



OKLAHOMA
WOMEN'S GYMNASTICS

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DATE	OPPONENT	TIME/RESULTS
Friday, Jan. 9	@No. 3 Florida	L (196.500-195.075)
Saturday, Jan. 17	@Texas Woman's	W (197.175-189.600)
Monday, Jan. 26	Arkansas	L (196.900-195.625)
Friday, Jan. 30	Minnesota	7 p.m.
Sunday, Feb. 8	@Nebraska	2 p.m.
Saturday, Feb. 14	@Denver	7 p.m.
Friday, Feb. 20	Brown/Missouri/W. Va.	7 p.m.
Friday, Feb. 27	@Iowa State	7 p.m.
Friday, March 6	TWU/Illinois State	7 p.m.
Friday, March 13	@Alabama/with UNC	7:30 p.m.
Saturday, March 21	@Big 12 Championships*	2 p.m.
Saturday, April 4	@NCAA Regional Champ.	TBA
April 17-19	@NCAA Championships**	TBA

* — CONTESTED IN AMES, IOWA
** — TO BE HELD IN LINCOLN, NEBRASKA

TIMES ARE CENTRAL AND SUBJECT TO CHANGE
ALL HOME MEETS ARE AT THE LLOYD NOBLE CENTER

BIG 12 CONFERENCE

2008 Big 12 Champs



gymnast to watch:
Jessica Kinder



Kinder posted a personal-best all-around tally of 39.175 against Arkansas on Monday - including a career-high 9.9 on the floor exercise. Her floor score resulted in the first collegiate event title for the Kansas City, Mo., native.

The Kansas City, Mo., native has competed in the all-around against Florida and Arkansas (sat out the TWU meet with an injury), and is slated to compete in the all-around against Minnesota.



The official site of OU Athletics supplies Sooner fans worldwide with the latest news and features on Oklahoma athletics direct from Norman. The site provides the latest press releases, rosters, bios, schedules, statistics, notes, quotes, athlete blogs, photo galleries and audio and video available to both Sooner fans and the media.

"BEAUTY AND THE BEAST"
FRIDAY, JAN. 30 | 7:00 P.M. (CT) | LLOYD NOBLE CENTER | NORMAN, OKLA.



NO. 21 MINNESOTA GOLDEN GOPHERS (1-2)

2009 TROESTER RANKINGS
Team: 194.108 (21st)
Vault: 48.425 (36th) | Bars: 48.925 (Ninth)
Beam: 48.483 (21st) | Floor: 48.275 (35th)

VERSUS



NO. 7 OKLAHOMA SOONERS (1-2)

2009 TROESTER RANKINGS
Team: 196.125 (Seventh)
Vault: 49.025 (Ninth) | Bars: 48.962 (Seventh)
Beam: 49.225 (Second) | Floor: 48.912 (Seventh)

NO. 7 OKLAHOMA HOSTS MINNESOTA IN BEAUTY AND THE BEAST SPECTACULAR

The Sooners have a quick turn around following their loss to the No. 8 Arkansas Razorbacks last Monday, hosting Minnesota on Friday, Jan. 30 at 7 p.m. inside the Lloyd Noble Center in OU's "Beauty and the Beast" spectacular. Oklahoma and the Minnesota Golden Gophers will share the floor with the OU wrestling squad, who battles N.C. State.

Oklahoma (1-2) dropped a 195.625-196.900 decision in its home opener to Arkansas (4-1) at the LNC its last time out. The Sooners were in it through two rotations, but beam proved to be the difference maker as the Sooners scored a 48.325 on the apparatus, while the Razorbacks posted a 49.275 en route to a program-best team tally.

The Sooners won a share of three individual event titles against the Razorbacks from Sara Stone - vault (9.875), Hollie Vise - bars (9.875) and Jessica Kinder - floor (9.9). Kinder's career-high on the apparatus resulted in the first collegiate event title for the Kansas City, Mo., native.

Oklahoma was without the services of all-arounder Ashley Jackson against Arkansas, as the senior sat out with a minor back strain. Jackson is listed as day-to-day and could see action on Friday.

OU defeated the Golden Gophers 196.125-195.625 in Minneapolis, Minn., on March. 22, 2008, in the two program's last meeting. Although the two squad's have met on seven previous occasions, Friday will mark the first time since 1992 that Minnesota has competed in Norman.

OPPONENT PREVIEW

Minnesota slipped one spot to No. 21 in the latest national rankings after falling to Michigan 194.425-194.850 on Jan. 24. In the event rankings, the Golden Gophers are currently listed at No. 36 on vault, No. 9 on bars, tied for No. 21 on beam and No. 35 on floor.

Minnesota recorded its best team scores of the season on bars, beam and team tally in last weekend's meet against Michigan.

Individually, all-around performers Alexis Russell and Carmelina Carabajal are currently ranked second and third, respectively, in the Big Ten Conference. Russell is tied for seventh in the conference in the floor exercise rankings, while Carabajal stands No. 5 on vault and No. 3 on balance beam.

OKLAHOMA SOONERS

NAME	HEIGHT	YEAR	HOMETOWN (HIGH SCHOOL)	CLUB	PRONUNCIATION
Cindell, Candace	5-5	So.	Frisco, Texas (Frisco HS)	Kurt Thomas Gymnastics	sin-DELL
DeProspero, Haley	5-0	Sr.	Van Alstyne, Texas (Plano Christian Academy)	University of Gymnastics	dee-PROSS-per-oh
Ferguson, Megan	4-11	Fr.	Olathe, Kan. (Blue Valley HS)	Eagles Gymnastics	
Flanery, Jacqueline	5-5	Jr.	Plattsburg, Mo. (Plattsburg HS)	Eagles Gymnastics	
Jackson, Ashley	5-1	Sr.	Hudsonville, Mich. (East Kentwood HS)	Geddart's Twisters	
Kelley, Natasha	5-4	Fr.	Katy, Texas (Home schooled)	Cypress Academy	
Kinder, Jessica	5-2	Sr.	Kansas City, Mo. (Raytown HS)	Best Gymnastics	KIN-der
Kramer, Julie	5-2	Jr.	Uvalde, Texas (Baylor Univ. / Uvalde HS)	Acrotex Gymnastics	
Lesko, Gina	5-3	Sr.	Allen, Texas (Allen HS)	University of Gymnastics	
Mantle, Mary	5-4	Jr.	Ft. Collins, Colo. (Rocky Mountain HS)	GK Gymnastics	
Ratcliff, Natalie	5-5	So.	Overland Park, Kan. (Blue Valley Northwest HS)	GAGE	
Root, Melanie	5-3	So.	Cartersville, Ga. (Cartersville HS)	Cartersville Twisters	
Smith, Kristin	5-3	Jr.	Oklahoma City, Okla. (Putnam City HS)	Dynamo Gymnastics	
Stone, Sara	5-4	Fr.	Dallas, Texas (Spring Creek Academy)	Metroplex Gymnastics	
Vise, Hollie	5-5	Jr.	Dallas, Texas (Spring Creek Academy)	WOGA	VICE
Wagner, Hailey	5-2	Fr.	Tulsa, Okla. (Metro Christian Academy)	Jenks Gymnastics	HAY-lee

OKLAHOMA COACHING STAFF

Head Coach: K.J. Kindler, Third Year **Assistant Coaches:** Lou Ball, Third Year | Tom Haley, Third Year



