



WOMEN'S GYMNASTICS

OKLAHOMA

Live Stats: SoonerSports.com | Blog (OU routines only): SoonerSports.com

MEET 14 - NO. 2 OKLAHOMA AT NCAA CHAMPIONSHIPS

April 22-24 | Steven C. O'Connell Center | Gainesville, Fla.



OKLAHOMA SOONERS (22-0, 6-0 BIG 12)
2010 TROESTER RANKINGS
NQS: 394.420 - No. 4 Seed
Vault (RQS): 49.415 (First) | Bars (RQS): 49.295 (Second)
Beam (RQS): 49.380 (First) | Floor (RQS): 49.355 (Fourth)

AT A GLANCE:

No. 4 seed Oklahoma will compete in the first semifinal session of the NCAA Women's Gymnastics Championships on April 22 at Noon (CT). The seeds are determined by adding the regional qualifying score (RQS) and score from regional competition to determine a national qualifying score (NQS). After listing them out 1 to 12 to determine the seedings, the NCAA prescribes the pairings 1, 4, 5, 8, 9, 12 in one session with the others in the alternate session.

Joining the Sooners in the first session are top-seed UCLA, No. 5 seed Utah, No. 8 seed Oregon State, No. 9 seed LSU and No. 12 seed Nebraska. Florida, Alabama, Stanford, Arkansas, Missouri and Michigan comprise the evening session.

The top three teams from each semifinal will advance to the Super Six competition Friday, April 23 at 5 p.m. (CT). The top four individuals from each session in each event (plus ties) from the preliminary team and all-around competition will compete in the individual event competition Saturday, April 24 at 5 p.m. (CT). Tickets can be purchased by calling the UF Ticket Office at (800) 34-GATOR.

Oklahoma pushed its season record to 22-0 with its NCAA Northeast Regional crown on April 10. OU has won every meet this season by at least half a point. The Sooners are the only squad in the country with a pair of undefeated regular seasons in the last three years.

OU is 8-0 on the year against teams that advanced to the 2010 NCAA Championships and has won each meeting by an average margin of 0.98 of a point.

This year marks the Sooners 10th appearance at NAAs in program history (1985, 1989, 2001, 2004-2010).



UCLA BRUINS
(NQS: 394.885, No. 1 Seed)



UTAH UTES
(NQS: 393.385, No. 5 Seed)



OSU BEAVERS
(NQS: 392.820, No. 8 Seed)



LSU TIGERS
(NQS: 392.815, No. 9 Seed)



NEBRASKA CORNHUSKERS
(NQS: 392.230, No. 12 Seed)

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ON THE WEB

OU's home meets can be seen via a live web cast with commentary from Sooner All-American Kasie Tamayo and Ashley Alden on Oklahoma All-Access, SoonerSports.com's premium site. Live stats for all meets can be found on SoonerSports.com.

TICKETS

For home meet tickets, call (405) 325-2424 or toll-free (800) 456-GoOU. Tickets can also be purchased at the main ticket office in Gaylord Family-Oklahoma Memorial Stadium or at Lloyd Noble Center on the day of the meet.

PRACTICE POLICY

Practices have resumed 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 OU Athletics Communications Office prior to the start of practice. Practice generally runs from 10:30 a.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 Communications 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 Athletics Communications Office. All requests should be submitted at least one day in advance of the desired interview time.



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 and photo galleries available to both Sooner fans and the media.

DATE	OPPONENT	LOCATION	TIME/RESULT
1.8	FLORIDA	LOYD NOBLE CENTER	(W) 196.250-195.275
1.15	@ Auburn	Auburn, Ala.	(W) 196.300-195.325
1.23	@ Illinois	Champaign, Ill.	(W) 196.650-194.425
1.30	Metroplex Challenge	Dallas, Texas	(W) 196.100-194.875
2.5	NEBRASKA / TWU	LOYD NOBLE CENTER	(W) 196.825-196.225
2.12	IOWA STATE	LOYD NOBLE CENTER	(W) 197.250-196.225
2.19	@ Missouri	Columbia, Mo.	(W) 197.050-195.500
2.26	@ Michigan State	East Lansing, Mich.	(W) 196.825-194.125
3.5	ALABAMA	LOYD NOBLE CENTER	(W) 197.950-197.275
3.12	WASHINGTON	LOYD NOBLE CENTER	(W) 196.900-195.800
3.19	@ Arkansas	Fayetteville, Ark.	(W) 197.475-196.100
3.27	Big 12 Championships	Lincoln, Neb.	(W) 197.175-196.625
4.10	NCAA Regionals	University Park, Pa.	(W) 197.250-196.400
4.22-24	NCAA Championships	Gainesville, Fla.	TBA

NAME	HEIGHT	YEAR	HOMETOWN (HIGH SCHOOL)	CLUB	PRONUNCIATION
Cindell, Candace	5-5	Jr.	Frisco, Texas (Frisco HS)	Kurt Thomas Gymnastics	sin-DELL
Ferguson, Megan	4-11	So.	Olathe, Kan. (Blue Valley HS)	Eagles Gymnastics	
Flanery, Jacqueline	5-5	Sr.	Plattsburg, Mo. (Plattsburg HS)	Eagles Gymnastics	
Kelley, Natasha	5-4	R-Fr.	Katy, Texas (Home schooled)	Cypress Academy	
Kramer, Julie	5-2	Sr.	Uvalde, Texas (Baylor Univ. / Uvalde HS)	Acrotex Gymnastics	
Mantle, Mary	5-4	Sr.	Ft. Collins, Colo. (Rocky Mountain HS)	GK Gymnastics	
Neubauer, Bethany	5-2	Fr.	Edmond, Okla. (Edmond North HS)	Dynamo Gymnastics	
Nowak, Kayla	5-2	Fr.	Algonquin, Ill. (Huntley HS)	Illinois Gymnastics Institute	no-VAK
Olson, Brie	5-2	Fr.	St. Cloud, Minn. (Rocori HS)	Ultimate Gymnastics	BREE
Ramaswami, Nitya	5-4	Fr.	Ames, Iowa (Ames HS)	Success Gymnastics	knih-t-YUH ROM-uh-swam-ee
Ratcliff, Natalie	5-5	Jr.	Overland Park, Kan. (Blue Valley Northwest HS)	GAGE	
Root, Melanie	5-3	Jr.	Cartersville, Ga. (Cartersville HS)	Cartersville Twisters	
Smith, Kristin	5-3	Sr.	Oklahoma City, Okla. (Putnam City HS)	Dynamo Gymnastics	
Stone, Sara	5-4	So.	Dallas, Texas (Spring Creek Academy)	Metroplex Gymnastics	
Vise, Hollie	5-5	Sr.	Dallas, Texas (Spring Creek Academy)	WOGA	VICE

COACHING STAFF

K.J. Kindler – Head Coach (Fourth Year) | Lou Ball – Assistant Coach (Fourth Year) | Tom Haley – Assistant Coach (Fourth Year)



CANDACE **CINDELL**



MEGAN **FERGUSON**



JACKIE **FLANERY**



NATASHA **KELLEY**



JULIE **KRAMER**



MARY **MANTLE**



BETHANY **NEUBAUER**



KAYLA **NOWAK**



BRIE **OLSON**



NITYA **RAMASWAMI**



NATALIE **RATCLIFF**



MELANIE **ROOT**



KRISTIN **SMITH**



SARA **STONE**



HOLLIE **VISE**

GYMNASTS TO WATCH:

HOLLIE VISE



Vise enters the NCAA Championships with 22 individual wins on the year, the most of any Oklahoma gymnast. An astounding 20 of those titles have come on bars and beam alone, where the Dallas, Texas, native has clinched the individual event crown in 20 of 26 appearances on those two events.

Vise is the top beam worker in the country with an RQS of 9.930 and ranks third on bars at 9.920.

NCAA SEEDING:

RANK	TEAM	REGIONAL	NQS
1	UCLA	197.825	394.885
2	Florida [^]	197.675	394.725
3	Alabama [^]	197.400	394.650
4	Oklahoma	197.250	394.420
5	Utah	196.900	393.385
6	Stanford	196.775	393.375
7	Arkansas [^]	196.675	393.185
8	Oregon State	196.275	392.820
9	LSU [^]	196.400	392.815
10	Missouri [^]	196.500	392.585
11	Michigan	195.800	392.400
12	Nebraska [^]	195.875	392.230

[^] — Denotes OU's 2010 opponents entering NCAAs.

CLOSER LOOK AT FIRST SESSION:

TEAM	RQS	SEASON HIGH
Oklahoma	197.170	197.950
UCLA	197.060	197.875
Oregon State	196.545	196.925

VAULT	RQS	SEASON HIGH
Oklahoma	49.415	49.500
UCLA	49.390	49.500
Nebraska	49.295	49.400

BARS	RQS	SEASON HIGH
UCLA	49.320	49.550
Oklahoma	49.295	49.425
Oregon State	49.215	49.400

BEAM	RQS	SEASON HIGH
Oklahoma	49.380	49.500
UCLA	49.215	49.650
Oregon State	49.170	49.325

FLOOR	RQS	SEASON HIGH
UCLA	49.405	49.475
Oklahoma	49.355	49.625
Oregon State	49.320	49.475

The Sooners hold the best team RQS of any squad in the first session and top event RQS of the first preliminary session on vault and beam.

IN ELITE COMPANY

The Sooners are one of just five squads to advance to the NCAA Championships every year since 2004, joining Alabama, Florida, LSU and Utah on that elite list.

COMING ON STRONG

OU enters the NCAA Championships averaging a 197.350 in its last five outings, which includes three road events, two of which have come in postseason competition. Oklahoma has posted six scores of 197-plus this season, the most in a single season in program history.

BIG 12 CONFERENCE WELL REPRESENTED AT NCAAs

The Sooners are one of three Big 12 institutions to advance to the NCAA Championships, joining first-time participant Missouri and Nebraska. It's only the third time in Big 12 history that the conference has had three NCAA team participants in the same season and the first since 2006. Oklahoma, Kindler's Iowa State squad and Nebraska all advanced to the NCAA Championships in 2005 and 2006.

BIG SCORE COMPARISON

OU has posted 77 scores of 9.9 or higher this season, compared to just 24 all of last year.

REGIONAL CHAMPIONS

Oklahoma claimed the NCAA Northeast Regional title at Penn State on April 10, its third regional title in program history (2004 and 2006).

"We had a lot of goals coming in and we met those goals," said head coach K.J. Kindler. "One of our scoring goals was to hit a 197.000, which we met. I knew coming in that this was going to be one of the more difficult regions in the country. Travelling so far, with such great competition from Penn State, LSU and the rest of the Northeast region, we knew we had our work cut out for us. Overall, I thought they did a really good job of handling their bye's which allowed us to be successful."

Oklahoma shined on the ever-challenging beam in its final rotation, sealing its first regional title since 2006 with a 49.475 on the apparatus in the Sooners highest event tally of the night. Hollie Vise (beam – 9.95) and Jackie Flanery (floor – 9.95) added more hardware with individual event crowns.

NO "I" IN TEAM

OU has found a way to win despite the lack of a true all-around presence. Oklahoma's only two all-around competitors this season have been Hollie Vise against Washington and Kayla Nowak at Illinois. The Sooners were the only squad ranked in the final 2009 top-15 GymInfo poll without a gymnast in the top-25 all-around rankings. Vise vaulted for the first time in collegiate competition en route to a 39.600 all-around score in the win. Nowak was a last-minute addition to the vault lineup at Illinois and placed second in her first collegiate all-around appearance.

LOOKING TO BREAK FIRST DAY BARRIER

The Sooners are seeking their first Super Six appearance in program history. OU's best finish at the NCAA Championships is eighth place (2007, 2008).

BIG 12 THREE-PEAT

Oklahoma stands atop the Big 12 podium once again, as the Sooners clinched their third straight Big 12 title with a team score of 197.175 on March 27 at the Devaney Center in Lincoln, Neb. OU swept all four team event titles en route to the highest score by a Big 12 Champion since 2001.

Oklahoma gymnasts won a share of every individual event title as well, capped off by multiple conference titles from Hollie Vise (bars - 9.9, beam - 9.925 and floor - 9.9) and Jackie Flanery (vault - 9.9 and floor - 9.9). Flanery was joined atop the vault podium by teammates Brie Olson and Natalie Ratcliff as the OU trio all captured the first Big 12 event title of their careers.

ROAD WARRIORS

The Sooners are averaging a 196.96 in true road events this season (excludes the Metroplex Challenge which took place at a neutral site in Dallas). Four of OU's top six scores this season have come away from Norman. Oklahoma was the only top-25 squad to have both of its top two scores from 2009 come in road competition.

