exhibited on two events in her first collegiate meet against two-time defending National Champion Alabama.

- Competed in the vault and bar lineups against No. 3 Florida earning career and season high scores.
- Set new career-highs on the vault, bars and floor at the Air Force Quad Meet.
- Improved on her personal best on the floor exercise against Auburn at the Beauty and the Beast event.
- Again improved her career high marks on the vault and uneven bars against LSU
- Won her first event title on the uneven bars at Kentucky with a career high 9.900 score.
- Again improved her career high on vault against Georgia with a 9.775 score.

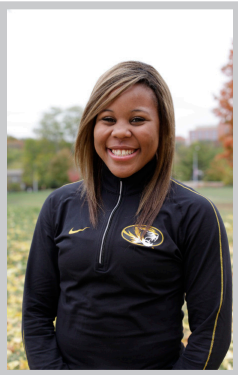
Career highs: Vault--9.775 (Georgia); Bars--9.900 (Kentucky); Floor--9.675 (Kentucky 2013)

Date	Meet	V	UB	BB	FX	AA
1/11	Alabama	EXH: 9.475	EXH: 9.100	--	--	--
1/18	at Florida	9.675	9.750	--	--	--
1/26	at Air Force Quad	9.725	9.775	--	9.625	--
2/1	Auburn	9.600	9.100	--	9.650	--
2/8	LSU	9.750	9.800	--	9.100	--
2/15	at Kentucky	9.200	9.900*	--	9.675	--
2/22	Georgia	9.775	9.750	--	9.550	--
3/1	at Arkansas	--	--	--	--	--
3/8	Illinois	--	--	--	--	--
3/16	at Arizona	--	--	--	--	--
3/23	SEC Championships	--	--	--	--	--

* won event

EMBRACE THE CHALLENGE

2013 MIZZOU GYMNASTICS



Freshman Rachel Henderson // Oklahoma City, Okla.

2013 Season Highlights:

- Competed for the first time in her career against No. 3 Florida earning a 9.700 score on the balance beam.
- Exhibited on the vault for the first time in her career against LSU
- Has appeared in the lineup five times for Mizzou this season.

Career highs: Vault--9.375 (Exh. LSU); Beam--9.700 (Florida)

<i>Date</i>	<i>Meet</i>	<i>V</i>	<i>UB</i>	<i>BB</i>	<i>FX</i>	<i>AA</i>
1/11	Alabama	--	--	--	--	--
1/18	at Florida	--	--	9.700	--	--
1/26	at Air Force Quad	--	--	9.150	--	--
2/1	Auburn	--	--	8.350	--	--
2/8	LSU	EXH: 9.375	--	EXH: 9.675	--	--
2/15	at Kentucky	--	--	9.550	--	--
2/22	Georgia	--	--	9.150	--	--
3/1	at Arkansas	--	--	--	--	--
3/8	Illinois	--	--	--	--	--
3/16	at Arizona	--	--	--	--	--
3/23	SEC Championships	--	--	--	--	--

* won event

EMBRACE THE CHALLENGE

2013 MIZZOU GYMNASTICS

2013 Team Results

Meet Results

<i>Date</i>	<i>Opponent</i>	<i>Vault</i>	<i>Bars</i>	<i>Beam</i>	<i>Floor</i>	<i>Total</i>
1/11/13	Alabama	48.625	47.450	47.250	48.700	192.025
1/18/13	at Florida	48.925	48.800	48.375	48.525	194.625
1/26/13	at Airforce	48.675	48.600	48.250	47.485	193.000
2/1/13	Auburn	48.375	48.550	48.975	48.675	194.575
2/8/13	LSU	48.675	48.750	48.700	48.450	194.575
2/15/13	at Kentucky	48.325	49.075	48.200	48.525	194.125
2/22/13	Georgia	48.875	48.725	48.150	48.800	194.550
3/1/13	at Arkansas					
3/8/13	Illinois					
3/16/13	at Arizona					
3/23/13	SEC Championships					

Team Numbers

2013 Record	1-8
Regular Season.....	1-8
Post Season	0-0
At Home	0-4
On the Road	1-3
At Home Conference	0-4
On Road Conference	0-2
Against Top-25 Teams	0-6
Against 2012 Regional Qualifiers.....	0-6
Against 2012 NCAA Finals Teams.....	0-4
Scoring 195.00 or Higher	0-0
Scoring Under 195.000	1-8
In January	1-4
In February	0-4
In March.....	0-0
In April	0-0

EMBRACE THE CHALLENGE