CANDACE CINDELL



HALEY DEPROSPERO



MEGAN FERGUSON



JACKIE FLANERY



ASHLEY JACKSON



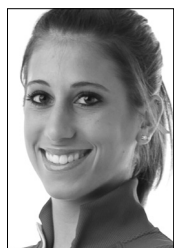
NATASHA KELLEY



JESSICA KINDER



JULIE KRAMER



GINA LESKO



MARY MANTLE



NATALIE RATCLIFF



MELANIE ROOT



KRISTIN SMITH



SARA STONE



HOLLIE VISE



HAILEY WAGNER

GENERAL INFORMATION

Location Norman, Okla.
 Enrollment 29,721
 Founded 1890
 President David L. Boren
 VP/Athletics Director Joe Castiglione
 Nickname Sooners
 Colors Crimson & Cream
 Conference Big 12
 Arena Lloyd Noble Center
 Capacity 12,000
 OU's All-Time Record 390-197-1

TEAM INFORMATION

2009 Overall Record 1-2
 High Score 197.175
 2008 Big 12 Finish First
 2008 NCAA Finish Eighth
 Letterwinners Returning/Lost 11/3
 All-Americans Returning/Lost 0/2

COACHING STAFF

Head Coach K.J. Kindler
 Year Third Season
 Alma Mater Iowa State, 1992
 Record at OU 50-18-1
 Career Record 129-58-2
 Assistant Coach Lou Ball
 Year Third Season
 Alma Mater Iowa State, 1999
 Assistant Coach Tom Haley
 Year Third Season

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PRACTICE POLICY

Practices are held at the Sam Viersen Center, directly north and across the street (Imhoff) from the Lloyd Noble Center. Practices are typically open to media. However, those who wish to attend must obtain clearance through Phillip Rogers in the Media Relations Office prior to the start of practice. Practice generally runs from 10:30 p.m. to 2:30 p.m. The best time to conduct interviews is immediately following practice.

CREDENTIAL REQUESTS

Media credentials for home contests at the Lloyd Noble Center should be requested no later than one day prior to the event. All requests should be directed to Phillip Rogers in the Media Relations Office at (405) 325-8413 or by e-mail to philliprogers@ou.edu.

POST-MEET INFORMATION

Post-meet interviews will take place on the main floor of the Lloyd Noble Center after head coach K.J. Kindler dismisses her athletes. Official score sheets will be available at the scorer's table.

MEDIA INTERVIEWS

Non-postmeet interview requests for athletes and coaches must be arranged through Phillip Rogers in the Media Relations Office. All requests should be submitted at least one day in advance of the desired interview time.

2009 MARCH-IN ORDER

NAME	CLASS	HOMETOWN	PRONUNCIATION
1. Megan Ferguson	Fr.	Olathe, Kan.	
2. Natasha Kelley	Fr.	Katy, Texas	
3. Sara Stone	Fr.	Dallas, Texas	
4. Hailey Wagner	Fr.	Tulsa, Okla.	
5. Candace Cindell	So.	Frisco, Texas	sin-DELL
6. Natalie Ratcliff	So.	Overland Park, Kan.	
7. Melanie Root	So.	Cartersville, Ga.	
8. Jackie Flanery	Jr.	Plattsburg, Mo.	
9. Julie Kramer	Jr.	Uvalde, Texas	
10. Mary Mantle	Jr.	Bellvue, Colo.	
11. Kristin Smith	Jr.	Oklahoma City, Okla.	
12. Hollie Vise	Jr.	Dallas, Texas	VICE
13. Haley DeProspero	Sr.	Van Alstyne, Texas	dee-PROSS-per-oh
14. Ashley Jackson	Sr.	Hudsonville, Mich.	
15. Jessica Kinder	Sr.	Kansas City, Mo.	KIN-der
16. Gina Lesko	Sr.	Allen, Texas	

COACHING STAFF

K.J. Kindler Head Coach (Third Year)
 Lou Ball Assistant Coach (Third Year)
 Tom Haley Assistant Coach (Third Year)

2009 GYMINFO POLL

RANK	TEAM	AVERAGE	REGION	HIGH SCORE
1	Georgia	196.650	SE	197.175
2	Utah	196.583	NC	196.850
3	UCLA	196.544	W	197.125
4	Stanford	196.275	W	196.775
5	Florida	196.142	SE	196.500
6	Auburn	196.137	C	196.375
7	Oklahoma	196.125	SC	197.175
8	Arkansas	196.025	SC	196.375
9	Alabama	195.925	C	196.275
10	LSU	195.400	C	196.575
11	Oregon State	195.381	W	196.450
12	Nebraska	195.142	SC	195.750
13	Missouri	194.842	SC	195.050
14	Ohio State	194.742	C	194.850
15	Illinois-Champaign	194.617	SC	195.500
16	Arizona State	194.537	SC	194.600
17	Penn State	194.533	NE	195.875
18	Iowa State	194.392	NC	195.225
19	West Virginia	194.183	SE	194.775
20	Michigan	194.181	NE	194.850
21	Minnesota	194.108	NC	194.425
22	Denver	194.019	NC	194.700
23	Northern Illinois	193.900	SC	194.350
24	Arizona	193.833	SC	195.250
25	Boise State	193.800	W	193.900

BOLD - OU's regular season opponents

January 12th to February 9th, 2009 - Weekly Ranking by Total Season Average
 Starting February 16th, 2009 - Ranking by Regional Qualifying Score

REGULAR SEASON SENSATIONS

Oklahoma has won 32 of its last 35 regular-season matchups dating back to Jan. 19, 2007. Prior to OU's season-opening defeat at Florida, the Sooners' last regular season loss was to Stanford on March 9, 2007 in Palo Alto, Calif.

MEET INFO

A live webcast will be available to Oklahoma all-access subscribers at www.SoonerSports.com. Live scoring will be provided free of charge on the site as well. Following the meet, a complete recap, photos, video highlights and official scores can be found on www.SoonerSports.com, the official website of OU women's gymnastics.

MORE ON "BEAUTY AND THE BEAST"

This unique event, which features the Oklahoma women's gymnastics and wrestling teams competing side-by-side, gives fans of each sport the opportunity to see what the other is all about.

It is becoming a popular craze around the country, but perhaps no school will be able to offer the level of competition that the Sooners promise at this year's Beauty and the Beast event.

The OU women's gymnastics team owns a share of the top score in the NCAA this season, while the wrestling team is in the midst of one of the best seasons in program history.



NATALIE'S NIGHT

While many Sooners had trouble on beam against the Razorbacks, the same cannot be said of Natalie Ratcliff. The sophomore posted a 9.825 on the apparatus in just her second collegiate beam routine - a week after posting a 9.875 on the event in her beam debut at TWU.

Ratcliff also posted a career-high 9.825 on vault for the Sooners against Arkansas.

2009 OKLAHOMA SOONERS

Front Row (Left to Right): Gina Lesko, Haley DeProspero, Megan Ferguson.

Middle Row (L to R): Hailey Wagner, Natalie Ratcliff, Ashley Jackson, Kristin Smith, Natasha Kelley, Julie Kramer and Jessica Kinder.

Back Row (L to R): Melanie Root, Jackie Flanery, Candace Cindell, Mary Mantle, Sara Stone and Hollie Vise.

RAISING THE BAR

OU junior Hollie Vise unveiled a double-front dismount on bars for the first time in collegiate competition against Arkansas. The 2008 Big 12 bars champion posted an event-winning tally of 9.875 against the Razorbacks, her second straight event win on the apparatus.

AMONG THE REGIONS BEST

The Sooners hold the top spot in the South Central Region's latest Troester rankings. OU holds top-two team spots on all four events (leads the region on vault and beam).

NOT ACTING LIKE NEWCOMERS

Out of the 21 routines that have been competed by gymnasts making their first collegiate appearance on the respective apparatus in 2009, a remarkable 11 (.524) have gone for a 9.8 or better. Below is a breakdown of those scores:

Megan Ferguson (5) - 9.925 (beam @ TWU), 9.85 (bars vs. Ark, @ TWU, @ UF), 9.85 (floor vs. Ark).