QUICK FACTS:

GENERAL INFORMATION

Location	Norman, Okla.
Enrollment	30,092
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

TEAM INFORMATION

2009 Overall Record	19-14
2009 High Score	197.175 (@TWU — 1.17.2009)
Big 12 Finish	First
NCAA Finish	10th
Letterwinners Returning/Lost	10/4
All-Americans Returning/Lost	1/0

COACHING STAFF

Head Coach	K.J. Kindler
Year	Fourth Season
Alma Mater	Iowa State, 1992
Record at OU65-33-2*
Career Record	123-59-3*
Assistant Coach	Lou Ball
Year	Fourth Season
Alma Mater	Iowa State, 1999
Assistant Coach	Tom Haley
Year	Fourth Season

Women's Gymnastics Office Phone	(405) 325-6876
Women's Gymnastics Office Fax	(405) 325-8337

* Entering the 2010 season

MARCH-IN ORDER:

NAME	HEIGHT	YEAR	HOMETOWN
Neubauer, Bethany	5-2	Fr.	Edmond, Okla.
Nowak, Kayla	5-2	Fr.	Algonquin, Ill.
Olson, Brie	5-2	Fr.	St. Cloud, Minn.
Ramaswami, Nitya	5-4	Fr.	Ames, Iowa
Kelley, Natasha	5-4	R-Fr.	Katy, Texas
Ferguson, Megan	4-11	So.	Olathe, Kan.
Stone, Sara	5-4	So.	Dallas, Texas
Cindell, Candace	5-5	Jr.	Frisco, Texas
Ratcliff, Natalie	5-5	Jr.	Overland Park, Kan.
Root, Melanie	5-3	Jr.	Cartersville, Ga.
Flanery, Jacqueline	5-5	Sr.	Plattsburg, Mo.
Kramer, Julie	5-2	Sr.	Uvalde, Texas
Mantle, Mary	5-4	Sr.	Ft. Collins, Colo.
Smith, Kristin	5-3	Sr.	Oklahoma City, Okla.
Vise, Hollie	5-5	Sr.	Dallas, Texas

VAULTING TO THE TOP

The Sooners have vaulted well over the past six meets, posting at least a 49.300 on the apparatus in every appearance during that span. That should bode well for Oklahoma, as the Sooners open NCAA's on that apparatus.

DAZZLING DEBUT

Ninety-eight of Oklahoma's 312 routines this season have been performed by freshmen (.314). The group is 96-of-98 on the year. Each freshman that has competed has scored at least a 9.8 in one of their routines, while Natasha Kelley has already tallied 26 scores of at least 9.85.

SOONERS WELL REPRESENTED ON ALL-BIG 12 SQUAD

OU captured 12 of the 23 spots on the All-Big 12 Championship squad, which is given to the top four places and ties on each apparatus at the conference championship. In addition to OU's Big 12 event champions Hollie Vise and Jackie Flanery, Kristin Smith earned the distinction on beam and floor, while Kayla Nowak (floor), Megan Ferguson (bars), Vise (floor) and Flanery (bars) rounded out the accolades. Following the meet, Kindler was announced Big 12 Coach of the Year and was joined on the awards stand by Big 12 Newcomer of the Year Natasha Kelley. Kelley entered the meet with the highest RQS average of all conference newcomers on vault, bars and beam, despite competing on a 100% torn ACL suffered last November. Kelley was the first Oklahoma gymnast to garner the award in program history, while Kindler won her fifth Big 12 Coach of the Year award (second at Oklahoma).

TAKING DOWN THE TOP SQUADS

The Sooners have defeated four squads that competed in the Super Six at last year's NCAA Championships, including 2009 NCAA runner-up Alabama. Florida and Arkansas finished fourth and fifth, respectively. Oklahoma picked up its fourth victory over a '09 Super Six opponent with its win over LSU at the University Park regional.

CONSISTENCY

Oklahoma is the only team to score above a 196.000 in every meet this season. The Sooners posted a season-low 196.100 at the Metroplex Challenge on Jan. 30, despite counting their first fall of the season.

FERGUSON LONE RETURNING ALL-AMERICAN

Oklahoma sophomore Megan Ferguson garnered All-America status on beam at the 2009 NCAA Championship and became the first freshman in Big 12 history to win multiple event titles at the conference championship. The Olathe, Kan., native finished event finals in a share of eighth.

BEATING THE BEST

OU is 5-0 against top-10 opponents this season, including four victories over SEC foes ranked in the top 10 at the time of the meeting. Fifteen of Oklahoma's 22 victories this year have come against top-25 squads.

COMING FROM BEHIND

OU has trailed after a rotation in just three meets this season (@Big 12 Championship, @Missouri and @Illinois). The Sooners trailed host Nebraska at the midway point of the conference championship last week marking the first time this season that Oklahoma has trailed after two rotations.

MILESTONE MOMENT

With its No. 1 ranking on Feb. 22, OU became the first Big 12 program to be ranked No. 1 in the country for multiple weeks during a single season. Oklahoma originally ascended to No. 1 nationally on Feb. 8, marking the first women's sport at OU to be ranked No. 1 during the regular season.

HIGH MARKS

Oklahoma has gone 49.425 or higher on every event this season, including a pair of 49.6-plus scores on floor. OU has also posted the highest score in the country this season with its 197.950-197.275 upset of No. 1 Alabama on March 5.

ARENA RECORD

With its 197.475-196.100 win at No. 6 Arkansas (7-4-1) on March 19, OU posted the highest team score ever recorded inside Barnhill Arena, easily outdistancing the 197.025 by Arkansas earlier this season and the 196.725 by visiting Georgia in 2009. The Sooners also set arena records on bars (49.375) and beam (49.450).



K.J. KINDLER
Head Coach | Fourth Season

COACHING EXPERIENCE

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

CAREER COACHING HIGHLIGHTS

- Coached Oklahoma to sixth straight NCAA Championships appearance in 2009
- Guided freshman Megan Ferguson to All-America status on beam in 2009
- Led three gymnasts to individual event titles at 2009 Big 12 Championship
- Positioned the Sooners in the top 10 on all four events in 2009 in final RQS standings
- Clinched back-to-back Big 12 titles in 2008 and 2009
- Led OU to program-best eighth place finish at 2007 and '08 NAAs
- Named 2008 Big 12 Coach of the Year
- Only squad to post undefeated regular season in 2008 (18-0)
- 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 nine NCAA Regional event champions
- Qualified 11 gymnasts for the NCAA individual championships
- Coached 25 Big 12 champions (including three all-arounders)

WEEK-BY-WEEK RANKINGS

<i>Week</i>	<i>Rank</i>
Preseason	9
Jan. 11	2
Jan. 18	2
Jan. 25	2
Feb. 1	2
Feb. 8	1
Feb. 15	2
Feb. 22	1
March 1	2
March 8	2
March 15	2
March 22	2
March 29	2
April 5	2
Final	-

TOPS IN THE CONFERENCE

Oklahoma holds the best season average of all four Big 12 squads on every apparatus, while the Sooners hold the top mark in the individual standings on every event but vault. The back-to-back Big 12 Champions are 25-2 against conference opponents under K.J. Kindler. The 2010 squad became the first Oklahoma group to clinch three straight conference titles since it reeled off back-to-back-to-back titles in 1984-1986.

Oklahoma joined Nebraska as the only squads in the Big 12 to win three straight conference titles. The Sooners and Huskers have combined to win nine of the last 10 Big 12 titles. 2006 marked the only time since 2000 that one of the two didn't stand atop the conference podium, as Kindler's Iowa State squad won the crown.

PERFECTION

Sara Stone's 10.00 on vault at Michigan State was the first perfect score by an Oklahoma gymnast since Kiara Redmond posted one on vault against TWU on Feb. 29, 2008. It was the third perfect routine in the NCAA this season and first by an underclassman. It was the 11th perfect score in program history and fifth on vault.

RACKING UP THE TITLES

The Sooners have collected 92 of a possible 104 combined individual and team event titles in 2010, including at least six combined individual and team event wins in each meet.

BEAM QUEENS

Just like last season's second road meet of the season, the OU beam squad provided its breakout performance of the 2010 campaign in its second road outing at Illinois with a team tally of 49.500 on the apparatus. OU reeled off five straight 9.85s or better after a fall from the first position on beam at Illinois. Vise and Smith shared event honors with 9.95s, while Ferguson (9.9), Kelley (9.85) and Nowak (9.85) completed a sweep of the individual event standings on the apparatus.

Oklahoma's beam tally was its second highest event total on the apparatus under Kindler, just behind OU's 49.525 on beam at TWU on Jan. 17, 2009.

FOLLOWING THE SOONERS

The OU gymnastics program maintains its own Facebook, YouTube and Twitter accounts, which are updated frequently with all of the latest news about the squad. Links to each of those pages can be found at www.SoonerSports.com, the official site of the Oklahoma Sooners.

STELLAR YEAR IN THE CLASSROOM

Nine OU gymnasts earned 2009 NACGC All-Academic Scholar awards as the Sooners posted their highest GPA since 2004. Oklahoma's nine honorees was third best among teams advancing to last year's NCAA Championship, behind only Alabama (13) and Stanford (10).

Eight OU gymnasts were named to the 2010 Academic All-Big 12 Gymnastics Team, including six first-team members. It's the second consecutive season the Sooners have had eight gymnasts qualify for the accolade. OU's eight honorees were second only to Iowa State's Big 12-leading 11 selections.

Garnering first-team accolades in 2009-10 were Megan Ferguson (journalism – broadcast and electronic media), Jackie Flanery (human relations), Mary Mantle (human relations), Natalie Ratcliff (early childhood education), Sara Stone (undecided) and Hollie Vise (human relations). Vise and Ratcliff are repeat recipients of the first-team honor after both garnered the accolade last season, while Flanery and Mantle earned second-team distinction in 2008.

Representing Oklahoma on the second team were Natasha Kelley (sociology) and Kristin Smith (human relations).

SEASON BESTS (INDIVIDUAL)

EVENT	SCORE	GYMNAST	DATE*
All-Around	39.600	Vise	3.12
Vault	10.00	Stone	2.26
Bars	9.95	Vise	3.12
Beam	9.95	Vise Smith Ferguson	4.10
Floor	9.975	Flanery	3.5

SEASON BESTS (TEAM)

EVENT	SCORE	OPPONENT	DATE*
Team	197.950	Alabama	3.5
Vault	49.500	Alabama	3.5
Bars	49.425	Iowa State	2.12
Beam	49.500	Illinois	1.23
Floor	49.625	Alabama	3.5

* Marks date last set if multiple entries are listed.

PROGRAM BESTS (INDIVIDUAL)

EVENT	SCORE	GYMNAST	YEAR
All-Around	39.7	Kasie Tamayo	2004
Vault	10.00	Sara Stone	2010
Bars	10.00	Erin LaBarr	2005
Beam	10.00	Kasie Tamayo	2002
Floor	10.00	Patrcia Aoki	2003

PROGRAM BESTS (TEAM)

EVENT	SCORE	OPPONENT	YEAR
Team	197.950	Alabama	2010
Vault	49.575	Iowa State	2002
Bars	49.550	Arizona	2003
Beam	49.675	Arizona	2003
Floor	49.675	TWU/Centenary	2003

2010 ACCOLADES

Jackie Flanery	Big 12 Event Specialist of the Week	1.12
Hollie Vise	Big 12 Event Specialist of the Week	1.26
Megan Ferguson	Big 12 Event Specialist of the Week	2.9
Kristin Smith	Big 12 Event Specialist of the Week	2.16
Natasha Kelley	Big 12 Event Specialist of the Week	2.23
Sara Stone	Big 12 Event Specialist of the Week	3.2
Hollie Vise	Big 12 Event Specialist of the Week	3.8
Hollie Vise	Big 12 Gymnast of the Week	3.17
Jackie Flanery	Big 12 Event Specialist of the Week	3.17
Natasha Kelley	Big 12 Newcomer of the Year	3.27
K.J. Kindler	Big 12 Coach of the Year	3.27
K.J. Kindler	S.C. Region Coach of the Year	4.10
Lou Ball	S.C. Region Asst. Coach of the Year	4.10
Tom Haley	S.C. Region Asst. Coach of the Year	4.10

