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QUICK FACTS

OREGON STATE UNIVERSITY

School	Oregon State University
Location	Corvallis, Ore.
Founded	1868
Enrollment	20,100
Colors	Orange and Black
Nickname	Beavers
Affiliation	NCAA Division I
Conference	Pacific-10
University President	Dr. Edward Ray
Director of Athletics	Bob De Carolis
Senior Woman Administrator	Marianne Vydra
Athletic Department Phone	(541) 737-2547
Ticket Office Phone	1-800-GO-BEAVS

OREGON STATE GYMNASTICS

Head Coach	Tanya Chaplin
Alma Mater	UCLA, '90
Record (regular season)	161-88-1 (12th season)
Record (overall)	202-93-1 (12th season)
Career Record	Same
Associate Head Coach	Michael Chaplin
E-Mail	michael.chaplin@oregonstate.edu
Assistant Coach	John Carney
E-Mail	john.carney@oregonstate.edu
Director of Operations	Bea Whisenhunt
E-Mail	beatrice.whisenhunt@oregonstate.edu
Phone	(541) 737-1969
Office Address	104 Gill Coliseum Corvallis, OR 97331
Home Arena	Gill Coliseum
Capacity	8,100
Practice Facility	Gladys Valley Gymnastics Center

2008 Overall Record	22-9 (17-4 regular season)
2008 Pacific-10 Championship Finish	Second (196.550)
2008 NCAA West Regional Finish	First (197.100)
2008 NCAA National Championship Finish	11th; Sixth in session (195.475)
Letterwinners Returning/Lost	12/4
Newcomers	4
All-Americans Returning	4

2009 OREGON STATE GYMNASTICS SCHEDULE

DATE	DAY	OPPONENT	SITE	TIME
Jan. 2	Friday	Cancun Classic (BYU, Denver & Stanford)	Cancun, Mexico	4:30 p.m.
Jan. 9	Friday	BYU	Provo, Utah	7 p.m.
JAN. 16	FRIDAY	CALIFORNIA & ARKANSAS	CORVALLIS, ORE.	7 P.M.
Jan. 23	Friday	Arizona	Tucson, Ariz.	7 p.m.
JAN. 30	FRIDAY	UTAH	CORVALLIS, ORE.	7 P.M.
FEB. 6	FRIDAY	ARIZONA STATE	CORVALLIS, ORE.	7 P.M.
Feb. 15	Sunday	Stanford & UC Davis	Stanford, Calif.	2 p.m.
Feb. 21	Saturday	Washington, Eastern Michigan & Illinois	Seattle, Wash.	7 p.m.
FEB. 27	FRIDAY	UCLA	CORVALLIS, ORE.	7 P.M.
MAR. 6	FRIDAY	SALBASGEON SUITES INVITATIONAL (WASHINGTON & SEATTLE PACIFIC)	CORVALLIS, ORE.	7 P.M.
Mar. 13	Friday	Missouri	Columbia, Mo.	6:30 p.m.
Mar. 21	Saturday	Pac-10 Championships	Stanford, Calif.	4 p.m.
Apr. 4	Saturday	NCAA Regional Championships	TBA	6 p.m.
Apr. 16-18	Thurs.-Sat.	NCAA Championships	Lincoln, Neb.	TBA

HOME MEETS IN BOLD - ALL CAPS
All times listed Pacific.



CREDITS

The 2009 Oregon State gymnastics media guide was written, designed and edited by Jason Amberg, OSU assistant communications director. This is OSU section designed by Michael Collins. Special thanks to Hank Hager and Lauren Pullen. Cover photography by Dennis Wolverton. Head shots and biography photography by Barb Barker, Bowman Photography. Action photography by Philip Faulkner, Dave Nishitani, Rick Perozzi, Stoddard Reynolds, Jeff Sipse and Dennis Wolverton and taken from OSU archives. Cover design by Ben Little. Printing by Lynx Communication Group, Inc., of Salem, Ore.