Sara Stone (3) - 9.875 (vault vs. Ark, @ TWU), 9.8 (vault @ UF).

Natalie Ratcliff (2) - 9.875 (beam @ TWU), 9.825 (beam vs. Ark).

Melanie Root (1) - 9.825 (bars @ TWU).

OTHER NOTABLE NUMBERS

Not to be lost in the defeat to Arkansas were strong individual performances from Mary Mantle and Megan Ferguson. The duo both set personal bests on the night (Mantle - 9.825 on bars, Ferguson - 9.85 on floor).



TENTATIVE OKLAHOMA LINEUP

VAULT

	SEASON HIGH
1. Jessica Kinder	9.775
2. Natalie Ratcliff	9.825
3. Jackie Flanery	9.8
4. Melanie Root	9.8
5. Ashley Jackson	9.875
6. Sara Stone	9.875

BARs

	SEASON HIGH
1. Haley DeProspero	9.8
2. Jessica Kinder	9.775
3. Melanie Root	9.825
4. Ashley Jackson	9.85
5. Megan Ferguson	9.85
6. Hollie Vise	9.875

BEAM

	SEASON HIGH
1. Jessica Kinder	9.725
2. Kristin Smith	9.875
3. Natalie Ratcliff	9.875
4. Hollie Vise	9.925
5. Megan Ferguson	9.925
6. Haley DeProspero	9.925

FLOOR

	SEASON HIGH
1. Megan Ferguson	9.85
2. Jessica Kinder	9.9
3. Kristin Smith	9.9
4. Jackie Flanery	9.9
5. Haley DeProspero	9.75
6. Ashley Jackson	9.95

ALL-AROUND

	SEASON HIGH
1. Jessica Kinder	39.175

OU IN THE RANKINGS

Week	Rank
Preseason	10
Jan. 12	9
Jan. 19	5
Jan. 26	7
Feb. 2	-
Feb. 9	-
Feb. 16	-
Feb. 23	-
March 2	-
March 9	-
March 16	-
March 23	-
April 6	-
April 13	-
April 20	-

FRESHMEN PHENOMS

OU's Megan Ferguson and Sara Stone have either led the Sooners outright or tied for the team event high on four occasions already this season. Ferguson paced the Sooners on bars against Florida (9.85) and tied for the beam crown against TWU (9.925), while Stone's 9.875 on vault against Arkansas was a team high a week after sharing vault honors with Ashley Jackson against TWU.

PROTECTING THE HOUSE

The Sooners are 12-1 in their last 13 regular season home meets. Before Oklahoma's loss to Arkansas, its last home defeat before the postseason came at the hands of an Iowa State team that was coached by K.J. Kindler - OU's current head coach.

BUST OUT THE BROOMS

OU swept all individual and event titles against TWU, marking the first time this season that it had won every crown of the dual meet. The Sooners swept all four team event titles seven times a year ago.

ROAD SWEET ROAD

Posting an NCAA-best 197.175 in Denton, Texas, on Jan. 17, it appears that the road could be kind to the Sooners again this season. Three of Oklahoma's top four scores last season, including a season-best-tying 196.750 at Arkansas, came on the road for the Sooners. Going further, five of OU's top seven scores in 2008 were outside of Norman.

CONFERENCE ALL STARS

Oklahoma is the only Big 12 squad to have a gymnast in the top two spots in the latest Troester rankings on all four events. Ashley Jackson and Sara Stone rank second and third, respectively, in the conference on vault, while Megan Ferguson leads the Big 12 on bars. On beam, Haley DeProspero and Natalie Ratcliff are ranked No. 1 and No. 2, respectively, while Ashley Jackson holds the top spot in the conference on floor.

CAREER BESTS APLENTY

Nine Oklahoma gymnasts either set or tied a total of 12 personal bests against TWU on Jan. 17. Below is a run-down from OU's spectacular night:

Haley DeProspero (1): Beam - 9.925

Megan Ferguson (3): Bars - 9.85, Beam - 9.925*, Floor - 9.775*

Jackie Flanery (1): Floor - 9.9

Ashley Jackson (1): Floor - 9.95*

Natalie Ratcliff (1): Beam - 9.875*

Melanie Root (1): Bars - 9.825*

Kristin Smith (1): Floor - 9.9*

Sara Stone (2): Vault - 9.875*, Floor - 9.775*

Hollie Vise (1): Beam - 9.925*

* - Established new career best

BARs STARS

The Sooner' bars lineup at Florida included three gymnasts making their collegiate debut on the apparatus (Megan Ferguson, Jessica Kinder and Melanie Root). The trio went three-for-three including a second-place finish by Ferguson, who scored a 9.85 in her first collegiate routine. Kinder hit a 9.725, while Root finished with a 9.625.

NATASHA KELLEY TO REDSHIRT

OU freshman Natasha Kelley will redshirt the 2009 season after an achilles injury sustained during the fall training period. The Katy, Texas, native is Oklahoma's most heralded recruit since NCAA Champion Kelly Garrison after spending 2004-2008 as a member of the US Elite National Team. The '05 USA Elite Junior National champion (all-around, beam, floor) was also the silver medalist at the 2006 World Championships and '07 American Cup.

2009 ACCOLADES

Hollie Vise

Big 12 Event Specialist of the Week (1.20.09)

2009 PROMOTIONS

Jan. 26: Kids Night

- First 250 kids to the pre-meet party get a kids-sized OU Gymnastics T-shirt (sizes are first-come, first-served)
- One lucky fan will win a Nintendo Wii
- Free 2009 schedule posters for all fans
- Pre-meet party for kids from 5:00-5:45 in the Courtside Club at Lloyd Noble Center

Jan. 30: Beauty and the Beast

- First 250 fans get a free Beauty and the Beast stadium cup with a free soda
- Sign up for the chance to win prizes including airline tickets, an iPod and gift certificates
- The Sooners will sign autographs after the meet

Feb. 20: Flip for the Cure II

- (promoting Women's Heart Disease Awareness)
- The Sooners will sign autographs after the meet
 - Giveaways: TBA

March 6: Senior Night

- 50 Cent Hot Dog and Cokes Night
- First 250 fans get OU light-up necklaces
- Senior Night ceremony and autographs after the meet

MEET THE NEWCOMERS

OU gymnastics fans also will have their first chance to see OU's freshman class of Megan Ferguson, Natasha Kelley, Sara Stone and Hailey Wagner in collegiate action at the Lloyd Noble Center in 2009. While Kelley is redshirting the year after an injury during the fall, Ferguson and Stone are inked into the tentative starting lineup against Minnesota.

Baylor transfer Julie Kramer also joined the Sooners over the summer and will provide depth to the vault lineup.

OU's 2008-09 recruiting class of Ferguson, Kelley, Stone and Wagner was the sixth-best group in the country, according to a recent CollegeGymFans.com Top-10 Women's Recruiting Classes poll. The Sooners ranked behind No. 1 UCLA and '08 NCAA Championships Super Six squads Georgia (second), Alabama (third), Florida (fourth) and Stanford (fifth). Oklahoma was the only squad from the Big 12 Conference and South Central Region named to the list.

THE EXPERIENCE FACTOR

The Sooners welcome back 18 routines from last season's 2008 NCAA Championships. Below is an event-by-event breakdown of returners for the 2009 year that competed in Athens, Ga.