DATE	MEET	TEAM	TEAM SCORE	Vault	Bars	Beam	FLOOR	RANK
1/8	Florida	OU UF	196.250 195.275	48.950 49.300	49.175 48.175	49.025 48.875	49.100 48.925	9 4
1/15	@Auburn	OU AU	196.300 195.325	49.050 48.975	49.225 48.950	49.025 48.600	49.000 48.800	2 9
1/23	@Illinois	OU ILL	196.650 194.425	49.050 49.100	49.000 47.925	49.500 48.350	49.100 49.050	2 25
1/30	@Metroplex	OU NCST TWU AA	196.100 194.875 191.225 188.900	49.075 48.975 48.375 47.925	49.225 48.925 47.500 47.900	48.600 48.000 47.650 46.675	49.200 48.975 47.700 46.400	2 NR NR NR
2/5	Nebraska/TWU	OU NU TWU	196.825 196.225 192.575	49.375 49.250 48.225	48.975 48.600 47.500	48.875 49.200 48.300	49.600 49.175 48.550	2 10 NR
2/12	Iowa State	OU ISU	197.250 196.225	49.200 49.050	49.425 49.000	49.375 49.175	49.250 49.000	1 16
2/19	@Missouri	OU MU	197.050 195.500	49.275 49.150	49.100 48.175	49.400 49.075	49.270 49.100	2 17
2/26	@Michigan State	OU MSU	196.825 194.125	49.450 48.800	48.950 47.550	49.200 48.850	49.225 48.925	1 23
3/5	Alabama	OU UA	197.950 197.275	49.500 49.425	49.375 49.425	49.450 49.075	49.625 49.350	2 1
3/12	Washington	OU UW	196.900 195.800	49.400 49.000	49.275 48.925	49.225 48.850	49.000 49.025	2 25
3/19	Arkansas	OU UA	197.475 196.100	49.400 49.300	49.375 49.100	49.450 48.525	49.250 49.175	2 6
3/27	Big 12s	OU NU MU ISU	197.175 196.625 195.900 194.850	49.450 49.400 49.225 48.575	49.225 49.050 48.650 48.825	49.100 49.000 48.850 48.725	49.400 49.175 49.175 48.725	2 12 14 16
4/10	Regional	OU LSU PSU UNH OSU UM	197.250 196.400 196.050 194.800 193.875 193.750	49.300 49.250 49.050 49.000 48.575 49.100	49.175 49.150 49.000 48.425 48.600 47.350	49.475 49.175 48.775 48.700 48.450 48.350	49.300 48.825 49.225 48.675 48.250 48.950	2 11 14 NR NR NR

RECORD 22-0 HOME: 6-0 AWAY: 11-0 NEUTRAL: 3-0 BIG 12: 6-0
VS. THE TOP 25: 15-0 VS. THE TOP 10: 5-0

2010 IND. EVENT WINS

NAME (SEASON WINS)

Hollie Vise (22):	Big 12 Championship
Bars	Iowa State
	Nebraska
	Florida
	NCAA Regional
	Big 12 Championship
	Arkansas
	Washington
	Alabama
	Iowa State
	Nebraska
	Metroplex
	Illinois
	Auburn
	Florida
Beam	NCAA Regional
	Big 12 Championship
	Washington
	Alabama
	Michigan State
	Iowa State
	Metroplex
	Illinois
	Auburn
	Florida
Floor	Big 12 Championship
AA	Washington

Jackie Flanery (15)	Big 12 Championship
Vault	Iowa State
	Nebraska
Bars	Florida
Floor	NCAA Regional
	Big 12 Championship
	Arkansas
	Washington
	Alabama
	Michigan State
	Missouri
	Metroplex
	Illinois
	Auburn
	Florida

Megan Ferguson (5)	Missouri
Beam	Iowa State
	Nebraska
	Auburn
Bars	Arkansas

Kristin Smith (5)	Iowa State
Floor	Nebraska
Beam	Arkansas
	Iowa State
	Illinois
	Natasha Kelley (3)
Vault	Washington
Bars	Illinois
	Florida
	Sara Stone (3)
Vault	Arkansas
	Michigan State
	Missouri
	Mary Mantle (2)
Vault	Alabama
	Iowa State
	Brie Olson (1)
Bars	Michigan State

2010 OKLAHOMA TEAM SUPERLATIVES

TEAM SCORE

- 197.950..... Alabama (March 5)
- 197.475..... Arkansas (March 19)
- 197.250..... NCAA Regional (April 10)
197.250..... Iowa State (Feb. 12)

VAULT

- 49.500..... Alabama (March 5)
- 49.450..... @Michigan State (Feb. 26)
49.450..... Big 12 Championship (March 27)

BARS

- 49.425..... Iowa State (Feb. 12)
- 49.375..... Alabama (March 5)
49.375..... Arkansas (March 19)

BEAM

- 49.500..... @ Illinois (Jan. 23)
- 49.475..... NCAA Regional (April 10)
- 49.450..... Alabama (March 5)
49.450..... Arkansas (March 19)

FLOOR

- 49.625..... Alabama (March 5)
- 49.600..... Nebraska and TWU (Feb. 5)
- 49.400..... Big 12 Championship (March 27)

2010 OKLAHOMA INDIVIDUAL SUPERLATIVES

ALL-AROUND

- 39.600..... Hollie Vise
- 39.050..... Kayla Nowak

VAULT

- 10.00..... Sara Stone
- 9.950..... Sara Stone
- 9.925..... Natasha Kelley
9.925..... Sara Stone
9.925..... Mary Mantle

BARS

- 9.950..... Hollie Vise
- 9.925..... Hollie Vise (Twice)
9.925..... Megan Ferguson

BEAM

- 9.950..... Hollie Vise (Three)
9.950..... Kristin Smith (Twice)
9.950..... Megan Ferguson
- 9.925..... Hollie Vise (Four)
9.925..... Megan Ferguson (Three)
9.925..... Kristin Smith

FLOOR

- 9.975..... Jackie Flanery
- 9.950..... Jackie Flanery (Four)
9.950..... Kristin Smith

2010 OKLAHOMA MEET-BY-MEET LINEUP

FLA	AUB	ILL	METRO	NEB	ISU	MIZZ	MSU	ALA	WASH	ARK	BIG 12
VAULT	VAULT	VAULT	VAULT	VAULT	VAULT	VAULT	VAULT	VAULT	VAULT	VAULT	VAULT
Flanery	Flanery	Flanery	Flanery	Flanery	Flanery	Flanery	Flanery	Flanery	Flanery	Flanery	Flanery
Stone	Root	Olson	Stone	Root	Ratcliff	Ratcliff	Ratcliff	Olson	Olson	Olson	Olson
Olson	Olson	Nowak	Olson	Stone	Stone	Kelley	Kelley	Ratcliff	Vise	Ratcliff	Ratcliff
Neubauer	Stone	Stone	Kelley	Kelley	Kelley	Stone	Mantle	Kelley	Kelley	Kelley	Kelley
Ratcliff	Ratcliff	Ratcliff	Ratcliff	Olson	Olson	Olson	Olson	Mantle	Mantle	Mantle	Mantle
Mantle	Mantle	Mantle	Mantle	Mantle	Mantle	Mantle	Stone	Stone	Stone	Stone	Root
BARS	BARS	BARS	BARS	BARS	BARS	BARS	BARS	BARS	BARS	BARS	BARS
Flanery	Flanery	Flanery	Flanery	Flanery	Flanery	Flanery	Flanery	Flanery	Flanery	Flanery	Flanery
Olson	Olson	Olson	Olson	Olson	Olson	Olson	Nowak	Nowak	Root	Root	Root
Nowak	Nowak	Nowak	Nowak	Nowak	Nowak	Nowak	Olson	Olson	Olson	Olson	Olson
Ferguson	Ferguson	Ferguson	Ferguson	Ferguson	Ferguson	Ferguson	Ferguson	Ferguson	Ferguson	Ferguson	Ferguson
Kelley	Kelley	Kelley	Kelley	Kelley	Kelley	Kelley	Kelley	Kelley	Kelley	Kelley	Kelley
Vise	Vise	Vise	Vise	Vise	Vise	Vise	Vise	Vise	Vise	Vise	Vise
BEAM	BEAM	BEAM	BEAM	BEAM	BEAM	BEAM	BEAM	BEAM	BEAM	BEAM	BEAM
Ratcliff	Ratcliff	Ratcliff	Ratcliff	Ratcliff	Ratcliff	Ratcliff	Ratcliff	Nowak	Ratcliff	Nowak	Nowak
Nowak	Nowak	Nowak	Nowak	Nowak	Nowak	Nowak	Nowak	Ratcliff	Stone	Ratcliff	Ratcliff
Kelley	Kelley	Kelley	Kelley	Kelley	Kelley	Kelley	Kelley	Kelley	Kelley	Kelley	Kelley
Ferguson	Ferguson	Ferguson	Ferguson	Ferguson	Smith	Smith	Smith	Smith	Smith	Smith	Smith
Vise	Vise	Vise	Vise	Vise	Vise	Vise	Vise	Vise	Vise	Vise	Vise
Smith	Smith	Smith	Smith	Smith	Ferguson	Ferguson	Ferguson	Ferguson	Ferguson	Ferguson	Ferguson
FLOOR	FLOOR	FLOOR	FLOOR	FLOOR	FLOOR	FLOOR	FLOOR	FLOOR	FLOOR	FLOOR	FLOOR
Mantle	Mantle	Mantle	Mantle	Mantle	Stone	Stone	Stone	Stone	Stone	Stone	Mantle
Ferguson	Ferguson	Ferguson	Ferguson	Ferguson	Ferguson	Nowak	Nowak	Nowak	Nowak	Nowak	Nowak
Vise	Vise	Vise	Nowak	Nowak	Nowak	Ferguson	Ferguson	Ferguson	Ferguson	Ferguson	Ferguson
Nowak	Nowak	Nowak	Vise	Vise	Vise	Vise	Vise	Vise	Mantle	Vise	Vise
Smith	Smith	Smith	Smith	Smith	Smith	Smith	Smith	Smith	Smith	Smith	Smith
Flanery	Flanery	Flanery	Flanery	Flanery	Flanery	Flanery	Flanery	Flanery	Flanery	Flanery	Flanery

2010 EVENT WINS (TEAM)

EVENT	SCORE	OPPONENT	DATE	
Vault (11)	49.300	NCAA Regional	4.10	
	49.450	Big 12 Championship	3.27	
	49.400	Arkansas	3.19	
	49.400	Washington	3.12	
	49.500	Alabama	3.5	
	49.450	Michigan State	2.26	
	49.275	Missouri	2.19	
	49.200	Iowa State	2.12	
	49.375	Nebraska	2.05	
	49.075	Metroplex	1.30	
	49.050	Auburn	1.15	
	Bars (12)	49.175	NCAA Regional	4.10
		49.225	Big 12 Championship	3.27
		49.375	Arkansas	3.19
49.275		Washington	3.12	
48.950		Michigan State	2.26	
49.100		Missouri	2.19	
49.425		Iowa State	2.12	
48.975		Nebraska	2.05	
49.225		Metroplex	1.30	
49.000		Illinois	1.23	
49.225		Auburn	1.15	
49.175		Florida	1.08	
Beam (12)		49.475	NCAA Regional	4.10
		49.100	Big 12 Championship	3.27
	49.450	Arkansas	3.19	
	49.225	Washington	3.12	
	49.450	Alabama	3.5	
	49.200	Michigan State	2.26	
	49.400	Missouri	2.19	
	49.375	Iowa State	2.12	
	48.600	Metroplex	1.30	
	49.500	Illinois	1.23	
	49.025	Auburn	1.15	
	49.025	Florida	1.08	
	Floor (12)	49.300	NCAA Regional	4.10
		49.400	Big 12 Championship	3.27
49.250		Arkansas	3.19	
49.625		Alabama	3.5	
49.225		Michigan State	2.26	
49.275		Missouri	2.19	
49.250		Iowa State	2.12	
49.600		Nebraska	2.05	
49.200		Metroplex	1.30	
49.100		Illinois	1.23	
49.000		Auburn	1.15	
49.100		Florida	1.08	

MEET-BY-MEET LEADERS

FLORIDA - 1.9.2010 | NORMAN

EVENT	SCORE	GYMNAST
All-Around	-	-
Vault	9.85	Mantle
Bars	9.85	Flanery, Kelley, Vise
Beam	9.9	Vise
Floor	9.875	Flanery

@AUBURN - 1.15

EVENT	SCORE	GYMNAST
All-Around	-	-
Vault	9.85	Ratcliff
Bars	9.925	Vise
Beam	9.875	Vise, Ferguson
Floor	9.85	Flanery

@ILLINOIS - 1.23

EVENT	SCORE	GYMNAST
All-Around	39.050	Nowak
Vault	9.85	Olson
Bars	9.85	Vise, Kelley
Beam	9.95	Vise, Smith
Floor	9.9	Flanery

@METROPLEX CHALLENGE - 1.30

EVENT	SCORE	GYMNAST
All-Around	-	-
Vault	9.875	Stone
Bars	9.925	Vise
Beam	9.925	Vise
Floor	9.95	Flanery

NEBRASKA/TWU - 2.5

EVENT	SCORE	GYMNAST
All-Around	-	-
Vault	9.9	Flanery
Bars	9.9	Vise
Beam	9.925	Ferguson
Floor	9.95	Smith