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MEDIA INFORMATION

The 2009 Oregon State gymnastics media guide is a source of information for the news media. Additional information is available upon request from the Oregon State Athletics Communications Office. News releases and photographs will be made available to accredited members of the media. The OSU Athletics Communications Office is located on the second floor of Gill Coliseum in room 209.

MEDIA CREDENTIALS

Media credentials for all gymnastics meets should be requested at least 24 hours in advance by contacting Jason Amberg at (541) 737-7469. Credentials may be picked up at will call located at the ticket window on the east side of Gill Coliseum or in advance at the OSU Athletics Communications Office located on the second floor of Gill Coliseum in room 209.

MEDIA SERVICES

Media services include weekly press releases that provide updated individual and team statistics. During the meets the Athletics Communications Office will provide updated statistics, media guides, and opponent information. Complete books, including all meet results will be provided approximately 15 minutes after the conclusion of the meet. For fax or e-mail requests please contact Jason Amberg prior to the meet.

INTERVIEW POLICIES

Please contact Jason Amberg at (541) 737-7469 to arrange all interviews with the Oregon State coaches and gymnasts. All practices are open to the media and public. Local media are encouraged to interview media prior to practice at 1 p.m. on Monday, Tuesday, Thursday and Friday at the Gladys Valley Gymnastics Center. Practice begins at 2 p.m.

OSUBEAVERS.COM

As the official website of Oregon State Athletics, osubeavers.com provides complete and up-to-date information about all 17 of OSU's varsity athletic teams to both fans and media around the nation.



FANS' GUIDE TO GYMNASTICS

The intricacies of collegiate gymnastics are difficult to judge, but the basics of the sport are easy to spot.

In a dual meet, the host team begins on vault, followed by uneven bars, balance beam, and floor exercise. The visitor flip flops with the host, starting on uneven bars, and moving onto the vault, floor exercise, and finishing on the balance beam.

If there are more than two teams competing, each team will start on a different event, following the home order, vault, uneven bars, balance beam and floor exercise.

Each team can put up a maximum of six competitors on each event. The best five scores are added together for the team's event total.

During a regular season meet situation, there are two judges on each event. The two scores are averaged together to calculate the final score of a gymnast's routine. At championship events, there are as many as six judges on one event.

The major differences in recent years have come on vault. Prior to the 2001 season, two vaults were performed and the higher scoring vault would be counted. Now a gymnast is allowed only one attempt and it's score is calculated into the final tally. During the 2003 season, collegiate gymnastics switched from the traditional "horse" vault, to the "table" vault, which has more surface for a gymnast to hit and propel herself, making it safer in many regards.

The following guide lists the requirements for each gymnast's routine on each event. It is a simple outline of the complex criteria a judge looks for while evaluating a gymnast's routine. Our code of points (rules) changes every four years (we are now entering our third year of the current code).

UNEVEN BARS, BALANCE BEAM & FLOOR EXERCISE

These three events are judged using a rating system that evaluates each element on the following scale:

- A — easy part
- B — part with medium difficulty
- C — part with higher difficulty value
- D — part with very high difficulty value
- E — part with the highest difficulty value

Routines require the following to start from a 9.5 value:

- 3 "A" elements
- 3 "B" elements
- 2 "C" Elements

How can a routine start from a 10.0?

Using "D" and "E" elements and difficult combinations the gymnast can earn extra points. There are 0.5 in bonus available. A minimum of 0.1 must come from D/E elements and a minimum of 0.1 must come from difficult combinations.

Special deductions

- Fall on the apparatus or floor, including grabbing the apparatus to prevent a fall - 0.5
- Stepping out of bounds - 0.1
- Heavy brush of feet or hand touch on floor - 0.3
- Presentation to judge omitted (before or after exercise) - 0.1
- Intermediate swing (bars) - 0.3
- Concentration pauses longer than two seconds - 0.1

Other deductions taken, usually up to and no more than 0.3 for such things as bent arms and legs, or separation of legs.