Vault (5): Flanery, Kinder, Jackson, DeProspero, Mantle

Bars (4): Mantle, Jackson, DeProspero, Vise

Beam (4): Kinder, Jackson, Vise, DeProspero

Floor (5): Smith, Kinder, DeProspero, Jackson, Flanery

BOWLING INTO THE NEW YEAR

Although the gymnastics schedule was set months before the bowl lineups were announced, the OU gymnastics squad opened up its season slate with Oklahoma's football bowl opponent for the second straight year. The Sooners squared off with the Gator gymnastics squad on Jan. 9, less than 24 hours after meeting Florida in the BCS National Championship game. Oklahoma and West Virginia met in the second session of the Cancun Classic in their season opener a year ago, a day after OU's football squad faced the Mountaineers in the Fiesta Bowl.

SOONERS TABBED 10TH IN PRESEASON POLL

The reigning Big 12 Champion Oklahoma women's gymnastics team was ranked 10th in the preseason GymInfo Coaches' Poll, the highest ranking of any conference squad. Oklahoma's 525 points in the preseason poll was one less than ninth-ranked Oregon State. Georgia, winner of the last four national titles, opens the 2009 season as the nation's top team. The Gym Dogs earned 26 of a possible 33 first-place votes, easily distancing themselves from No. 2 Utah (two first-place votes). Florida, UCLA (four first-place votes) and Stanford round out the top five. The Sooners' regular season schedule features events against eight teams ranked in the preseason top-25 poll.

OKLAHOMA INKS THREE TO 2009 CLASS

Head Coach K.J. Kindler and the Oklahoma women's gymnastics squad announced the signing of three gymnasts to National Letters of Intent on Nov. 12, the first day of the early signing period. Oklahoma native Bethany Neubauer (Edmond, Okla.), Kayla Nowak (Algonquin, Ill.) and Brie Olson (St. Cloud, Minn.) will join the Sooners next fall.

ARKANSAS RECAP

The seventh-ranked Oklahoma women's gymnastics squad (1-2) dropped a 195.625-196.900 decision in its home opener to No. 8 Arkansas (4-1) at the Lloyd Noble Center on Monday night. The Sooners were in it through two rotations, but beam proved the difference maker as the Sooners scored a 48.325 on the apparatus, while the Razorbacks posted a 49.275 en route to a program-best team tally.

It was OU's first regular season dual loss in Norman since Feb. 10, 2006, against Iowa State - a span of 12 consecutive match ups. The defeat was the first to the Razorbacks in program history, as the Sooners entered tonight's dual meet with a 4-0 record against Arkansas - including two wins in 2008.

"We were right in it until we went to beam," said OU head coach K.J. Kindler. "Unfortunately, beam was a polar opposite from our last time out against TWU. We counted far too many wobbles and it ended up being the difference tonight. Give credit to Arkansas, they performed very well tonight."

TWU RECAP

The ninth-ranked Oklahoma women's gymnastics squad (1-1) posted the highest score in the NCAA this season en route to a 197.175-189.600 victory against Texas Woman's University (0-1) on Jan. 17. The Sooners claimed every team and individual event title of the dual meet in front of a capacity crowd of 1,107 inside Kitty Magee Arena on the TWU campus.

Posting their best team score since Jan. 24, 2004 (197.300), the Sooners claimed the highest score in the NCAA in 2009. Entering the competition with the top score in the NCAA was Georgia (winner of the last four national titles) with a mark of 196.85.

With the victory, Oklahoma has won 32 of its last 34 regular-season matchups dating back to Jan. 19, 2007.

"It's a real confidence builder as we continue our season," said head coach K.J. Kindler. "In all honesty, I saw ten times as much energy, confidence and enthusiasm as we showed at Florida. It started out with a bang with a great bars set. I thought we did a much better job with our dismounts and stuck landings and it's always nice to end with one of those beam nights that you'll never forget."

Oklahoma was without the services of Haley DeProspero on vault and floor and senior all-arounder Jessica Kinder on all four events, yet still posted all four event scores of 49.125 or better.

FLORIDA RECAP

The No. 10 University of Oklahoma women's gymnastics squad dropped a season-opening dual meet to the third-ranked Florida Gators by a score of 196.500-195.075 in front of a Stephen O'Connell Center crowd of 4,856 in Gainesville, Fla., on Jan. 9.

"I thought we came out a little flat overall," said head coach K.J. Kindler. "In front of a great Florida crowd, I was very proud of some of our newcomers including our bars lineup which included three girls making their career debuts and all hit. We had some uncharacteristic falls from some of our veterans including Hollie Vise and Jackie Flanery, but I'm sure we can learn from this experience and improve as the season progresses."

"We also had a couple of late fill-in's including Sara Stone on floor for Haley (DeProspero), who I thought performed well considering the last-second switch. Also, Jessica Kinder went four-for-four in her first all-around performance and must be commended."

As a whole, Oklahoma couldn't match its regular-season success against squads from the Southeastern Conference from a year ago, when the Sooners posted season highs in wins against both SEC squad's they faced before the postseason (196.75 against Auburn - March 7 and Arkansas - March 15).

OU senior Ashley Jackson finished third in the all-around (39.125), behind Florida All-American's Melanie Sinclair (39.425) and Corey Hartung (39.375).

Other Sooner bright spots included runner-up finishes on three of the four events - (Jackson - 9.825 on vault, Megan Ferguson - 9.85 on bars and Haley DeProspero - 9.875 on beam).

KIARA REDMOND NAMED TEAM MANAGER

Former OU All-American Kiara Redmond has re-joined the Oklahoma women's gymnastics squad as team manager for the 2008-09 season. The appointment was announced Aug. 8 by head coach K.J. Kindler. Redmond, one of the most decorated gymnasts in program history, completed her eligibility last May after earning All-America honors on vault, beam, floor and in the all-around at the 2008 NCAA Championships in Athens, Ga.

SHOWING OFF THEIR SMARTS

For the second consecutive season, five members of the Oklahoma women's gymnastics team earned National Association of Collegiate Gymnastics Coaches All-American Scholar Athlete Awards, the NACGC announced Aug. 6.

Haley DeProspero, Caitlin Hinkis, Jessica Kinder, Gina Lesko and Mary Mantle garnered Oklahoma's accolades with Hinkis and Kinder both earning perfect 4.0 GPAs for the academic year. The pair was the only gymnasts in the Big 12 to notch 4.0's during both semesters. OU recorded a team GPA of 3.25 for the year, up from last season's 3.20.

WISE AND COMPANY NAMED TO USAG HALL OF FAME

University of Oklahoma gymnast Hollie Vise was named to the 2008 class of inductees for the USA Gymnastics Hall of Fame as part of the 2003 U.S. Women's World Championships Team, in a ceremony on June 22nd in Philadelphia, Pa., in conjunction with the U.S. Olympic Trials.

The 2003 World Champion on bars, Vise was a member of the '03 squad that claimed the USA's first world team title.

An International Elite gymnast since the age of 11, Vise was a two-time National Champion on bars and balance beam and won a silver medal in the all-around at the same competition on three occasions.

A member of the U.S. National Team for six years, the Dallas, Texas, native won two bronze medals at the 2001 Goodwill Games in Australia.

A LOOK BACK AT LAST YEAR

Last season proved to be a storybook year for OU women's gymnastics as the team cemented itself as one of the program's all-time best. Etching its name in the record books on multiple occasions, the Sooners clinched their first Big 12 title since 2004 in dramatic come-from-behind fashion and placed eighth at the NCAA Championships - tying the '07 squad for the best finish in program history at the season-ending event. OU made its fifth-straight NCAA Championships appearance, adding to its program-record streak. Prior to the current five consecutive showings, the Sooners hadn't been in the field in back-to-back seasons in the 27-year history of the program.