IOWA STATE - 2.12

EVENT	SCORE	GYMNAST
All-Around	-	-
Vault	9.875	Mantle, Flanery
Bars	9.925	Vise
Beam	9.9	Vise, Smith, Ferguson
Floor	9.925	Smith

@MISSOURI - 2.19

EVENT	SCORE	GYMNAST
All-Around	-	-
Vault	9.925	Stone
Bars	9.875	Vise
Beam	9.95	Ferguson
Floor	9.925	Flanery

@MICHIGAN STATE - 2.26

EVENT	SCORE	GYMNAST
All-Around	-	-
Vault	10.00	Stone
Bars	9.85	Olson
Beam	9.925	Vise
Floor	9.95	Flanery

ALABAMA - 3.5

EVENT	SCORE	GYMNAST
All-Around	-	-
Vault	9.925	Mantle
Bars	9.925	Vise
Beam	9.950	Vise
Floor	9.975	Flanery

WASHINGTON - 3.12

EVENT	SCORE	GYMNAST
All-Around	39.600	Vise
Vault	9.925	Kelley
Bars	9.95	Vise
Beam	9.925	Vise
Floor	9.95	Flanery

@ARKANSAS - 3.19

EVENT	SCORE	GYMNAST
All-Around	-	-
Vault	9.95	Stone
Bars	9.9	Vise, Ferguson
Beam	9.95	Smith
Floor	9.925	Flanery

@BIG 12 CHAMPIONSHIP - 3.27

EVENT	SCORE	GYMNAST
All-Around	-	-
Vault	9.9	3 Gymnasts
Bars	9.9	Vise
Beam	9.925	Vise
Floor	9.9	Flanery, Vise

@NCAA REGIONAL - 4.10

EVENT	SCORE	GYMNAST
All-Around	-	-
Vault	9.900	Kelley
Bars	9.900	Vise
Beam	9.950	Vise
Floor	9.950	Flanery



CAREER HIGHS

VT	UB	BB	FX
-	-	-	-

SEASON HIGHS

VT	UB	BB	FX
-	-	-	-

CANDACE CINDELL

Date	Event	Vault	Bars	Beam	Floor	AA
1.08	Florida	-	-	-	-	-
1.15	@Auburn	-	-	-	-	-
1.23	@Illinois	-	-	-	-	-
1.30	Metroplex Challenge	-	-	-	-	-
2.05	Nebraska/TWU	-	-	-	-	-
2.12	Iowa State	-	-	-	-	-
2.19	@Missouri	-	-	-	-	-
2.26	@Michigan State	-	-	-	-	-
3.05	Alabama	-	-	-	-	-
3.12	Washington	-	-	-	-	-
3.19	@Arkansas	-	-	-	-	-
3.27	Big 12 Championship	-	-	-	-	-
4.10	NCAA Regional	-	-	-	-	-



CAREER HIGHS

VT	UB	BB	FX
-	9.925	9.95	9.925

SEASON HIGHS

VT	UB	BB	FX
-	9.925	9.95	9.925

MEGAN FERGUSON

Date	Event	Vault	Bars	Beam	Floor	AA
1.08	Florida	-	9.825	9.875	9.775	-
1.15	@Auburn	-	9.825	9.875	9.825	-
1.23	@Illinois	-	9.750	9.900	9.500	-
1.30	Metroplex Challenge	-	9.825	9.850	9.300	-
2.05	Nebraska/TWU	-	9.750	9.925	9.900	-
2.12	Iowa State	-	9.925	9.900	9.900	-
2.19	@Missouri	-	9.775	9.950	9.800	-
2.26	@Michigan State	-	9.775	9.900	9.800	-
3.05	Alabama	-	9.875	9.925	9.925	-
3.12	Washington	-	9.875	9.900	9.625	-
3.19	@Arkansas	-	9.900	9.875	9.875	-
3.27	Big 12 Championship	-	9.850	9.350	9.850	-
4.10	NCAA Regional	-	9.100	9.925	9.850	-



CAREER HIGHS

VT	UB	BB	FX
9.9	9.875	-	9.975

SEASON HIGHS

VT	UB	BB	FX
9.9	9.875	-	9.975

JACKIE FLANERY

Date	Event	Vault	Bars	Beam	Floor	AA
1.08	Florida	9.800	9.850	-	9.875	-
1.15	@Auburn	9.800	9.825	-	9.850	-
1.23	@Illinois	9.825	9.775	-	9.900	-
1.30	Metroplex Challenge	9.700	9.775	-	9.950	-
2.05	Nebraska/TWU	9.900	9.775	-	9.900	-
2.12	Iowa State	9.875	9.825	-	9.750	-
2.19	@Missouri	9.825	9.775	-	9.925	-
2.26	@Michigan State	9.825	9.750	-	9.950	-
3.05	Alabama	9.875	9.875	-	9.975	-
3.12	Washington	9.800	9.800	-	9.950	-
3.19	@Arkansas	9.850	9.850	-	9.925	-
3.27	Big 12 Championship	9.900	9.850	-	9.900	-
4.10	NCAA Regional	9.825	9.775	-	9.950	-



CAREER HIGHS

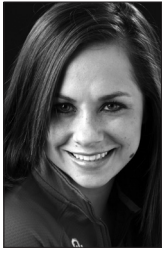
VT	UB	BB	FX
9.925	9.9	9.900	-

SEASON HIGHS

VT	UB	BB	FX
9.925	9.9	9.900	-

NATASHA KELLEY

Date	Event	Vault	Bars	Beam	Floor	AA
1.08	Florida	-	9.850	9.850	-	-
1.15	@Auburn	-	9.850	9.775	-	-
1.23	@Illinois	-	9.850	9.850	-	-
1.30	Metroplex Challenge	9.775	9.875	9.725	-	-
2.05	Nebraska/TWU	9.875	9.850	9.875	-	-
2.12	Iowa State	9.850	9.900	9.850	-	-
2.19	@Missouri	9.900	9.850	9.850	-	-
2.26	@Michigan State	9.900	9.725	9.825	-	-
3.05	Alabama	9.900	9.850	9.825	-	-
3.12	Washington	9.925	9.800	9.775	-	-
3.19	@Arkansas	9.900	9.875	9.900	-	-
3.27	Big 12 Championship	9.850	9.800	9.800	-	-
4.10	NCAA Regional	9.900	9.850	9.850	-	-



CAREER HIGHS

VT	UB	BB	FX
-	-	-	-

SEASON HIGHS

VT	UB	BB	FX
-	-	-	-

JULIE KRAMER

Date	Event	Vault	Bars	Beam	Floor	AA
1.08	Florida	-	-	-	-	-
1.15	@Auburn	-	-	-	-	-
1.23	@Illinois	-	-	-	-	-
1.30	Metroplex Challenge	-	-	-	-	-
2.05	Nebraska/TWU	-	-	-	-	-
2.12	Iowa State	-	-	-	-	-
2.19	@Missouri	-	-	-	-	-
2.26	@Michigan State	-	-	-	-	-
3.05	Alabama	-	-	-	-	-
3.12	Washington	-	-	-	-	-
3.19	@Arkansas	-	-	-	-	-
3.27	Big 12 Championship	-	-	-	-	-
4.10	NCAA Regional	-	-	-	-	-



CAREER HIGHS

VT	UB	BB	FX
9.925	9.825	-	9.8

SEASON HIGHS

VT	UB	BB	FX
9.925	-	-	9.8

MARY MANTLE

Date	Event	Vault	Bars	Beam	Floor	AA
1.08	Florida	9.850	-	-	9.775	-
1.15	@Auburn	9.800	-	-	9.750	-
1.23	@Illinois	9.825	-	-	9.775	-
1.30	Metroplex Challenge	9.850	-	-	9.750	-
2.05	Nebraska/TWU	9.825	-	-	9.425	-
2.12	Iowa State	9.875	-	-	-	-
2.19	@Missouri	9.750	-	-	-	-
2.26	@Michigan State	9.775	-	-	-	-
3.05	Alabama	9.925	-	-	-	-
3.12	Washington	9.850	-	-	9.775	-
3.19	@Arkansas	9.825	-	-	-	-
3.27	Big 12 Championship	9.875	-	-	9.800	-
4.10	NCAA Regional	9.875	-	-	9.750	-



CAREER HIGHS

VT	UB	BB	FX
9.8	-	-	-

SEASON HIGHS

VT	UB	BB	FX
9.8	-	-	-

BETHANY NEUBAUER

Date	Event	Vault	Bars	Beam	Floor	AA
1.08	Florida	9.800	-	-	-	-
1.15	@Auburn	-	-	-	-	-
1.23	@Illinois	-	-	-	-	-
1.30	Metroplex Challenge	-	-	-	-	-
2.05	Nebraska/TWU	-	-	-	-	-
2.12	Iowa State	-	-	-	-	-
2.19	@Missouri	-	-	-	-	-
2.26	@Michigan State	-	-	-	-	-
3.05	Alabama	-	-	-	-	-
3.12	Washington	-	-	-	-	-
3.19	@Arkansas	-	-	-	-	-
3.27	Big 12 Championship	-	-	-	-	-
4.10	NCAA Regional	-	-	-	-	-



CAREER HIGHS

VT	UB	BB	FX	AA
9.75	9.825	9.85	9.925	39.050

SEASON HIGHS

VT	UB	BB	FX	AA
9.75	9.825	9.85	9.925	39.050

KAYLA NOWAK

Date	Event	Vault	Bars	Beam	Floor	AA
1.08	Florida	-	9.775	9.700	9.850	-
1.15	@Auburn	-	9.800	9.625	9.750	-
1.23	@Illinois	9.750	9.700	9.850	9.750	39.050
1.30	Metroplex Challenge	-	9.825	9.800	9.775	-
2.05	Nebraska/TWU	-	9.700	9.850	9.925	-
2.12	Iowa State	-	9.825	9.825	9.575	-
2.19	@Missouri	-	9.775	9.675	9.800	-
2.26	@Michigan State	-	9.775	9.725	9.700	-
3.05	Alabama	-	9.825	9.850	9.875	-
3.12	Washington	-	-	-	9.275	-
3.19	@Arkansas	-	-	9.850	9.700	-
3.27	Big 12 Championship	-	-	9.725	9.875	-
4.10	NCAA Regional	-	-	9.750	9.650	-



CAREER HIGHS

VT	UB	BB	FX
9.9	9.85	-	-

SEASON HIGHS

VT	UB	BB	FX
9.9	9.85	-	-

BRIE OLSON

Date	Event	Vault	Bars	Beam	Floor	AA
1.08	Florida	9.750	9.800	-	-	-
1.15	@Auburn	9.775	9.800	-	-	-
1.23	@Illinois	9.850	9.775	-	-	-
1.30	Metroplex Challenge	9.850	9.275	-	-	-
2.05	Nebraska/TWU	9.875	9.625	-	-	-
2.12	Iowa State	9.750	9.850	-	-	-
2.19	@Missouri	9.775	9.825	-	-	-
2.26	@Michigan State	9.825	9.850	-	-	-
3.05	Alabama	9.900	9.850	-	-	-
3.12	Washington	9.900	9.750	-	-	-
3.19	@Arkansas	9.875	9.850	-	-	-
3.27	Big 12 Championship	9.900	9.825	-	-	-
4.10	NCAA Regional	9.850	9.850	-	-	-



CAREER HIGHS

VT	UB	BB	FX
-	-	-	-

SEASON HIGHS

VT	UB	BB	FX
-	-	-	-

NITYA RAMASWAMI

Date	Event	Vault	Bars	Beam	Floor	AA
1.08	Florida	-	-	-	-	-
1.15	@Auburn	-	-	-	-	-
1.23	@Illinois	-	-	-	-	-
1.30	Metroplex Challenge	-	-	-	-	-
2.05	Nebraska/TWU	-	-	-	-	-
2.12	Iowa State	-	-	-	-	-
2.19	@Missouri	-	-	-	-	-
2.26	@Michigan State	-	-	-	-	-
3.05	Alabama	-	-	-	-	-
3.12	Washington	-	-	-	-	-
3.19	@Arkansas	-	-	-	-	-
3.27	Big 12 Championship	-	-	-	-	-
4.10	NCAA Regional	-	-	-	-	-