UNEVEN BARS

Special requirements worth 0.2 each

- A minimum of two (2) bar changes
- Two flight elements a minimum of two different C's or a D and B element
- One element with a longitudinal axis turn, minimum of a C (not to include dismount)
- C dismount with the following modifications. C dismount preceded by the same two A or B elements = 0.1 deduction



BALANCE BEAM

Special requirements worth 0.2 each

- Acrobatic skill series
- Dance series with a minimum of (2) elements, one element must be C or higher
- A leap or jump requiring 180 degree split
- A minimum of a 360 degree turn
- A minimum of a C dismount

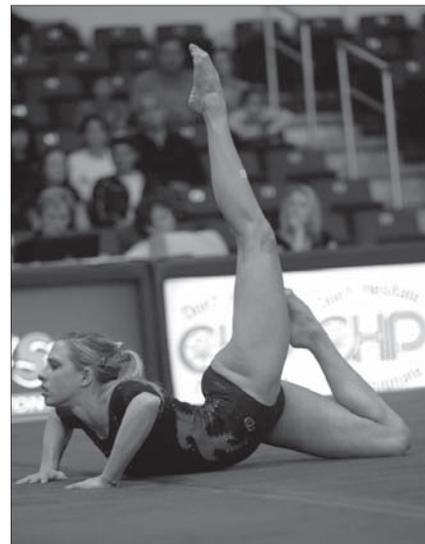


FLOOR EXERCISE

Special Requirements worth 0.2 each

- One acrobatic series with two saltos same or different.
- Three different saltos in the exercise.
- Dance series with a minimum of two elements, one element must be a minimum C.
- Minimum of a C salto as the last salto or connection of saltos.

Missing a special requirement will be reflected in the Start Value.



VAULT

Vaults are divided into four categories: Handsprings and twisting vaults, forward saltos, backward saltos and round-off entry. Each of these vaults is assigned a value up to 10.0 points. The vault is judged in the areas of pre-flight (board to table), repulsion (push off the table) after flight (distance, height and direction), and landing.

Vault deductions include:

- Body Position faults - up to 0.5
- Steps after landing - 0.1 to 0.3
- Off center landing - up to 0.3

Common Vaults Seen:

- Round off entry layout - 9.8
- Round off entry tuck full - 9.9
- Round off entry layout full - 10.0
- Round off entry half off layout front - 10.0
- Handspring pike front - 9.9
- Handspring pike front half twist - 10.0



2009 ROSTER

GYMNAST	EVENTS	HT.	CLASS	HOMETOWN (HIGH SCHOOL / CLUB)
Brooke Barclay	V, BB	5'2	Jr.*	Coeur d'Alene, Idaho (Coeur d'Alene HS / Funtastics)
Jereme Bigelow	V, FX	5'1	So.	San Francisco, Calif. (International HS / Airborne Gymnastics)
Kera Bolen	All-Around	5'6	Sr.	Lake Oswego, Ore. (Lakeridge HS / Metro Gymnastics Center)
Laura-Ann Chong	All-Around	5'1	Jr.	Coquitlam, B.C. (Dr. Charles Best Secondary / Phoenix Gymnastics Club)
Becky Colvin	V, FX	5'3	So.	Eugene, Ore. (Springfield HS / National Academy of Artistic Gymnastics)
Adonica Glatt	All-Around	5'6	Fr.	West Linn, Ore. (West Linn HS / Multnomah Athletic Club)
Jen Kesler	All-Around	5'3	So.	Kenmore, Wash. (Inglemoor HS / Gymnastics East)
Jami Lanz	All-Around	5'3	Sr.	Eugene, Ore. (Churchill HS / National Academy of Artistic Gymnastics)
Leslie Mak	UB, BB, FX	5'4	Fr.	Toronto, Ontario (Stamford HS (CT) / Arena Gymnastics)
Stephanie McGregor	All-Around	5'1	Fr.	Calgary, Alberta (Bishop Carroll HS / Gymtastics Gym Club)
D'Anna Piro	UB	5'3	Sr.*	Lake Oswego, Ore. (Lake Oswego HS / Multnomah Athletic Club)
Mandi Rodriguez	All-Around	5'7	Jr.	Baldwin Park, Calif. (Alverno HS / SCATS)
Johnnie Rae Schmelzer	V, BB, FX	5'3	Sr.	Talent, Ore. (Cal State Fullerton / Phoenix HS / Southern Oregon Gymnastics Academy)
Tasha Smith	All-Around	5'4	Sr.	Auburn, Wash. (Todd Beamer HS / Gym Express)
Olivia Vivan	All-Around	5'6	Fr.	Perth, Australia (Churchlands Senior High / Gymnastics Australia)
Whitney Watson	V, UB, BB	5'2	Jr.	Tustin, Calif. (Villa Park HS / Wildfire Gymnastics)