The Sooners claimed a conference-leading nine spots on the 2008 Gymnastics All-Big 12 Team. The Big 12 Conference awarded the top four Big 12 gymnasts with the highest regional qualifying score (RQS) in each event, excluding the all-around. Leading the way for OU was Kiara Redmond who earned a spot on vault, uneven bars, beam and floor exercise. The Los Angeles, Calif., native was the only Big 12 gymnast to garner four accolades.

Vise was also a multiple winner, clinching a spot on both uneven bars and beam. Leading the Big 12 on beam (9.895), DeProspero was named to the beam team while Jackie Flanery and Ashley Jackson were honored for their efforts on floor.

SEASON HIGHS

NAME	VAULT	BARS	BEAM	FLOOR	All-AROUND
Candace Cindell	-	-	-	-	-
Haley DeProspero	-	9.8	9.925	9.75	-
Megan Ferguson	-	9.85	9.925	9.85	-
Jackie Flanery	9.8	-	-	9.9	-
Ashley Jackson	9.875	9.85	9.775	9.95	39.225
Natasha Kelley	-	-	-	-	-
Jessica Kinder	9.775	9.775	9.725	9.9	39.175
Julie Kramer	-	-	-	-	-
Gina Lesko	-	-	-	-	-
Mary Mantle	9.825	9.825	-	9.8	-
Natalie Ratcliff	9.825	-	9.875	-	-
Melanie Root	9.8	9.825	-	-	-
Kristin Smith	-	-	9.875	9.9	-
Sara Stone	9.875	-	-	9.775	-
Hollie Vise	-	9.875	9.925	-	-
Hailey Wagner	-	-	-	-	-

CAREER HIGHS

VAULT	BARS	BEAM	FLOOR	All-AROUND
-	-	-	-	-
9.925	9.9	9.925	9.9	39.425
-	9.85	9.925	9.85	-
9.85	9.825	-	9.9	-
9.9	9.85	9.9	9.95	39.275
-	-	-	-	-
9.825	9.775	9.85	9.9	39.175
-	-	-	-	-
-	-	-	-	-
9.9	9.825	-	9.8	-
9.825	-	9.875	-	-
9.875	9.825	-	9.75	-
-	-	9.925	9.9	-
9.875	-	-	9.775	-
-	9.9	9.925	-	-
-	-	-	-	-

HALEY DEPROSPERO POSTED ONE OF THREE 9.925s ON BEAM FROM SOONER GYMNASTS AGAINST TWU AS OU POSTED A TEAM TALLY OF 49.525 ON THE APPARATUS - THE HIGHEST SCORE BY ANY SQUAD IN THE COUNTRY ON ANY EVENT THIS SEASON.

OU TEAM RECORDS

Event	Score	Date Set
Total.....	197.725	March 14, 2003
Vault.....	49.575	March 02, 2002
Bars.....	49.550	March 14, 2003
Beam.....	49.675	March 14, 2003

2009 SEASON BESTS (INDIVIDUAL)

All-Around: 39.225 - Ashley Jackson (1/17)
 Vault: 9.875 - Sara Stone (1/26)
 Bars: 9.875 - Hollie Vise (1/26)
 Beam: 9.925 - Haley DeProspero, Megan Ferguson and Hollie Vise (1/17)
 Floor: 9.95 - Ashley Jackson (1/17)

OU INDIVIDUAL RECORDS

Event	Score	Gymnast, Date Set
All-Around.....	39.700	Kasie Tamayo, 2004
Vault.....	10.0	Kiara Redmond, 2008 (Also set three other times)
Bars.....	10.0	Erin LaBarr, 2005 Allison Landis, 2003
Beam.....	10.0	Kasie Tamayo, 2002 Kelly Garrison, 1988
Floor.....	10.0	Patricia Aoki, 2003

2009 SEASON BESTS (TEAM)

Team Total: 197.175 (TWU - 1/17)
 Vault: 49.125 (TWU - 1/17)
 Bars: 49.200 (TWU - 1/17)
 Beam: 49.525 (TWU - 1/17)
 Floor: 49.325 (TWU - 1/17)



BOOMER SOONER

2009 SCORING BREAKDOWN

DATE	MEET	TEAM	TEAM SCORE	VAULT	BARS	BEAM	FLOOR
1/9	@Florida	OU	195.075	48.925	48.725	48.925	48.500
		UF	196.500	49.125	48.950	49.250	49.175
1/17	@Texas Woman's	OU	197.175	49.125	49.200	49.525	49.325
		TWU	189.600	48.450	48.050	44.850	48.250
1/26	ARKANSAS	OU	195.625	49.075	49.125	48.325	49.100
		UA	196.900	49.125	49.175	49.275	49.325
1/30	MINNESOTA	OU UM					
2/8	@Nebraska	OU NU					
2/14	@Denver	OU DU					
2/20	BROWN/MISSOURI/WEST VIRGINIA	OU BU MU WVU					
2/27	@Iowa State	OU ISU					
3/6	TWU/ILLINOIS STATE	OU TWU ISU					
3/13	@Alabama	OU UA UNC					
3/21	Big 12 Championships	OU ISU NU MU					
4/4	NCAA Regional Championships	TBA					
4/17-19	NCAA Championships	TBA					

CANDACE CINDELL

Date	Event	Vault	Bars	Beam	Floor	AA
1.09	@Florida	-	-	-	-	-
1.17	@TWU	-	-	-	-	-
1.26	ARKANSAS	-	-	-	-	-
1.30	MINNESOTA	-	-	-	-	-
2.08	@Nebraska	-	-	-	-	-
2.14	@Denver	-	-	-	-	-
2.20	BROWN/MU/W. VA	-	-	-	-	-
2.27	@Iowa State	-	-	-	-	-
3.06	TWU/ILLINOIS STATE	-	-	-	-	-
3.13	@Alabama	-	-	-	-	-
3.21	Big 12 Championship	-	-	-	-	-
3.22	@Minnesota	-	-	-	-	-
4.04	NCAA Regional	-	-	-	-	-
4.17	NCAA Championship	-	-	-	-	-

HALEY DEPROSPERO

Date	Event	Vault	Bars	Beam	Floor	AA
1.09	@Florida	-	9.7	9.85	-	-
1.17	@TWU	-	9.8	9.925	-	-
1.26	ARKANSAS	-	9.8	9.7	9.75	-
1.30	MINNESOTA	-	-	-	-	-
2.08	@Nebraska	-	-	-	-	-
2.14	@Denver	-	-	-	-	-
2.20	BROWN/MU/W. VA	-	-	-	-	-
2.27	@Iowa State	-	-	-	-	-
3.06	TWU/ILLINOIS STATE	-	-	-	-	-
3.13	@Alabama	-	-	-	-	-
3.21	Big 12 Championship	-	-	-	-	-
3.22	@Minnesota	-	-	-	-	-
4.04	NCAA Regional	-	-	-	-	-
4.17	NCAA Championship	-	-	-	-	-

MEGAN FERGUSON

Date	Event	Vault	Bars	Beam	Floor	AA
1.09	@Florida	-	9.85	9.775	9.45	-
1.17	@TWU	-	9.85	9.925	9.775	-
1.26	ARKANSAS	-	9.85	9.325	9.85	-
1.30	MINNESOTA	-	-	-	-	-
2.08	@Nebraska	-	-	-	-	-
2.14	@Denver	-	-	-	-	-
2.20	BROWN/MU/W. VA	-	-	-	-	-
2.27	@Iowa State	-	-	-	-	-
3.06	TWU/ILLINOIS STATE	-	-	-	-	-
3.13	@Alabama	-	-	-	-	-
3.21	Big 12 Championship	-	-	-	-	-
3.22	@Minnesota	-	-	-	-	-
4.04	NCAA Regional	-	-	-	-	-
4.17	NCAA Championship	-	-	-	-	-