CAREER HIGHS

VT	UB	BB	FX
9.9	-	9.875	-

SEASON HIGHS

VT	UB	BB	FX
9.9	-	9.85	-

NATALIE RATCLIFF

Date	Event	Vault	Bars	Beam	Floor	AA
1.08	Florida	9.750	-	9.675	-	-
1.15	@Auburn	9.850	-	9.725	-	-
1.23	@Illinois	9.725	-	9.325	-	-
1.30	Metroplex Challenge	9.725	-	9.275	-	-
2.05	Nebraska/TWU	-	-	9.850	-	-
2.12	Iowa State	9.750	-	9.275	-	-
2.19	@Missouri	9.850	-	9.825	-	-
2.26	@Michigan State	9.900	-	9.300	-	-
3.05	Alabama	9.875	-	9.700	-	-
3.12	Washington	-	-	9.225	-	-
3.19	@Arkansas	9.800	-	9.825	-	-
3.27	Big 12 Championship	9.900	-	9.775	-	-
4.10	NCAA Regional	9.850	-	9.825	-	-



CAREER HIGHS

VT	UB	BB	FX
9.9	9.875	-	9.75

SEASON HIGHS

VT	UB	BB	FX
9.875	9.85	-	-

MELANIE ROOT

Date	Event	Vault	Bars	Beam	Floor	AA
1.08	Florida	-	-	-	-	-
1.15	@Auburn	9.700	-	-	-	-
1.23	@Illinois	-	-	-	-	-
1.30	Metroplex Challenge	-	-	-	-	-
2.05	Nebraska/TWU	9.850	-	-	-	-
2.12	Iowa State	-	-	-	-	-
2.19	@Missouri	-	-	-	-	-
2.26	@Michigan State	-	-	-	-	-
3.05	Alabama	-	-	-	-	-
3.12	Washington	-	9.850	-	-	-
3.19	@Arkansas	-	9.850	-	-	-
3.27	Big 12 Championship	9.875	9.600	-	-	-
4.10	NCAA Regional	-	9.800	-	-	-



CAREER HIGHS

VT	UB	BB	FX
-	-	9.95	9.95

SEASON HIGHS

VT	UB	BB	FX
-	-	9.95	9.95

KRISTIN SMITH

Date	Event	Vault	Bars	Beam	Floor	AA
1.08	Florida	-	-	9.750	9.275	-
1.15	@Auburn	-	-	9.775	9.825	-
1.23	@Illinois	-	-	9.950	9.850	-
1.30	Metroplex Challenge	-	-	9.300	9.850	-
2.05	Nebraska/TWU	-	-	9.375	9.950	-
2.12	Iowa State	-	-	9.900	9.925	-
2.19	@Missouri	-	-	9.875	9.900	-
2.26	@Michigan State	-	-	9.825	9.900	-
3.05	Alabama	-	-	9.900	9.925	-
3.12	Washington	-	-	9.850	-	-
3.19	@Arkansas	-	-	9.950	9.875	-
3.27	Big 12 Championship	-	-	9.875	9.875	-
4.10	NCAA Regional	-	-	9.925	9.900	-



CAREER HIGHS

VT	UB	BB	FX
10.00	-	-	9.85

SEASON HIGHS

VT	UB	BB	FX
10.00	-	-	9.85

SARA STONE

Date	Event	Vault	Bars	Beam	Floor	AA
1.08	Florida	9.700	-	-	-	-
1.15	@Auburn	9.825	-	-	-	-
1.23	@Illinois	9.800	-	-	-	-
1.30	Metroplex Challenge	9.875	-	-	-	-
2.05	Nebraska/TWU	9.875	-	-	-	-
2.12	Iowa State	9.875	-	-	9.850	-
2.19	@Missouri	9.925	-	-	9.000	-
2.26	@Michigan State	10.00	-	-	9.650	-
3.05	Alabama	9.900	-	-	9.825	-
3.12	Washington	9.875	-	9.775	9.775	-
3.19	@Arkansas	9.950	-	-	9.775	-
3.27	Big 12 Championship	-	-	-	-	-
4.10	NCAA Regional	9.825	-	-	-	-



CAREER HIGHS

VT	UB	BB	FX	AA
9.85	9.95	9.95	9.925	39.600

SEASON HIGHS

VT	UB	BB	FX	AA
9.85	9.95	9.95	9.925	39.600

HOLLIE VISE

Date	Event	Vault	Bars	Beam	Floor	AA
1.08	Florida	-	9.850	9.900	9.825	-
1.15	@Auburn	-	9.925	9.875	9.700	-
1.23	@Illinois	-	9.850	9.950	9.825	-
1.30	Metroplex Challenge	-	9.925	9.925	9.875	-
2.05	Nebraska/TWU	-	9.900	9.325	9.925	-
2.12	Iowa State	-	9.925	9.900	9.825	-
2.19	@Missouri	-	9.875	9.900	9.850	-
2.26	@Michigan State	-	9.800	9.925	9.875	-
3.05	Alabama	-	9.925	9.950	9.925	-
3.12	Washington	9.850	9.950	9.925	9.875	39.600
3.19	@Arkansas	-	9.900	9.950	9.800	-
3.27	Big 12 Championship	-	9.900	9.925	9.900	-
4.10	NCAA Regional	-	9.900	9.950	9.850	-

2010 MEET-BY-MEET RECAPS

WEEK 1 - FLORIDA | JAN. 8, 2010

NORMAN, Okla. -- The No. 9 Oklahoma women's gymnastics squad led wire-to-wire in a 196.250-195.275 upset over fourth-ranked Florida in the Sooners' season opener on Friday in front of 1,325 fans at Lloyd Noble Center.

The victory over the Gators marked the highest-ranked opponent that OU has toppled under fourth-year head coach K.J. Kindler.

The Sooners improved to 23-2 in home meets under Kindler behind strong performances from veterans and newcomers alike, as Oklahoma picked up event titles on bars, beam and floor. OU also claimed individual event titles on each of those events as well, as Jackie Flanery (bars and floor), Hollie Vise (bars and beam) and Natasha Kelley (bars) claimed individual honors.

"This team (OU) came out with a whole other confidence that I've never seen before," said Kindler. "They didn't waiver when the door was opening, they didn't hesitate and they jumped in feet first. I was really impressed with that more than anything. They had a lot of confidence tonight."

OU opened the meet with a 48.950 on vault, paced by Mary Mantle's 9.85 from the anchor position. Mantle placed third in the individual standings on the apparatus, behind a pair of 9.875s from UF's Ashanee Dickerson and Maranda Smith. Flanery posted a 9.8 from the first spot, while freshman Bethany Neubauer matched Flanery's score in her first collegiate routine. Oklahoma took the early lead as Florida was forced to count a fall on bars (48.175).

The Sooners increased their lead to 98.125-97.425 through two rotations after a stellar bars set that resulted in the team event title. Flanery, Kelley and Vise all scored 9.85s to sweep the individual event honors for OU. Flanery's bar set marked a career best, while Kelley competed despite suffering a complete ACL tear less than two months ago. Reigning Big 12 bars co-champion Megan Ferguson tallied a 9.825, while Brie Olson scored a 9.8 in her collegiate debut.

Vise picked up her second individual victory of the night on beam (9.9), leading Oklahoma to its second event win of the evening. OU outscored the Gators 49.025-48.875 on the apparatus, as Ferguson (9.875) and Kelley (9.8) both posted solid routines.

The Sooners sealed the meet victory with an event-winning floor score of 49.100 - their third straight score of 49.000-plus on the night. Flanery picked up her second event title of the night (9.875), freshman Kayla Nowak (9.85) shared second in her debut, while Vise scored a 9.825 in her first collegiate routine on the apparatus.

"We hit 23-of-24 routines which is phenomenal for your first competition," said Kindler. "Now, there are always things we can do to improve, but I thought overall it was an excellent first meet. The freshmen and Natasha were phenomenal. They hit eight routines, out of eight, and were some of our highest scores. They definitely brought a level of confidence to our team.

Oklahoma improved to 42-6 in the regular season under Kindler.

V A U L T	1	Jackie Flanery	102	9.80	9.80				9.800
	2	Sara Stone	113	9.70	9.70				9.700
	3	Brie Olson	108	9.75	9.75				9.750
	4	Bethany Neubauer	106	9.75	9.85				9.800
	5	Natalie Ratcliff	110	9.75	9.75				9.750
	6	Mary Mantle	105	9.85	9.85				9.850

Vault Score: 48.950 Running Score: 48.950

B A R S	1	Jackie Flanery	102	9.85	9.85				9.850
	2	Brie Olson	108	9.80	9.80				9.800
	3	Kayla Nowak	107	9.80	9.75				9.775
	4	Megan Ferguson	101	9.85	9.80				9.825
	5	Natasha Kelley	103	9.90	9.80				9.850
	6	Hollie Vise	114	9.85	9.85				9.850

Bars Score: 49.175 Running Score: 98.125

B E A M	1	Natalie Ratcliff	110	9.70	9.65				9.675
	2	Kayla Nowak	107	9.65	9.75				9.700
	3	Natasha Kelley	103	9.85	9.75				9.800
	4	Megan Ferguson	101	9.90	9.85				9.875
	5	Hollie Vise	114	9.85	9.95				9.900
	6	Kristin Smith	112	9.80	9.70				9.750

Beam Score: 49.025 Running Score: 147.150

F L O O R	1	Mary Mantle	105	9.80	9.75				9.775
	2	Megan Ferguson	101	9.75	9.80				9.775
	3	Hollie Vise	114	9.85	9.80				9.825
	4	Kayla Nowak	107	9.85	9.85				9.850
	5	Kristin Smith	112	9.25	9.30				9.275
	6	Jackie Flanery	102	9.90	9.85				9.875

Floor Score: 49.100 Running Score: 196.250

Final Team Score: 196.250

All-Arounders

VT									
UB									
BB									
FX									
AA									

2010 MEET-BY-MEET RECAPS

WEEK 3 - ILLINOIS | JAN. 23, 2010

CHAMPAIGN, ILL. - The second-ranked University of Oklahoma women's gymnastics squad improved to 3-0 on the year with a 196.650-194.425 win at No. 25 Illinois (3-3) on Saturday in Champaign, Ill. The Sooners improved to 7-0 all-time against the Fighting Illini, while tonight's +2.225 margin of victory was the second largest in the series.

OU won team titles in its final three events, including a season-high 49.500 on beam en route to its best team score since Feb. 27, 2009. The Sooners sealed the win with a pair of 9.95s on the apparatus from Hollie Vise and Kristin Smith in Oklahoma's final two routines of the evening.

"Instead of thinking about how they can stay on the equipment, I think we have adjusted the mindset to thinking about how confident they are and how they can nail their routine," said fourth-year head coach K.J. Kindler on OU's beam squad. "I was really encouraged by their mental strength on beam. Natalie (Ratcliff) is a phenomenal beam worker, but she missed tonight. The rest of the lineup rallied and wasn't going to give it away, which is very encouraging."

Freshman Kayla Nowak finished second in the all-around with a 39.050 in her first collegiate all-around performance, marking the first time this season the Sooners have had a gymnast compete all four events.

OU opened the dual meet with a team tally of 49.000 on the uneven bars in the event win. Ranked first in the nation on the apparatus entering the weekend, the Sooners hit six-of-six routines, paced by 9.85s from event winners Natasha Kelley and Vise. Jackie Flanery and Brie Olson both scored 9.775s on the apparatus for a share of third place. OU trailed after a rotation for the first time this season as Illinois scored a 49.100 on vault.

The Sooners posted four scores of 9.8 or higher on vault for a 49.050 team tally. Brie Olson led the way with a career-high 9.85 and a share of second in the individual standings. Jackie Flanery and Mary Mantle each scored a 9.825, while Sara Stone posted a 9.8.

Oklahoma overtook the Fighting Illini 98.050-97.025 at the midway point after the home squad was forced to count a fall on bars.

Flanery (9.9), Smith (9.85) Vise (9.825) and Mary Mantle (9.775) all posted season bests on floor en route to a team score of 49.100 on the apparatus. Flanery won her third-straight event title on the apparatus this season, while Smith and Vise finished third and fifth, respectively.

The Sooners posted their highest beam score in 14 meets (49.500) after reeling off five straight 9.85s or better after a fall from the first position. Vise and Smith shared event honors with 9.95s, while Ferguson (9.9), Kelley (9.85) and Nowak (9.85) completed a sweep of the individual event standings on the apparatus.

"I thought we came out a bit lethargic and really didn't stick any landings on vault or bars, where we entered the meet with a goal of hitting at least 50-percent of those routines," said Kindler. "We finally started gaining some momentum on floor, where I felt that Mary (Mantle), Hollie (Vise), Kristin (Smith) and Jackie (Flanery) all performed their best routines of the season."