PRONUNCIATION GUIDE

Brooke Barclay Bark-lee
 Jereme Bigelow Jair-em-ee, Big-el-o
 Kera Bolen Care-uh, Bo-lin
 Adonica Glatt Glaught
 D'Anna Piro Dee-an-uh, Pie-row
 Johnnie Rae Schmelzer Sh-mel-zer
 Tanya Chaplin Tawn-yuh
 Bea Whisenhunt Bay-uh, Wiz-in-hunt

HOW THE BEAVERS BREAK DOWN

FRESHMEN

Adonica Glatt
 Leslie Mak
 Stephanie McGregor
 Olivia Vivian

SOPHOMORES

Jereme Bigelow
 Becky Colvin
 Jen Kesler

JUNIORS

Brooke Barclay*
 Laura-Ann Chong
 Mandi Rodriguez
 Whitney Watson

SENIORS

Kera Bolen
 Jami Lanz
 D'Anna Piro*
 Johnnie Rae Schmelzer
 Tasha Smith

* indicates redshirt season has been used.

RETURNERS BY EVENT

VAULT

Brooke Barclay In lineup 9 times in '08.
 Becky Colvin In lineup prior to injury in '08.
 Jen Kesler '06 & '07 J.O. national champ.
 Jami Lanz Career-high 9.925.
 Mandi Rodriguez '07 All-American.
 Whitney Watson Filled in lineup due to injury.

UNEVEN BARS

Kera Bolen Fixture in lineup for 3 years.
 Laura-Ann Chong 14-14 in '08.
 Jen Kesler All-American in '08.
 Jami Lanz All-American in '07.
 D'Anna Piro 10-11 in '07.
 Mandi Rodriguez Career-high 9.9.
 Whitney Watson 11-11 in '08.

BALANCE BEAM

Brooke Barclay Career-high 9.9.
 Laura-Ann Chong Career-high 9.875.
 Jen Kesler 12-14 in '08.
 Jami Lanz All-American in '08.
 Mandi Rodriguez Career-high 9.85.

FLOOR EXERCISE

Kera Bolen Career-high 9.9.
 Laura-Ann Chong In lineup at end of '08.
 Becky Colvin In lineup prior to injury in '08.
 Jen Kesler 8-10 in '08.
 Jami Lanz 12-14 in '08.
 Mandi Rodriguez 28-28 in '07 & '08.
 Johnnie Rae Schmelzer Alternate in '08.



2009 TELEVISION ROSTER



BROOKE BARCLAY
V, BB
COEUR D'ALENE, IDAHO



JEREME BIGELOW
V, FX
SAN FRANCISCO, CALIF.



KERA BOLEN
ALL-AROUND
LAKE OSWEGO, ORE.



LAURA-ANN CHONG
ALL-AROUND
COQUITLAM, B.C.



BECKY COLVIN
V, FX
EUGENE, ORE.



ADONICA GLATT
ALL-AROUND
WEST LINN, ORE.



JEN KESLER
ALL-AROUND
KENMORE, WASH.



JAMI LANZ
ALL-AROUND
EUGENE, ORE.