JACKIE FLANERY

Date	Event	Vault	Bars	Beam	Floor	AA
1.09	@Florida	9.775	-	-	9.3	-
1.17	@TWU	9.8	-	-	9.9	-
1.26	ARKANSAS	9.8	-	-	9.85	-
1.30	MINNESOTA	-	-	-	-	-
2.08	@Nebraska	-	-	-	-	-
2.14	@Denver	-	-	-	-	-
2.20	BROWN/MU/W. VA	-	-	-	-	-
2.27	@Iowa State	-	-	-	-	-
3.06	TWU/ILLINOIS STATE	-	-	-	-	-
3.13	@Alabama	-	-	-	-	-
3.21	Big 12 Championship	-	-	-	-	-
3.22	@Minnesota	-	-	-	-	-
4.04	NCAA Regional	-	-	-	-	-
4.17	NCAA Championship	-	-	-	-	-

ASHLEY JACKSON

Date	Event	Vault	Bars	Beam	Floor	AA	
1.09	@Florida	9.825	9.7	9.775	9.825	39.125	
1.17	@TWU	9.875	9.85	9.55	9.95	39.225	
1.26	ARKANSAS	DID NOT COMPETE (BACK STRAIN)					
1.30	MINNESOTA	-	-	-	-	-	
2.08	@Nebraska	-	-	-	-	-	
2.14	@Denver	-	-	-	-	-	
2.20	BROWN/MU/W. VA	-	-	-	-	-	
2.27	@Iowa State	-	-	-	-	-	
3.06	TWU/ILLINOIS STATE	-	-	-	-	-	
3.13	@Alabama	-	-	-	-	-	
3.21	Big 12 Championship	-	-	-	-	-	
3.22	@Minnesota	-	-	-	-	-	
4.04	NCAA Regional	-	-	-	-	-	
4.17	NCAA Championship	-	-	-	-	-	

NATASHA KELLEY

Date	Event	Vault	Bars	Beam	Floor	AA
1.09	@Florida	-	-	-	-	-
1.17	@TWU	-	-	-	-	-
1.26	ARKANSAS	-	-	-	-	-
1.30	MINNESOTA	-	-	-	-	-
2.08	@Nebraska	-	-	-	-	-
2.14	@Denver	-	-	-	-	-
2.20	BROWN/MU/W. VA	-	-	-	-	-
2.27	@Iowa State	-	-	-	-	-
3.06	TWU/ILLINOIS STATE	-	-	-	-	-
3.13	@Alabama	-	-	-	-	-
3.21	Big 12 Championship	-	-	-	-	-
3.22	@Minnesota	-	-	-	-	-
4.04	NCAA Regional	-	-	-	-	-
4.17	NCAA Championship	-	-	-	-	-

JESSICA KINDER

Date	Event	Vault	Bars	Beam	Floor	AA
1.09	@Florida	9.725	9.725	9.725	9.7	38.875
1.17	@TWU	DID NOT COMPETE (CALF STRAIN)				
1.26	ARKANSAS	9.775	9.775	9.725	9.9	39.175
1.30	MINNESOTA	-	-	-	-	-
2.08	@Nebraska	-	-	-	-	-
2.14	@Denver	-	-	-	-	-
2.20	BROWN/MU/W. VA	-	-	-	-	-
2.27	@Iowa State	-	-	-	-	-
3.06	TWU/ILLINOIS STATE	-	-	-	-	-
3.13	@Alabama	-	-	-	-	-
3.21	Big 12 Championship	-	-	-	-	-
3.22	@Minnesota	-	-	-	-	-
4.04	NCAA Regional	-	-	-	-	-
4.17	NCAA Championship	-	-	-	-	-

GINA LESKO

Date	Event	Vault	Bars	Beam	Floor	AA
1.09	@Florida	-	-	-	-	-
1.17	@TWU	-	-	-	-	-
1.26	ARKANSAS	-	-	-	-	-
1.30	MINNESOTA	-	-	-	-	-
2.08	@Nebraska	-	-	-	-	-
2.14	@Denver	-	-	-	-	-
2.20	BROWN/MU/W. VA	-	-	-	-	-
2.27	@Iowa State	-	-	-	-	-
3.06	TWU/ILLINOIS STATE	-	-	-	-	-
3.13	@Alabama	-	-	-	-	-
3.21	Big 12 Championship	-	-	-	-	-
3.22	@Minnesota	-	-	-	-	-
4.04	NCAA Regional	-	-	-	-	-
4.17	NCAA Championship	-	-	-	-	-

MARY MANTLE

Date	Event	Vault	Bars	Beam	Floor	AA
1.09	@Florida	9.725	-	-	-	-
1.17	@TWU	9.825	9.75	-	9.8	-
1.26	ARKANSAS	9.8	9.825	-	9.75	-
1.30	MINNESOTA	-	-	-	-	-
2.08	@Nebraska	-	-	-	-	-
2.14	@Denver	-	-	-	-	-
2.20	BROWN/MU/W. VA	-	-	-	-	-
2.27	@Iowa State	-	-	-	-	-
3.06	TWU/ILLINOIS STATE	-	-	-	-	-
3.13	@Alabama	-	-	-	-	-
3.21	Big 12 Championship	-	-	-	-	-
3.22	@Minnesota	-	-	-	-	-
4.04	NCAA Regional	-	-	-	-	-
4.17	NCAA Championship	-	-	-	-	-

NATALIE RATCLIFF

Date	Event	Vault	Bars	Beam	Floor	AA
1.09	@Florida	-	-	-	-	-
1.17	@TWU	9.75	-	9.875	-	-
1.26	ARKANSAS	9.825	-	9.825	-	-
1.30	MINNESOTA	-	-	-	-	-
2.08	@Nebraska	-	-	-	-	-
2.14	@Denver	-	-	-	-	-
2.20	BROWN/MU/W. VA	-	-	-	-	-
2.27	@Iowa State	-	-	-	-	-
3.06	TWU/ILLINOIS STATE	-	-	-	-	-
3.13	@Alabama	-	-	-	-	-
3.21	Big 12 Championship	-	-	-	-	-
3.22	@Minnesota	-	-	-	-	-
4.04	NCAA Regional	-	-	-	-	-
4.17	NCAA Championship	-	-	-	-	-

MELANIE ROOT

Date	Event	Vault	Bars	Beam	Floor	AA
1.09	@Florida	9.8	9.625	-	-	-
1.17	@TWU	9.725	9.825	-	-	-
1.26	ARKANSAS	9.775	9.75	-	-	-
1.30	MINNESOTA	-	-	-	-	-
2.08	@Nebraska	-	-	-	-	-
2.14	@Denver	-	-	-	-	-
2.20	BROWN/MU/W. VA	-	-	-	-	-
2.27	@Iowa State	-	-	-	-	-
3.06	TWU/ILLINOIS STATE	-	-	-	-	-
3.13	@Alabama	-	-	-	-	-
3.21	Big 12 Championship	-	-	-	-	-
3.22	@Minnesota	-	-	-	-	-
4.04	NCAA Regional	-	-	-	-	-
4.17	NCAA Championship	-	-	-	-	-