Name		1	2	3	4	ND	AVG
1 Jacqueline Flanery	203	9.80	9.85				9.825
2 Brie Olson	209	9.85	9.85				9.850
3 Kayla Nowak	208	9.70	9.80				9.750
4 Sara Stone	214	9.85	9.75				9.800
5 Natalie Ratcliff	211	9.65	9.80				9.725
6 Mary Mantle	206	9.80	9.85				9.825

Vault Score: **49.050**

Running Score: **98.050**

1 Jacqueline Flanery	203	9.75	9.80				9.775
2 Brie Olson	209	9.80	9.75				9.775
3 Kayla Nowak	208	9.75	9.65				9.700
4 Megan Ferguson	202	9.70	9.80				9.750
5 Natasha Kelley	204	9.85	9.85				9.850
6 Hollie Vise	215	9.85	9.85				9.850

Bars Score: **49.000**

Running Score: **49.000**

1 Natalie Ratcliff	211	9.30	9.35				9.325
2 Kayla Nowak	208	9.85	9.85				9.850
3 Natasha Kelley	204	9.90	9.80				9.850
4 Megan Ferguson	202	9.90	9.90				9.900
5 Hollie Vise	215	9.95	9.95				9.950
6 Kristin Smith	213	9.95	9.95				9.950

Beam Score: **49.500**

Running Score: **196.650**

1 Mary Mantle	206	9.70	9.85				9.775
2 Megan Ferguson	202	9.55	9.65			0.10	9.500
3 Hollie Vise	215	9.80	9.85				9.825
4 Kayla Nowak	208	9.85	9.65				9.750
5 Kristin Smith	213	9.80	9.90				9.850
6 Jacqueline Flanery	203	9.90	9.90				9.900

Floor Score: **49.100**

Running Score: **147.150**

Video Review

Final Score: **196.650**

All Arounders

Nowak						
9.750						
9.700						
9.850						
9.750						
39.050						

2010 MEET-BY-MEET RECAPS

WEEK 4 - METROPLEX CHALLENGE | JAN. 30, 2010

DALLAS - The second-ranked University of Oklahoma women's gymnastics squad improved to 6-0 on the season with a quad meet win over Alaska-Anchorage, N.C. State and TWU at the 2010 Metroplex Challenge in Dallas on Saturday.

OU swept all four team event titles and improved to 47-6 in the regular season under fourth-year head coach K.J. Kindler after individual titles on bars (Hollie Vise – 9.925), beam (Vise – 9.925) and floor (Jackie Flanery – 9.95).

The Sooners were forced to count their first fall of the season on any apparatus with a pair of falls on beam, resulting in a season-low team score of 196.100. N.C. State (194.875) placed second, TWU (191.225) third and Alaska-Anchorage rounded out the quad meet in fourth (188.9).

"We had more mistakes tonight than we have had all year long, but we know mistakes are going to happen," said Kindler. "Kayla (Nowak), as a freshman, followed every single mistake on the three events we had and wow... turned it up a notch. That is impressive to see a freshman follow up a mistake and handle it the way she did. It was very mature and it was exciting to see.

"I think our team, since they haven't been put in that situation this year, handled it well. Obviously, we're looking for a better result. We'll look to up our game next week."

Oklahoma opened the meet with a season-high 49.075 on vault, paced by Sara Stone's season-high 9.875 that garnered individual event honors for the sophomore. OU received a pair of 9.85s from Brie Olson and Mary Mantle. Olson's routine matched last week's career high on the apparatus, while Mantle tied her season best performance. Natasha Kelley made her collegiate debut on vault and scored a 9.775, just two months after the Katy, Texas, native suffered a complete tear of her right ACL.

The Sooners matched their season high on bars with a 49.225 team tally, capped off by Vise's second-straight 9.925 on the apparatus in the individual win. OU survived a scare after freshman Brie Olson fell on her mount in the squad's second routine on bars, posting four straight routines of 9.825 or higher to close the rotation. The Sooners tallied a pair of 9.825s from Nowak and reigning Big 12 bars champ Megan Ferguson, while Kelley scored a 9.875 prior to Vise's routine from the anchor position.

OU counted its first fall of the season after slip-up's from Natalie Ratcliff and Kristin Smith in the first and last routines on beam, respectively. Oklahoma posted a season-low 48.600 on the apparatus, marking its first sub-49 score on beam this season. Vise paced the Sooners with her second 9.925 of the night, also resulting in her second event honor. Ferguson tallied a 9.85, while Nowak had a 9.8.

Flanery received a 10.00 from one floor judge en route to a 9.95 on the apparatus in the event win. Vise continued her spectacular night with a career-high 9.875 on the apparatus, while Smith rebounded from her fall on beam to score a 9.85.

2010 MEET-BY-MEET RECAPS
WEEK 5 - NEBRASKA AND TWU | FEB. 5, 2010

NORMAN, Okla. - The second-ranked OU women's gymnastics squad remained undefeated on the year (8-0, 1-0 Big 12) with a wire-to-wire triangular victory over No. 10 Nebraska (6-1) and TWU (3-5) in front of 1,405 fans at Lloyd Noble Center on Friday.

The Sooners scored a season-high 196.825 despite counting a fall on beam, outdistancing Big 12 rival Nebraska and TWU, who posted scores of 196.225 and 192.575, respectively.

OU won team event titles on vault, bars and floor and swept all four individual titles with event wins on vault (Jackie Flanery - tied with a 9.9), bars (Hollie Vise - 9.9), beam (Megan Ferguson - 9.925) and floor (Kristin Smith - 9.95).

The Sooners didn't compete an all-arounder for the fourth meet this season, while a different OU gymnast led the team on each event.

Oklahoma had to outmatch a Husker squad that also posted a season high team tally on Friday and the result was in question until the final routine. After counting a fall on beam that tightened the team standings, OU closed the meet with a season-high 49.600 on floor, marking the Sooners highest event total under fourth-year head coach K.J. Kindler.

Oklahoma opened with a season-high 49.375 on vault, easily eclipsing its previous high of 49.075 at last week's Metroplex Challenge. Flanery (9.9), Natasha Kelley (9.875) and Brie Olson (9.875) set career highs, while Melanie Root (9.85) and Sara Stone (9.875) posted season bests. Mary Mantle turned in a 9.825 from the anchor position as the entire Sooner vault lineup scored at least a 9.825.

"I really thought that vault and floor were some of our best performances of the year," said Kindler. "In particular, on vault the way we started out with Jackie Flanery. That was actually our best vault in the lineup and she nailed it. It was a great start for our team on that event. We kind of got on a roll from that."

The Sooners started a bit slow on bars, before Kelley and Vise capped off the rotation with scores of 9.85 and 9.9, respectively. It was Vise's fifth straight win on the apparatus dating back to Oklahoma's season opener against Florida. OU posted a 48.975 on the apparatus, marking the first time this season the Sooners haven't scored a 49-plus on the event.

Ferguson (9.925) and Kelley (9.875) finished one-two in the individual standings on beam, but the Sooners were forced to count their second straight fall on the apparatus. From the start, it appeared that OU would post one of its higher scores on beam this year after Natalie Ratcliff and Kayla Nowak preceded Ferguson and Kelley with a pair of 9.85s, but both Vise and Kristin Smith fell in the final two routines for a team score of 48.875.

The Sooners swept the podium on floor, closing the rotation with five straight scores of 9.9 or higher. Oklahoma picked up career highs from Smith (9.95), Nowak (9.925), Vise (9.925), Ferguson (9.9), while Flanery sealed the win with a 9.9 in the final routine of the night.

Name		1	2	3	4	nd	AVE
V A U L T	1 Jackie Flanery 102	9.85	9.95				9.900
	2 Melanie Root 111	9.80	9.90				9.850
	3 Sara Stone 113	9.85	9.90				9.875
	4 Natasha Kelley 103	9.80	9.95				9.875
	5 Brie Olson 108	9.85	9.90				9.875
	6 Mary Mantle 105	9.80	9.85				9.825

Vault Score: 49.375 Running Score: 49.375

B A R S	1 Jackie Flanery 102	9.80	9.75				9.775
	2 Brie Olson 108	9.60	9.65				9.625
	3 Kayla Nowak 107	9.70	9.70				9.700
	4 Megan Ferguson 101	9.75	9.75				9.750
	5 Natasha Kelley 103	9.85	9.85				9.850
	6 Hollie Vise 114	9.90	9.90				9.900

Bars Score: 48.975 Running Score: 98.350

B E A M	1 Natalie Ratcliff 110	9.80	9.90				9.850
	2 Kayla Nowak 107	9.85	9.85				9.850
	3 Natasha Kelley 103	9.85	9.90				9.875
	4 Megan Ferguson 101	9.95	9.90				9.925
	5 Hollie Vise 114	9.35	9.30				9.325
	6 Kristin Smith 112	9.40	9.35				9.375

Beam Score: 48.875 Running Score: 147.225

F L O O R	1 Mary Mantle 105	9.55	9.50			-0.1	9.425
	2 Megan Ferguson 101	9.90	9.90				9.900
	3 Kayla Nowak 107	9.90	9.95				9.925
	4 Hollie Vise 114	9.95	9.90				9.925
	5 Kristin Smith 112	9.95	9.95				9.950
	6 Jackie Flanery 102	9.90	9.90				9.900

Floor Score: 49.600 Running Score: 196.825

Final Team Score: **196.825**

All-Arounders

VT							
UB							
BB							
FX							
AA							

2010 MEET-BY-MEET RECAPS

WEEK 6 - IOWA STATE | FEB. 12, 2010

NORMAN, Okla. - The University of Oklahoma women's gymnastics program ascended to No. 1 in the country for the first time in program history on Monday and proved why on Friday.

The top-ranked Sooners (9-0, 2-0 Big 12) led wire-to-wire in a 197.250-196.225 victory over No. 16 Iowa State (4-5, 0-2 Big 12) in front of 1,777 fans at Lloyd Noble Center in OU's "Beauty and the Beast" spectacular. The gymnasts shared the floor with the ninth-ranked OU wrestling squad, who improved to 13-1-1 with a 33-3 victory over the visiting Chattanooga Mocs.

"We talked about having intensity from the very beginning and I felt like we definitely came out that way," said head coach K.J. Kindler. "We definitely had our best bar performances of the year, sticking dismounts, hitting those angles and really being detail-oriented."

The Sooners improved to 26-2 in their last 28 home events by sweeping all eight team and individual event honors en route to their highest team tally under Kindler, who improved to 8-0 versus her former squad since she took the OU head coaching position in 2007.

Individually, Jackie Flanery posted her second straight vault title despite serving as OU's leadoff gymnast in the rotation, sharing event honors with anchor Mary Mantle. Hollie Vise remained perfect on the season on bars with her sixth straight win in a tie with Big 12 bars champion Megan Ferguson. Ferguson, Vise and Kristin Smith all shared the event win on beam, while Smith took home her second straight floor title.

Opening the dual meet on vault, Oklahoma opened and closed the rotation with event winning 9.875s from Flanery and Mantle. Paced by the senior duo's shared event title, the Sooners turned in a team tally score of 49.200 to open the dual meet with the event win, as Sara Stone and Natasha Kelley also turned in solid routines with a pair of 9.85s.

OU posted six straight scores of 9.825 or higher on bars and took its second event title of the night with a season-high score of 49.425. It was a full 0.2 of a point higher than any other Oklahoma team score on the apparatus in 2010. The Sooners swept the bars podium behind 9.925s from Vise and Ferguson for the event win, while Kelley (9.9), Brie Olson (9.85), Flanery (9.825) and Kayla Nowak (9.825) were right on their heels.

Oklahoma survived a scare after a fall from the first position on beam with five straight scores of 9.825 or higher. Nowak and Kelley posted routines of 9.825 and 9.85, respectively, while Smith, Vise and Ferguson closed the rotation with back-to-back-to-back 9.9s. The Sooners scored a 49.375 on the apparatus to take a 148.000-147.050 lead into the final event.

The Sooners clinched their highest score since posting a 197.300 in 2004 with a 49.250 on floor. Smith won her second event honor of the night with a 9.925, while Ferguson notched a 9.9. Stone posted a 9.85 in her season debut on floor and Vise was solid with a 9.825.

Oklahoma improved to 41-14-1 in the all-time series against the Cyclones which dates back to 1981.