LESLIE MAK
UB, BB, FX
TORONTO, ONTARIO



STEPHANIE MCGREGOR
ALL-AROUND
CALGARY, ALBERTA



D'ANNA PIRO
UNEVEN BARS
LAKE OSWEGO, ORE.



MANDI RODRIGUEZ
ALL-AROUND
BALDWIN PARK, CALIF.



JOHNNIE RAE SCHMELZER
V, BB, FX
TALENT, ORE.



TASHA SMITH
ALL-AROUND
AUBURN, WASH.



OLIVIA VIVIAN
ALL-AROUND
PERTH, AUSTRALIA



WHITNEY WATSON
V, UB, BB
TUSTIN, CALIF.



TANYA CHAPLIN
HEAD COACH
12TH SEASON



MICHAEL CHAPLIN
ASSOCIATE HEAD COACH
12TH SEASON



JOHN CARNEY
ASSISTANT COACH
FIRST SEASON



BEA WHISENHUNT
DIRECTOR OF OPERATIONS
FIFTH SEASON

2009 SEASON OUTLOOK

Coming off the program's third straight trip to the NCAA Championships, and the 22nd championship meet appearance overall, expectations are high for the Oregon State gymnastics program. The Beavers didn't take long in looking back on the 2008 season, as they immediately returned to the gym with their sights set on extending the '09 campaign to the final night of competition in Lincoln, Neb., at this year's national championships.

OSU returns seven of the 10 gymnasts who competed at the 2008 NCAA Championships, including a trio of All-Americans including **Jami Lanz** (2008 on beam and 2007 on bars), **Jen Kesler** (2008 on bars) and **Mandi Rodriguez** (2007 on vault). The loss of four seniors - which include 2008 team captain and first team All-American Yuki Lamb (vault) gone, as well as Claire Pierce's consistency on the beam, bars specialist Keegan Fitzgerald and Megan Devencenzi, who contributed on the vault and floor - coupled with the indefinite absence of **Tasha Smith** (personal) and the Beavers have eight routines to replace.

The 2008 season included the program's third straight 11th place finish at the NCAA Championships - a stretch of eight straight victories that stretched across seven weeks of the season - and the program's first NCAA Regional Championship since 1992.

Add to that experience another outstanding recruiting class for **Tanya** and **Michael Chaplin**, which is expected to more than replace the lost routines, and even the casual observer can understand the cause for such lofty expectations.

The talented lineup is highlighted by the All-American trio of Kesler, Lanz and Rodriguez, all of whom train in the all-around.

The '08 returnees accounted for 38 individual event titles last year, including Lanz's 18. Rodriguez took top honors 13 times and Kesler earned five wins.

As the saying goes, "to be the best, you've got to beat the best." As usual, Oregon State faces a difficult schedule with top notch competition week-in and week-out. In addition to the usual Pac-10 slate, OSU has dates with the likes of Arkansas, BYU, Denver, Illinois, Missouri and Utah. But there is fun along the way too with a season-opening trip to compete at the Cancun Classic set for Jan. 2.

The Beavers, who were undefeated on their home floor of legendary Gill Coliseum in 2008, face a steep challenge to repeat the feat in 2009.



Mandi Rodriguez, an All-American in 2007, is expected to anchor the vault lineup for the Beavers again in 2009.

OSU's home opener features Pac-10 foe California as well as the SEC's Arkansas - which ranked No. 12 in the pre-season - on Jan. 16. The Beavers then close the month by hosting preseason-No. 2 Utah on Jan. 30. OSU hosts the fourth annual "Pink Out" against preseason-No. 24 Arizona State Feb. 6. Fourth-ranked UCLA visits Feb. 27 before the Beavers wrap up the home season with the annual Salbasgeon Suites Invitational March 6 when Pacific Northwest rivals Washington and Seattle Pacific join OSU for a triangular meet.