KRISTIN SMITH

Date	Event	Vault	Bars	Beam	Floor	AA
1.09	@Florida	-	-	9.775	9.825	-
1.17	@TWU	-	-	9.875	9.9	-
1.26	ARKANSAS	-	-	9.425	9.725	-
1.30	MINNESOTA	-	-	-	-	-
2.08	@Nebraska	-	-	-	-	-
2.14	@Denver	-	-	-	-	-
2.20	BROWN/MU/W. VA	-	-	-	-	-
2.27	@Iowa State	-	-	-	-	-
3.06	TWU/ILLINOIS STATE	-	-	-	-	-
3.13	@Alabama	-	-	-	-	-
3.21	Big 12 Championship	-	-	-	-	-
3.22	@Minnesota	-	-	-	-	-
4.04	NCAA Regional	-	-	-	-	-
4.17	NCAA Championship	-	-	-	-	-

SARA STONE

Date	Event	Vault	Bars	Beam	Floor	AA
1.09	@Florida	9.8	-	-	9.7	-
1.17	@TWU	9.875	-	-	9.775	-
1.26	ARKANSAS	9.875	-	-	-	-
1.30	MINNESOTA	-	-	-	-	-
2.08	@Nebraska	-	-	-	-	-
2.14	@Denver	-	-	-	-	-
2.20	BROWN/MU/W. VA	-	-	-	-	-
2.27	@Iowa State	-	-	-	-	-
3.06	TWU/ILLINOIS STATE	-	-	-	-	-
3.13	@Alabama	-	-	-	-	-
3.21	Big 12 Championship	-	-	-	-	-
3.22	@Minnesota	-	-	-	-	-
4.04	NCAA Regional	-	-	-	-	-
4.17	NCAA Championship	-	-	-	-	-

HOLLIE VISE

Date	Event	Vault	Bars	Beam	Floor	AA
1.09	@Florida	-	9.75	9.25	-	-
1.17	@TWU	-	9.875	9.925	-	-
1.26	ARKANSAS	-	9.875	9.65	-	-
1.30	MINNESOTA	-	-	-	-	-
2.08	@Nebraska	-	-	-	-	-
2.14	@Denver	-	-	-	-	-
2.20	BROWN/MU/W. VA	-	-	-	-	-
2.27	@Iowa State	-	-	-	-	-
3.06	TWU/ILLINOIS STATE	-	-	-	-	-
3.13	@Alabama	-	-	-	-	-
3.21	Big 12 Championship	-	-	-	-	-
3.22	@Minnesota	-	-	-	-	-
4.04	NCAA Regional	-	-	-	-	-
4.17	NCAA Championship	-	-	-	-	-

HAILEY WAGNER

Date	Event	Vault	Bars	Beam	Floor	AA
1.09	@Florida	-	-	-	-	-
1.17	@TWU	-	-	-	-	-
1.26	ARKANSAS	-	-	-	-	-
1.30	MINNESOTA	-	-	-	-	-
2.08	@Nebraska	-	-	-	-	-
2.14	@Denver	-	-	-	-	-
2.20	BROWN/MU/W. VA	-	-	-	-	-
2.27	@Iowa State	-	-	-	-	-
3.06	TWU/ILLINOIS STATE	-	-	-	-	-
3.13	@Alabama	-	-	-	-	-
3.21	Big 12 Championship	-	-	-	-	-
3.22	@Minnesota	-	-	-	-	-
4.04	NCAA Regional	-	-	-	-	-
4.17	NCAA Championship	-	-	-	-	-

VAULT

While Oklahoma led the NCAA South Central Region last season with a vault regional qualifying score (RQS) of 49.180, Kindler and the Sooners expect that average to rise in 2009. Depth will prove the biggest factor for improved scores on the apparatus this season as OU lost only one vaulter to graduation (Kiara Redmond). The combination of several veteran vaulters and a talented crop of newcomers pushes the Sooner tally to a minimum of 12 vaulters competing with a 10.0 start value.

The boost in numbers gives the staff an opportunity to choose the most dynamic vaults for scoring and consistency purposes, allowing Kindler the ability to test fresh faces on the apparatus as well as challenge potential all-arounders to earn their starting spot.

Top returners on vault include Ashley Jackson, Haley DeProspero, Jessica Kinder, Jackie Flanery, and Mary Mantle, while the group of newcomers includes Sara Stone. Other veterans on the scene include Melanie Root and Kristin Smith, who are both competing yurchenko fulls. Root saw action on vault in five meets last season and is looking for a more consistent position in the lineup this spring. Hailey Wagner, Julie Kramer and Natalie Ratcliff have shown great improvements in the gym and will have the opportunity to contribute when called upon. Kramer, a transfer from Baylor University, was a power tumbler and trampolinist and has made the transition to collegiate gymnastics.

“Our goals on vault are to improve both our scoring potential and ‘sticking’ of our vaults,” said Kindler. “We expect our ranking to rise on this event due to a combination of increased potential and added depth over last season.”

BARS

New faces will be seen on this event after the graduation of three strong contributors last season. The Sooners will need to replace Caitlin Hinkis, Stephanie LoPiccolo and Kiara Redmond, who all completed their eligibility in 2008.

The trio will be replaced by sophomore Melanie Root and freshman Megan Ferguson.

Root has redesigned her routine to highlight a sky-high tkatchev and a textbook double-front dismount.

Ferguson, a surprise on this event, has learned numerous skills (jaeger and full-in dismount) and combinations (giant full to overshoot handstand) and has solidified her position in the lineup.

Veterans to watch for include World Champion and 2008 Big 12 event champion Hollie Vise, Haley DeProspero, Jackie Flanery, Ashley Jackson, Jessica Kinder and Mary Mantle.

“Our goal on bars is simple...hit, hit, hit,” said Kindler. “In preseason workouts, we saw a huge increase in our hit percentage. The athletes are also performing more difficult dismounts which was one of our training goals.”

BEAM

Coach Kindler preached consistency on beam heading into the offseason and the veterans listened, as the group proved to be very seasoned on this event throughout the training period.

Last season, Haley DeProspero sealed a “perfect” record on balance beam, sticking 14-of-14 routines. Teammate Hollie Vise was not far behind, missing just one routine the entire season.

Jessica Kinder also proved to be a key member of the Sooner beam lineup last year, stepping in to replace the injured Ashley Jackson at Missouri and hitting every routine the remainder of the season.

These three athletes provide a solid foundation on the apparatus.

Expect freshmen Megan Ferguson to be slotted in as an immediate contributor in 2009. Ferguson, crowned the Junior Olympic National Champion on beam in 2006 and 2007, will truly mesmerize with her unique routine and difficult tumbling.

Jackson has increased her difficulty and ends her routine with an impressive double tuck salto while Smith added a three-part flight series to her routine, while continuing to make an impact with her exceptional dance.

Depth will also be provided by returnees Candace Cindell, Jackie Flanery, Natalie Ratcliff, Melanie Root, and freshman Sara Stone.

“I felt that last season a slight misstep here and there kept us from being a really good beam squad,” said Kindler. “During our training, we have preached a high hitting percentage while working on increased difficulty in our routines.”

FLOOR

One of the strongest events for the Sooners a year ago, floor exercise appears to be another key asset for Oklahoma in 2009 after losing only Kiara Redmond to graduation from last season’s lineup.

Returning crowd favorites include senior Ashley Jackson and junior Jackie Flanery, who will once again thrill the crowd with their showboating choreography and quick and powerful tumbling. Flanery, ranked second among all returning Big 12 gymnasts on the apparatus with a season RQS of 9.875, has upgraded her passes from last season in search of a Big 12 title on this event.

Other returners include Jessica Kinder, Haley DeProspero and Kristin Smith. All three are expected to be staples in the lineup for OU.

Smith, noted for her long lines and unique dancing abilities, will be solid, while DeProspero and Kinder plan to end their routines with double salto dismounts - tucked and piked, respectively, which will set them apart from the competition.

Other contributors will include Sara Stone, Megan Ferguson, Mary Mantle and Melanie Root.