Name		1	2	3	4	nd	AVE
V A U L T	1 Jackie Flanery 102	9.90	9.85				9.875
	2 Natalie Ratcliff 110	9.80	9.70				9.750
	3 Sara Stone 113	9.85	9.85				9.850
	4 Natasha Kelley 103	9.85	9.85				9.850
	5 Brie Olson 108	9.75	9.75				9.750
	6 Mary Mantle 105	9.90	9.85				9.875

Vault Score: 49.200 Running Score: 49.200

B A R S	1 Jackie Flanery 102	9.85	9.80				9.825
	2 Brie Olson 108	9.85	9.85				9.850
	3 Kayla Nowak 107	9.85	9.80				9.825
	4 Megan Ferguson 101	9.90	9.95				9.925
	5 Natasha Kelley 103	9.90	9.90				9.900
	6 Hollie Vise 114	9.90	9.95				9.925

Bars Score: 49.425 Running Score: 98.625

B E A M	1 Natalie Ratcliff 110	9.40	9.15				9.275
	2 Kayla Nowak 107	9.80	9.85				9.825
	3 Natasha Kelley 103	9.85	9.85				9.850
	4 Kristin Smith 112	9.90	9.90				9.900
	5 Hollie Vise 114	9.95	9.85				9.900
	6 Megan Ferguson 101	9.85	9.95				9.900

Beam Score: 49.375 Running Score: 148.000

F L O O R	1 Sara Stone 113	9.85	9.85				9.850
	2 Megan Ferguson 101	9.90	9.90				9.900
	3 Kayla Nowak 107	9.50	9.65				9.575
	4 Hollie Vise 114	9.85	9.80				9.825
	5 Kristin Smith 112	9.90	9.95				9.925
	6 Jackie Flanery 102	9.90	9.80			-0.1	9.750

Floor Score: 49.250 Running Score: 197.250

Final Team Score: **197.250**

All-Arounders

VT							
UB							
BB							
FX							
AA							

2010 MEET-BY-MEET RECAPS

WEEK 7 - @MISSOURI | FEB. 19, 2010

NORMAN, Okla. - The second-ranked OU women's gymnastics team made it a season sweep of Big 12 opponents during the regular season with a 197.050-195.500 victory at No. 17 Missouri on Friday. The Sooners eclipsed the 197-point barrier for the second consecutive meet for the first time since 2004, scoring a 49.275 or higher in their final three rotations in the win.

OU swept all four team event titles for the second week in a row, while Sara Stone (vault – 9.925), Megan Ferguson (beam – 9.95) and Jackie Flanery (floor – 9.925) took home individual event titles.

The Sooners added another victory to their commanding all-time series lead, which now stands at 48-11. Oklahoma has won each of the last 13 meetings with Mizzou, while tonight's 1.55 margin of victory was the largest in the series since OU posted a 196.125-193.825 victory in Norman in 2007.

"For the first time all season I felt like we really came out and put four solid events together," said head coach K.J. kindler. "We still left a few tenths here and there, with some missed handstands and angles, but had one of our best warm up's of the year and never looked back.

"The enthusiasm we were able to hold throughout the entire meet became contagious, as they fed off of each other. It's what you have to do anytime you go on the road, trying to take the crowd out of it."

Oklahoma trailed for just the second time this season after posting a 49.100 on bars, while Mizzou opened the meet with a 49.150 on vault. The Sooners were 6-of-6 on the apparatus, paced by Hollie Vise's 9.875 from the anchor position. Natasha Kelley preceded Vise's routine with a 9.85, while Brie Olson scored a 9.825 from the second position.

OU quickly overtook the Tigers on the next rotation and never trailed again after a 49.275 on vault, its second highest score on the apparatus this season. Stone won a share of her first individual event title this season with a career-high 9.925 to pace the Sooners.

Oklahoma's first four routines on vault were all 9.825 or higher, as Natasha Kelley (9.9) and Natalie Ratcliff (9.85) joined Stone with career bests.

The Sooners proved why they are considered one of the best floor squads in the country, ending the rotation with five straight scores of 9.8 or higher, capped by Flanery's 9.925 from the anchor position. OU had its first stumble of the night with a fall from the first position, but quickly erased the error as Ferguson and Kayla Nowak got the Sooners back on track with a pair of 9.8s. The senior duo of Vise (9.85) and Kristin Smith (9.9) preceded Flanery as OU had its second best floor tally of the season with a 49.275.

Oklahoma led 147.650-146.400 as Mizzou rebounded from its troubles on bars with a solid score on beam (49.075).

OU ended the dual with a 49.400 on beam, just a tenth of a point shy of its season high on the apparatus. Ratcliff opened the rotation with her highest road score on beam this season with a 9.825, while Kelley (9.85) and Smith (9.875) both posted solid routines.

Name		1	2	3	4	ND	AVG
1 Jaqueline Flanery	122	9.75	9.90				9.825
2 Natalie Ratcliff	130	9.80	9.90				9.850
3 Natasha Kelley	123	9.85	9.95				9.900
4 Sara Stone	133	9.90	9.95				9.925
5 Brie Olson	128	9.75	9.80				9.775
6 Mary Mantle	125	9.80	9.70				9.750

Vault Score: **49.275**

Running Score: **98.375**

1 Jaqueline Flanery	122	9.80	9.75				9.775
2 Brie Olson	128	9.80	9.85				9.825
3 Kayla Nowak	127	9.75	9.80				9.775
4 Megan Ferguson	121	9.80	9.75				9.775
5 Natasha Kelley	123	9.85	9.85				9.850
6 Hollie Vise	134	9.85	9.90				9.875

Bars Score: **49.100**

Running Score: **49.100**

1 Natalie Ratcliff	130	9.85	9.80				9.825
2 Kayla Nowak	127	9.60	9.75				9.675
3 Natasha Kelley	123	9.90	9.80				9.850
4 Kristin Smith	132	9.90	9.85				9.875
5 Hollie Vise	134	9.90	9.90				9.900
6 Megan Ferguson	121	9.95	9.95				9.950

Beam Score: **49.400**

Running Score: **197.050**

1 Sara Stone	133	8.90	9.10				9.000
2 Kayla Nowak	127	9.75	9.85				9.800
3 Megan Ferguson	121	9.80	9.80				9.800
4 Hollie Vise	134	9.80	9.90				9.850
5 Kristin Smith	132	9.90	9.90				9.900
6 Jaqueline Flanery	122	9.95	9.90				9.925

Floor Score: **49.275**

Running Score: **147.650**

Video Review

Final Score: **197.050**

All Arounders

2010 MEET-BY-MEET RECAPS

WEEK 8 - @MICHIGAN STATE | FEB. 26, 2010

EAST LANSING, Mich. - The top-ranked Oklahoma women's gymnastics squad (11-0, 3-0 Big 12) clinched its seventh straight victory over a top-25 opponent with a 196.825-194.125 win at No. 23 Michigan State (9-5, 3-3 Big Ten) on Friday.

The victory was capped off by Sara Stone's 10.00 on vault, the 11th perfect score in program history and fifth on the apparatus.

OU improved to 12-1-1 against Big Ten foes under fourth-year head coach K.J. Kindler by picking up victories on all four events for the third consecutive meet (fifth time this season) in front of 721 fans at Jenison Field House.

The Sooners also swept all four individual titles as Stone (vault), Brie Olson (bars - 9.85), Vise (beam - 9.925) and Jackie Flanery (floor - 9.95) picked up event wins.

"It was a Jekyll and Hyde night," said Kindler. "One moment we were great and the next we were not."

OU opened the away dual on bars with a season-low 48.95. Olson was one of the Sooners lone bright spots on the apparatus, scoring a career-high-tying 9.85 in her first collegiate event win. Hollie Vise posted a 9.8 from the anchor position in Oklahoma's only other routine of 9.8 or higher.

"We talked about having a lot of energy starting the meet on bars and I really didn't feel like we had that tonight," said Kindler. We were pretty good on the bar, but were flat on our dismounts, without much attention to detail. When you only stick one out of six, that will really kill you."

After a spirited team huddle following the rotation, any ill effects from the slow start were quickly erased as Stone led the Sooners to season-high 49.450 on vault. Natalie Ratcliff (9.9) and Natasha Kelley (9.9) posted career highs, while Olson and Jackie Flanery added a pair of 9.825s.

"Vault was fantastic, definitely our best performance of the year," added Kindler. "There is a genuine thrill anytime you have someone post a 10 and that was definitely the highlight of the meet. I was really proud of the way that lineup came out and performed from top to bottom, especially after the sub-par start on bars."

Stone gave the Sooners a 98.400-96.350 advantage at the halfway mark with the first perfect score by an Oklahoma gymnast since Kiara Redmond posted one on vault against TWU on Feb. 29, 2008. It was the third perfect routine in the NCAA this season and first by an underclassman.

On floor, Flanery anchored the lineup with a career-high-tying 9.95 en route to a 49.225 team tally. OU closed the rotation with four scores of 9.8 or better, as Kristin Smith (9.9), Hollie Vise (9.875) and Megan Ferguson (9.8) all posted solid routines.

The Sooners rebounded from a fall during the opening routine on beam with four scores of 9.825 or higher to close the rotation with a team tally of 49.200. Vise (9.925) and Ferguson (9.9) anchored the lineup with a pair of strong routines, preceded by a 9.825s from Kelley and Smith.

Name		1	2	3	4	ND	AVG
1 Jackie Flanery	121	9.85	9.80				9.825
2 Natalie Ratcliff	126	9.90	9.90				9.900
3 Natasha Kelley	122	9.90	9.90				9.900
4 Mary Mantle	123	9.80	9.75				9.775
5 Brie Olson	125	9.85	9.80				9.825
6 Sara Stone	129	10.00	10.00				10.000

Vault Score: **49.450**

Running Score: **98.400**

1 Jackie Flanery	121	9.75	9.75				9.750
2 Kayla Nowak	124	9.80	9.75				9.775
3 Brie Olson	125	9.85	9.85				9.850
4 Megan Ferguson	120	9.75	9.80				9.775
5 Natasha Kelley	122	9.70	9.75				9.725
6 Hollie Vise	130	9.85	9.75				9.800

Bars Score: **48.950**

Running Score: **48.950**

1 Natalie Ratcliff	126	9.30	9.30				9.300
2 Kayla Nowak	124	9.80	9.65				9.725
3 Natasha Kelley	122	9.85	9.80				9.825
4 Kristin Smith	128	9.85	9.80				9.825
5 Hollie Vise	130	9.95	9.90				9.925
6 Megan Ferguson	120	9.90	9.90				9.900

Beam Score: **49.200**

Running Score: **196.825**

1 Sara Stone	129	9.60	9.70				9.650
2 Kayla Nowak	124	9.80	9.60				9.700
3 Megan Ferguson	120	9.85	9.75				9.800
4 Hollie Vise	130	9.85	9.90				9.875
5 Kristin Smith	128	9.90	9.90				9.900
6 Jackie Flanery	121	9.95	9.95				9.950

Floor Score: **49.225**

Running Score: **147.625**

Video Review

Final Score: **196.825**

All Rounders

2010 MEET-BY-MEET RECAPS

WEEK 9 - ALABAMA | MARCH 5, 2010

NORMAN, Okla. - The No. 2 University of Oklahoma women's gymnastics squad (12-0, 4-0 Big 12) clinched its first win over a No. 1 opponent in program history with a 197.950-197.275 victory over top-ranked Alabama on Friday at Lloyd Noble Center. It was the highest score posted by a Big 12 squad since Nebraska and Iowa State ended a March 14, 2004, dual deadlocked at 198.000 apiece.

The Sooners posted a program-best team tally in their win over the Crimson Tide, bringing the school record crowd of 2,529 fans to its feet on multiple occasions as the back-to-back Big 12 Champions posted the highest score in the NCAA this season. OU eclipsed its previous program best (197.725) by 0.225 in tonight's win, as Oklahoma improved to 53-6 in the regular season under fourth-year head coach K.J. Kindler.

"If you're going to do it (set a school record), tonight was the night," said Kindler. "I can't imagine a better night to do it than against the No. 1 team in the country. Alabama is solid. They are impressive. I believe that we rose to the level of their gymnastics, we rose to the occasion and captured the moment tonight."

OU scored at least a 49.375 on all four events, picking up event wins on vault (49.500), beam (49.450) and floor (49.625).

The Sooners also clinched at least a share of all four individual event titles, as Mary Mantle (vault - 9.925), Hollie Vise (bars - 9.925, beam - 9.95) and Jackie Flanery (floor - 9.975) all brought home the hardware.

Oklahoma burst out of the gates to a season-high 49.500 on vault to secure the early lead. All six Sooners in the lineup scored at least a 9.875, capped off by Mantle's career-high 9.925 from the fifth position in the event win. Natasha Kelley, Brie Olson and Sara Stone all scored 9.9s, while Flanery and Natalie Ratcliff posted a pair of 9.875s. Olson notched a career high while Kelley tied her previous best on the apparatus.

The Sooners remained atop the leaderboard at the halfway mark by the slimmest possible margin at 98.875-98.850. Oklahoma scored a 49.375 on bars, paced by Vise's career-high-tying 9.925 from the anchor position. Flanery and Kayla Nowak both posted career bests with a pair of 9.875s, while Olson and Kelley rounded out the team tally with a pair of 9.825s.

Entering the meet tied with the Tide as the top squad in the NCAA on beam, the Sooners posted a 49.450 on the apparatus to take a 148.325-148.200 lead into the final apparatus. Kristin Smith (9.9), Vise (9.95) and Ferguson (9.925) capped off OU's stellar rotation with three straight routines of 9.9 or higher to close the event. Oklahoma made a switch at the top of the lineup for the first time this season and it paid dividends. Nowak led off with a career-high-tying 9.85, Ratcliff scored a 9.7 and Kelley added a 9.825 from the third position to give the Sooners their needed momentum.