VAULT

(Primary coach - Michael Chaplin)

Early in the offseason, associate head coach Michael Chaplin identified a group of solid vaulters that were consistently hitting their vaults. Since then, several others have begun to step forward in developing their vaults and are ready to vie for lineup spots.

"The goal every year is to have eight or nine vaulters with a 10.0 start value," Chaplin said. "We need to have that depth to allow for the usual bumps and bruises of the season."

Mandi Rodriguez, who earned first team All-America status on vault in 2007 when she finished fifth in the Individual Event Finals, leads the unit as one of the best vaulters in the nation. She is joined at the end of the lineup by **Jami Lanz** to combine as one of the most consistent duos over the last two years.

The rest of the lineup may prove to be less experienced, but not necessarily less talented. **Becky Colvin** had established herself as a back-of-the-lineup talent in '08 before suffering a season-ending injury. Colvin showed great progress this fall and is expected to provide a boost with her return to the lineup.

In addition, **Whitney Watson**, who despite just one competitive vault in her collegiate career, has also had an excellent offseason and has Chaplin excited about her progress.

Another familiar face to the OSU vault lineup, **Brooke Barclay**, has had a very consistent training period after an up-and-down season. Barclay is clearly capable of delivering high-scoring performances as evidenced by her national title as a Level 10 prior to college.

Vying for the final spot in the lineup and providing depth will be **Jen Kesler**, **Stephanie McGregor** and **Johnnie Rae Schmelzer**. Kesler, another former Level

10 national champion, vaulted for the Beavers several times in 2008 and continues to work on consistency.

Senior **Kera Bolen**, who hasn't vaulted for three years due to a prior injury, has gone against the grain and has taken up the event. Bolen is working on a Yurchenko tuck with a full twist and hopes to provide depth.



Jami Lanz, a 2007 All-American on bars, will be expected to continue to bring consistency and experience to the lineup for new bars coach, John Carney.

UNEVEN BARS

(Primary coach - John Carney)

First year assistant coach **John Carney** has the good fortune of inheriting a pair of All-Americans and what is expected to be one of the Beavers' top events in 2009, the uneven bars.

Jen Kesler, Carney's former pupil at the club level, earned second team All-America honors in 2008 while Lanz earned the title of All-American in 2007. But they won't be the only gymnasts with talent on the apparatus.

"With those two, I'm counting on them to get up and score 9.8-plus every time," Carney said. "It is so competitive in that lineup that very few that have a secure position and so even those few could be in a position where they are fighting to maintain that spot. But really, this entire lineup is capable of starting at 9.85 and going up from there."

The headliner joining the Beavers' bars-swingers is freshman **Olivia Vivian**. Vivian, an Australian Olympian, swung bars in Beijing last summer before starting school at OSU in the fall. However, due to NCAA eligibility issues, Vivian was delayed in actually joining the team until Thanksgiving, leaving her behind in her training. Vivian brings an experience at the international level that no other OSU gymnast can claim. She's expected to be a steadying influence on the lineup whether in the lead-off or anchor position.

Kesler, the anchor to the bars lineup in 2008, doesn't let her surroundings effect her performance on the event and Lanz, an aggressive bars-swingers, brings reliability to the lineup.

2009 SEASON OUTLOOK

Laura-Ann Chong's dynamic routine and clean lines give her 9.9-plus potential and a change to the technique on the swing into her dismount has shown improvement on her dismount during the fall training period. **Mandi Rodriguez** exhibits great, long lines and a very dynamic routine and is capable of delivering a big score on any given night.

Another new face to the bars lineup could also be one of the best. **Leslie Mak** has a refined look to her lines as she swings and displays a more uncommon release with her pak full. Mak will likely work her way toward the back of the lineup as the season goes on.

With two freshmen staking early claims to lineup spots on the bars and all six regulars returning from 2008, there will be a lot of talent vying for the alternate slots. **Kera Bolen**, **D'Anna Piro** and **Whitney Watson** have all been regulars in the lineup at some point in their careers and will be joined by freshmen **Adonica Glatt** and **Stephanie McGregor** to provide depth to the lineup.