“We have worked tirelessly on increasing our skill level on this event over the training period,” said Kindler. “Heading into the season, we feel as though we can be a top-five team in the country on floor.”

SEASON EVENT OUTLOOK

K.J. KINDLER

HEAD COACH | THIRD SEASON
2008 BIG 12 COACH OF THE YEAR



Just two seasons in at the reins of the Oklahoma women's gymnastics squad, 2008 Big 12 Coach of the Year K.J. Kindler has already stamped an indelible mark on the Sooner program. For the second straight year, Kindler guided OU to its *highest ever finish*, posting the *most wins* in program history and recording the *best winning percentage* of any Sooner squad along the way.

Named head coach of the Sooners in the summer of 2006, Kindler has quickly positioned the OU squad among the nation's elite, as the Sooners have finished eighth at the NCAA Championships the last two years.

Last season proved to be a storybook year for the Sooners under Kindler, as OU won its first 21 meetings of the season (the only squad in the country to win all of its regular season contests) en route to the program's first Big 12 title since 2004.

Under the direction of Kindler, OU made its fifth straight NCAA Championships appearance in 2008, adding to its program-record streak. Prior to the current five consecutive showings, the Sooners hadn't been in the field in back-to-back seasons in the 27-year history of the program.

Kindler's last four collegiate squads have qualified for the NCAA Championships, while every squad of her head coaching tenure has advanced to NCAA regional competition.

Oklahoma gymnasts have flourished under the 2005 National Association of Collegiate Gymnastics Coaches/Women (NACGCW) Coach of the Year, as Oklahoma produced a conference-leading nine spots on the 2008 regular season All-Big 12 Team.

OU recorded only two scores lower than 9.8 in the final three events of the '08 conference championship as the Sooners clinched at least a share of all four individual event titles - marking just the third time in Big 12 history that a school clinched at least a share of all four apparatus wins.

Hollie Vise and Haley DeProspero won titles on bars and beam, respectively, as the pair both recorded scores of 9.9 in their event wins. Kiara Redmond won the other two titles, taking home the vault win with her 9.95 and the floor exercise title after a score of 9.9.

Following OU's come-from-behind heroics in the conference championship, Kindler was named Big 12 Coach of the Year for a fourth time, while Redmond garnered Big 12 Gymnast of the Year honors.

The Sooners have produced at least one All-American in each season under Kindler's tutelage, as Redmond capped off her illustrious career with four additional All-America honors in 2008, moving her career total to nine - the highest tally of any gymnast in program history.

Kindler serves as the primary coach for the balance beam and also choreographs the beam and floor exercise routines. The Sooners ended the 2008 season with an regional qualifying score (RQS) of 49.195 on beam, tops in the Big 12 and sixth best in the NCAA. OU had three of the top four individual RQS in the conference on the apparatus, including DeProspero's Big 12-leading RQS of 9.9, which ranked fifth in the country. Oklahoma gymnasts took home 12 individual event titles on beam in 2008, led by DeProspero's nine event wins.

Always emphasizing academics, Kindler's squads have regularly placed its gymnasts on the Big 12 All-Academic teams and the NACGC All-Academic squads.

For the second consecutive season, five members of the Oklahoma women's gymnastics team earned NACGC All-Academic honors, led by Caitlin Hinkis and Jessica Kinder, both of whom posted perfect 4.0 GPAs.

▶▶▶ **KINDLER PROFILE**

EDUCATION

- B.A. Communications/Spanish minor (Iowa State, 1992)

COACHING EXPERIENCE

- Head Coach (Oklahoma, 2006-Present)
- Head Coach (Iowa State, 2001-2006)
- Assistant Coach (Iowa State, 1992-2001)

CAREER COACHING HIGHLIGHTS

- Led OU to program-best eighth place finish at 2007 and '08 NCAA's
- Named 2008 Big 12 Coach of the Year
- Guided OU to 2008 Big 12 Championship crown
- Only squad to post undefeated regular season in 2008 (18-0)
- Led Sooner beam squad to the top RQS in the Big 12
- OU beam team won 12 individual event titles in 2008
- Oklahoma gymnasts earned four All-America honors in 2008
- Guided Sooners to four event titles at 2008 Big 12 Championship
- Led OU to four individual event crowns at '08 Big 12 Championship
- Coached 2008 Big 12 Gymnast of the Year Kiara Redmond
- Led Iowa State to the program's first Super Six in 2006
- Won 2006 Big 12 Championship with Iowa State
- Produced three All-Americans in three seasons (2000, 2005, 2006)
- 2004 and 2006 NCAA Regional Coach of the Year
- Four-time Big 12 Coach of the Year (2004, 2005, 2006, 2008)
- 2005 NACGCW Coach of the Year
- Coached eight NCAA Regional event champions
- Qualified 11 gymnasts for the NCAA individual championships
- Coached 22 Big 12 champions (including three all-arounders)

ATHLETIC HIGHLIGHTS (IOWA STATE)

- Three-time team MVP
- 1992 Big Eight all-around runner-up
- Qualified for three NCAA Regionals
- First individual regional qualifier in program history

- ▼ Kindler and husband, Lou Ball, welcomed the birth of their second daughter, Adelaide, in September of 2008. She joins sister Maggie Grace (2) in the Ball family, who reside in Norman.



The pair were the only gymnasts in the Big 12 to notch 4.0 GPAs during both semesters. Six OU gymnasts were named to the 2008 Academic All-Big 12 Gymnastics Team, including four first-team members.

Prior to her hiring at OU, Kindler spent six seasons as the head coach at Iowa State.

“We are dedicated to filling our staff with the best and brightest minds in coaching,” said OU Athletics Director Joe Castiglione, upon Kindler’s hiring. “K.J. Kindler brings a reputation of great achievement in all aspects of leading a program.”

“She impressed us not only with her accomplishment to this point, but with her lofty goals for the future and her plan for reaching those goals. We are thrilled to work with K.J. and her staff as we pursue championships.”

Kindler’s 2006 season culminated with Iowa State’s third trip to the NCAA National Championships and its first appearance among the Super Six (teams that qualify from the preliminaries to compete for the national title).

The 24-10 Cyclones produced three All-Americans for a second consecutive season, while posting an undefeated mark at home, a 10-1 dual record and an 8-1 standard in duals against ranked opponents. The team also snapped Nebraska’s 60-meet home winning streak.

The 2006 squad won its first Big 12 Championship since 2000, and three Cyclone gymnasts earned either an outright or a share of individual titles at the meet.

Since she took over head coaching duties at ISU in 2001, Kindler coached eight regional event champions, 11 NCAA individual championship qualifiers and 18 Big 12 champions (three all-arounders).

Kindler, an Iowa State graduate, joined the Cyclone staff as an assistant coach in 1992.

As an ISU gymnast, she was a three-time MVP for the Cyclones and runner-up in the all-around at the 1992 Big Eight Conference Championship. She was the school’s first individual NCAA Regional qualifier, competing three times in the postseason meet.

Kindler hails from Lake Elmo, Minn., and trained under Mary Jane Olsen at Hamline University in St. Paul. In high school, she moved to Connecticut and trained under Frank and Laurie DeFrancesco at Arena Academy in Stamford and Walter Hawkes at Wilton High School. In Connecticut, she won many conference and state titles.

The eldest of five siblings, Kindler hails from a gymnastics family. One sister, Lori, competed at the University of Minnesota. She and her husband own and operate Flips Gymnastics in the Twin Cities area. Kindler’s nieces, Emma and Lucy Kindler, enjoy recreational gymnastics.

Kindler is married to OU assistant coach Lou Ball. The couple has two daughters, Maggie (2), and Adelaide born in September of 2008.