"There is a high probability that this lineup will change from meet to meet," Carney said. "Whether it is moving people in and out of the lineup or just changes within the lineup, there will be a lot of competition."

BALANCE BEAM

(Primary coach – Tanya Chaplin)

In a word – depth.

To complicate things for beam coach **Tanya Chaplin**, there are several standouts on the event.

Lanz, an All-American on the event, anchored the team in 2008 and was ranked No. 1 in the nation for several weeks last year. Kesler brings a brilliant and consistent series to the event. Chong's routine is beautiful and Mak's ability to twist adds another special element to the Beavers' beam team.

Barclay is another beam worker with the ability to be a key member of the beam lineup. In her first season of competition, Barclay scored a career-high 9.9 and is capable of producing similar numbers on any given day.

"We definitely have more than just three or four. There are some solid beam workers here that have scored from 9.75 to 9.9 and that's a great core to have there," Chaplin said.

Adding competition and pushing the entire beam cast are the likes of Watson, Vivian, Rodriguez, Schmelzer, Bolen, McGregor and Glatt.



Brooke Barclay's return to the balance beam provides depth at the end of the lineup. The beam team is so deep that each gymnast will have to be at her best everyday in practice to ensure a position in the lineup.

Rodriguez is the only one of the group with collegiate experience

But make no mistake, the gymnasts right behind those with the experience are entirely capable of scoring as well.

"Every year there are some new faces in different positions and we'll have to get used to that consistency, but I'm expecting this lineup to be a very strong event for us overall," Chaplin said. "We've put a lot of work into upgrading routines."

FLOOR EXERCISE

(Coaches – Tanya & Michael Chaplin)

Again, the word depth crops up at the beginning of the conversation when discussing the floor exercise. More depth than has been seen at Oregon State in several years. The depth on the event has pushed all 12 gymnasts training on floor to better themselves and has resulted in a good competition in the gym throughout the training period.

Rodriguez and Lanz continue to bring reliability, power and grace and are expected to anchor the lineup. Beyond those two is a fight for the rest of the lineup.

Bolen has been a fixture in the lineup

for three years and Chong, who has also extensive experience in the lineup, has a good chance to make the lineup. Kesler and

Colvin, two others with competition experience are also in the mix. Colvin had secured a lineup spot prior to her injury in 2008 and appears ready to reclaim her role, and Kesler, who was a regular on the event last year, will also likely return to the lineup. Bigelow and Schmelzer have also shown the consistency to move from alternates into consideration for the competition lineup as well.

All four freshmen are training on the floor with Mak and McGregor, making the early push for a lineup position. Vivian, who was delayed in beginning her training, brings a graceful elegance and

is expected to be ready in midseason. Glatt continues to work on upgrading her skills and will provide depth.



The addition of freshmen Leslie Mak (above) and Stephanie McGregor is expected to have an immediate impact on the floor exercise lineup. In addition, fellow freshmen Olivia Vivian and Adonica Glatt should also provide depth for the Beavers.



THE BEAVERS' ROUTINES FOR 2009

							
	Brooke Barclay	Jereme Bigelow	Kera Bolen	Laura-Ann Chong	Becky Colvin	Adonica Glatt	Jen Kesler
	Yurchenko layout with a full twist - 10.0	Yurchenko layout - 9.8	Yurchenko layout - 9.8; Yurchenko tuck with a full twist - 9.9	Yurchenko layout - 9.8	Yurchenko layout with a full twist - 10.0	Handspring tuck front -9.8; Handspring pike front - 9.9	Yurchenko layout with a full twist - 10.0
Vault							
			Blind change; Jaeger; Overshoot; Arabian double front dismount.	Blind change to piked Jaeger; Pak Salto; Blind change to double front dismount.		Blind change to piked Jaeger; Overshoot.	Giant full to Tkatchev; Overshoot; Full twisting Double fly away dismount.
Uneven Bars							
	Flic-flac layout to two feet; Hitch kick to switch side leap; Sheep jump to straddle jump		Flic-flac layout step out; Wolf jump with a full turn to a swing down; Straddle jump to a straddle jump to a wolf jump; Hitch kick to a switch side leap	Flic-flac layout step out; Switch leap to a split jump with a half turn; Tuck front salto; Switch leap with a half turn		Flic-flac layout to two feet; Sheep jump to a straddle jump; Switch leap to a straddle jump; Front tuck salto	Flic-flac layout to a layout; Split jump with a full turn; Sheep jump to a beat jump; Kick over front
Balance Beam							
		Double back in pike position; Round off to 1½ twist to front layout full; Double back in tuck position	Double back in pike position; Back layout with 2½ twists; Whip ½ to front layout full	Double back in tuck position; Front layout, front layout; Double back in pike position	Double back in pike position; 2½ twisting layout; Front layout with full twist to front layout	Double back in pike position; Handspring front layout with a full twist to a punch front; Round off, layout 1½ to front tuck	Double back in pike position; Double full to layout step out; Whip ½ to front layout full
Floor Exercise							

THE BEAVERS' ROUTINES FOR 2009

							
Jami Lanz	Leslie Mak	Stephanie McGregor	D'Anna Piro	Mandi Rodriguez	Johnnie Rae Schmelzer	Olivia Vivian	Whitney Watson
Yurchenko layout with a full twist -10.0; Yurchenko layout with 1½ twists - 10.0		Yurchenko layout with a half twist - 10.0		Yurchenko layout with a full twist - 10.0	Yurchenko layout -9.8; Yurchenko layout with a full twist - 10.0	Yurchenko layout - 9.8; Handspring pike front - 9.9	Yurchenko layout with a full twist - 10.0
Back uprise to ½ turning Hect (Franzella); Giant full to a blind change; Straddle back; Double layout dismount.	Toe on – Toe off ½ turn to piked Jaeger; Full twisting Pak Salto; Full twisting double fly away dismount.	Toe on – Toe off to an overshoot handstand; Blind change to Markelov; Double layout dismount.	Giant full to Gienger; Overshoot handstand; Full twisting double layout dismount.	Blind change to piked Jaeger; Pak Salto; Blind change to double front dismount.	Toe on – Toe off ½ turn to Jaeger; Toe on – Toe off to overshoot handstand; Blind change to double front dismount.	Giant full to a blind change to a Jaeger; Overshoot; Double layout dismount.	
Aerial walkover; Flic-flac layout step out; Wolf jump to a split leap with a full turn; Switch leap to a straddle jump; Double twisting gainer dismount	Illusion with a full turn; Gainer layout; Switch leap to a Tourjete with a full turn; Flic-flac layout; Double turn; Aerial walkover to a gainer full	Hitch kick to a switch side leap; Flic-flac to a layout step out; Side somi; Wolf jump to straddle jump to straddle jump; Double tuck		Kick over front to a flic-flac swing down; Pike jump to a straddle jump; Standing front tuck to a wolf jump; Pike jump to a ring jump	Flic-flac to a layout step out; Switch leap to a straddle jump; Front tuck salto; Hitch kick to a switch side leap	Aerial walkover to a side somi; Kick over front to a flic flac swing down; Switch leap to a straddle jump; 2½ twisting dismount	Switch leap to a flic-flac to a layout step out; Hitch kick to an aerial walkover; Split jump to a straddle jump to a straddle jump
Double back in pike position; Handspring double twist; 2½ twist punch layout or front layout full twist to front layout	Double back in pike position; 2½ twist; Round off layout 1½ punch front layout full	Pike front to double back in pike position; 2½ twist; Double back in tuck position		Double Arabian; Whip ½ to front full; Rudi to Shushu-nova	Handspring front to a double twist; Whip ½ to front layout full; Rudi to layout stepout	Rudi to layout stepout; 2½ twist; Double back in pike position	

Just Do It.