Capping the historic win on floor, Stone (9.825) and Nowak (9.875) opened the rotation with a pair of strong routines, leaving the final margin and possible school record as the only thing in doubt after a fall from Alabama's fifth gymnast on beam. OU closed with three straight 9.925s before Flanery's event-winning 9.975.

Name		1	2	3	4	nd	AVE
V A U L T	1 Jackie Flanery 102	9.90	9.85				9.875
	2 Brie Olson 108	9.90	9.90				9.900
	3 Natalie Ratcliff 110	9.90	9.85				9.875
	4 Natasha Kelley 103	9.90	9.90				9.900
	5 Mary Mantle 105	9.95	9.90				9.925
	6 Sara Stone 113	9.90	9.90				9.900

Vault Score: 49.500 Running Score: 49.500

B A R S	1 Jackie Flanery 102	9.85	9.90				9.875
	2 Kayla Nowak 107	9.85	9.80				9.825
	3 Brie Olson 108	9.85	9.85				9.850
	4 Megan Ferguson 101	9.90	9.85				9.875
	5 Natasha Kelley 103	9.85	9.85				9.850
	6 Hollie Vise 114	9.95	9.90				9.925

Bars Score: 49.375 Running Score: 98.875

B E A M	1 Kayla Nowak 107	9.85	9.85				9.850
	2 Natalie Ratcliff 110	9.75	9.65				9.700
	3 Natasha Kelley 103	9.85	9.80				9.825
	4 Kristin Smith 112	9.90	9.90				9.900
	5 Hollie Vise 114	9.95	9.95				9.950
	6 Megan Ferguson 101	9.90	9.95				9.925

Beam Score: 49.450 Running Score: 148.325

F L O O R	1 Sara Stone 113	9.85	9.80				9.825
	2 Kayla Nowak 107	9.90	9.85				9.875
	3 Megan Ferguson 101	9.95	9.90				9.925
	4 Hollie Vise 114	9.90	9.95				9.925
	5 Kristin Smith 112	9.95	9.90				9.925
	6 Jackie Flanery 102	9.95	10.00				9.975

Floor Score: 49.625 Running Score: 197.950

Final Team Score: 197.950

All-Arounders

VT							
UB							
BB							
FX							
AA							

2010 MEET-BY-MEET RECAPS

WEEK 10 - WASHINGTON | MARCH 12, 2010

NORMAN, Okla. - The No. 2 Oklahoma women's gymnastics squad (13-0) wrapped up an undefeated home schedule with a 196.900-195.800 victory over No. 25 Washington on "Senior Night" at Lloyd Noble on Friday night.

OU seniors won four titles on the night, none bigger than Hollie Vise's 39.600 all-around win in her first collegiate appearance competing all four events. Vise also took home individual event titles on bars (9.95) and beam (9.925), pushing her season total to 16. Fellow senior Jackie Flanery kept the senior winning ways alive with a 9.95 on floor in her eighth victory on the apparatus this season.

"I couldn't have scripted a better ending of her home career for Hollie," said fourth-year head coach K.J. Kindler. "She has made a physical and mental transformation that few would have the strength or will power to endure. Her metamorphosis has been nothing less than incredible. Her humble demeanor and sweet disposition have made her a wonderful teammate and an example that anything is possible."

The Sooners picked up team event titles on vault, bars and beam as Kindler's first group finished with a 19-1 record in regular season meets in Norman.

Just as it did in its upset of top-ranked Alabama last week, OU caught fire early with a 49.400 on vault to open the competition. The Sooners did not count a score lower than 9.85, paced by Natasha Kelley's career-high 9.925 in her first collegiate win on the apparatus. Brie Olson also matched a personal best with a 9.9 in the second straight event the St. Cloud, Minn, native has posted that score. Sara Stone added a 9.875, Vise scored a 9.85 in the first vault of her career before Mantle matched Vise's tally.

Vise received a perfect 10.00 from one member of the panel in a career-high 9.95 on bars in her eighth win in nine meets on the apparatus this season. Megan Ferguson added a 9.875, while Melanie Root tallied a 9.85 in her first routine of the year on bars. Flanery and Kelley added a pair of 9.800s to close the team scoring.

Moving to beam, Vise's win was preceded by scores of 9.9 and a 9.85, from Ferguson and Kristin Smith, respectively. It was the first routine in three days for Smith, who wasn't going to let a minor injury keep her from competing in her final meet at Lloyd Noble.

The lineup was shuffled for the first time this season as Stone posted a 9.775 in her first collegiate beam routine in place of Kayla Nowak.

OU wrapped up the win with a 49.000 on floor, despite failing to win the team event title on the apparatus for the first time this season. Vise clinched her all-around victory with a 9.875, while Flanery notched her third straight win on floor exercise.

The Sooners improved to 54-6 in the regular season under Kindler, including a 28-2 mark in Norman.

Vise became just the second all-around competitor of the season for the Sooners, joining freshman Kayla Nowak who competed all four events at Illinois.

Name			1	2	3	4	nd	AVE
V A U L T	1 Jackie Flanery	102	9.80	9.80				9.800
	2 Brie Olson	108	9.90	9.90				9.900
	3 Hollie Vise	114	9.85	9.85				9.850
	4 Natasha Kelley	103	9.90	9.95				9.925
	5 Mary Mantle	105	9.90	9.80				9.850
	6 Sara Stone	113	9.90	9.85				9.875

Vault Score: 49.400

Running Score: 49.400

B A R S	1 Jackie Flanery	102	9.85	9.75				9.800
	2 Melanie Root	111	9.85	9.85				9.850
	3 Brie Olson	108	9.75	9.75				9.750
	4 Megan Ferguson	101	9.85	9.90				9.875
	5 Natasha Kelley	103	9.85	9.75				9.800
	6 Hollie Vise	114	10.00	9.90				9.950

Bars Score: 49.275

Running Score: 98.675

B E A M	1 Natalie Ratcliff	110	9.25	9.20				9.225
	2 Sara Stone	113	9.75	9.80				9.775
	3 Natasha Kelley	103	9.75	9.80				9.775
	4 Kristin Smith	112	9.85	9.85				9.850
	5 Hollie Vise	114	9.90	9.95				9.925
	6 Megan Ferguson	101	9.90	9.90				9.900

Beam Score: 49.225

Running Score: 147.900

F L O O R	1 Sara Stone	113	9.75	9.80				9.775
	2 Kayla Nowak	107	9.30	9.25				9.275
	3 Megan Ferguson	101	9.70	9.75			-0.1	9.625
	4 Mary Mantle	105	9.75	9.80				9.775
	5 Hollie Vise	114	9.85	9.90				9.875
	6 Jackie Flanery	102	10.00	9.90				9.950

Floor Score: 49.000

Running Score: 196.900

Final Team Score: **196.900**

All-Arounders

	Vise						
VT	9.850						
UB	9.950						
BB	9.925						
FX	9.875						
AA	39.600						

2010 MEET-BY-MEET RECAPS

WEEK 11 - ARKANSAS | MARCH 19, 2010

FAYETTEVILLE, Ark. - The second-ranked OU women's gymnastics team (14-0) became the only squad in the NCAA to post an unblemished regular season record in two of the last three years with a 197.475-196.100 win at No. 6 Arkansas (7-4-1) in Fayetteville, Ark., on Friday.

The Sooners quieted the Barnhill Arena crowd of 4,008 with a sweep of all four event titles, spoiling Senior Night festivities for the home squad for the second consecutive road meet. It was the highest team score ever recorded inside Barnhill Arena, easily outdistancing the 197.025 by Arkansas earlier this season and the 196.725 by visiting Georgia in 2009. OU also set arena records on bars (49.375) and beam (49.450).

Oklahoma also picked up at least a share of all four individual event titles with wins on vault (Sara Stone - 9.95), bars (Hollie Vise and Megan Ferguson - 9.9), beam (Kristin Smith - 9.95) and floor (Jackie Flanery - 9.925).

OU improved to 5-0 against top-10 opponents this season, including four victories over SEC foes ranked in the top 10 (No. 1 Alabama, No. 4 Florida, No. 6 Arkansas and No. 9 Auburn).

The Sooners turned in their highest road score on bars this season, opening the event with scores of 9.85 or greater from all six gymnasts en route to a 49.375-49.300 lead after the first rotation. Vise and Ferguson shared the event title, while Natasha Kelley completed the OU sweep with a 9.875 for third place. Flanery, Melanie Root and Brie Olson ignited the fast start with three straight 9.85s to open the meet.

The team bars score tied OU's effort in its upset of top-ranked Alabama and was just short of the Sooners' season high of 49.425 against Iowa State on Feb. 12. Oklahoma held a slim margin over the Razorbacks despite a season-high-tying vault score from the home squad.

Oklahoma held a 98.775-98.400 lead at the midway point after picking up its second straight event win of the night on vault (49.400). Sara Stone anchored with her eighth straight score of 9.875 or higher on the apparatus, picking up her third win on vault in the last five meets with a 9.95 that tied Arkansas' Casey Jo Magee. Kelley shared third with a 9.9, while Olson stuck a 9.875 that received scores of 9.95 and 9.8 from the judging panel.

The Sooners closed floor with four straight scores of 9.8 or higher for a team tally of 49.250. Flanery anchored the lineup with a 9.925, while Smith and Ferguson added a pair of 9.875s. Vise scored a 9.8. Stone added a 9.775 from the first position despite incurring a 0.1 point deduction for stepping out of bounds prior to her first pass.

OU won its 10th team event title of the season on beam, clinching the undefeated regular season with a 49.450 on the apparatus. Smith clinched a share of her fifth event title of the season with a career-high-tying 9.95. The Oklahoma City senior had fond memories of the arena, as she posted a 9.925 on beam in her first routine eclipsing the 9.9 barrier the last time the Sooners visited Arkansas in 2008. Kelley scored a 9.9 on beam, while Vise and Ferguson closed the night with a pair of 9.875s as Oklahoma improved to 55-6 in the regular season under K.J. Kindler

Name		1	2	3	4	nd	AVE
1	Jacqueline Flanery 211	9.85	9.85				9.850
2	Brie Olson 203	9.80	9.95				9.875
3	Natalie Ratcliff 209	9.85	9.75				9.800
4	Natasha Kelley 205	9.90	9.90				9.900
5	Mary Mantle 213	9.85	9.80				9.825
6	Sara Stone 207	9.95	9.95				9.950

Vault Score: 49.400 Running Score: 49.400

1	Jacqueline Flanery 211	9.90	9.80				9.850
2	Melanie Root 210	9.85	9.85				9.850
3	Brie Olson 203	9.90	9.80				9.850
4	Megan Ferguson 206	9.90	9.90				9.900
5	Natasha Kelley 205	9.85	9.90				9.875
6	Hollie Vise 215	9.90	9.90				9.900

Bars Score: 49.375 Running Score: 98.775

1	Kayla Nowak 202	9.85	9.85				9.850
2	Natalie Ratcliff 209	9.85	9.80				9.825
3	Natasha Kelley 205	9.90	9.90				9.900
4	Kristin Smith 214	9.95	9.95				9.950
5	Hollie Vise 215	9.90	9.85				9.875
6	Megan Ferguson 206	9.90	9.85				9.875

Beam Score: 49.450 Running Score: 148.225

1	Sara Stone 207	9.85	9.90			-0.1	9.775
2	Kayla Nowak 202	9.65	9.75				9.700
3	Megan Ferguson 206	9.90	9.85				9.875
4	Hollie Vise 215	9.80	9.80				9.800
5	Kristin Smith 214	9.85	9.90				9.875
6	Jacqueline Flanery 211	9.90	9.95				9.925

Floor Score: 49.250 Running Score: 197.475

Final Team Score: **197.475**

All-Arounders

2010 MEET-BY-MEET RECAPS

WEEK 12 - BIG 12 CHAMPIONSHIP | MARCH 27, 2010

LINCOLN, Neb. - The second-ranked Oklahoma women's gymnastics squad stands atop the Big 12 podium once again, as the Sooners clinched their third straight Big 12 title with a team score of 197.175 on Saturday at the Devaney Center in Lincoln, Neb.

OU swept all four team event titles en route to the highest score by a Big 12 Champion since 2001.

It was a two-horse race from the start as the Sooners had to overtake a stingy Nebraska squad (196.625) in the last two rotations to clinch OU's ninth overall conference title (2010,'09,'08,'04,'93,'91,'86,'85,'84).

Missouri placed third with a team score of 195.900, while Iowa State finished last with a 194.850.

Oklahoma gymnasts won a share of every individual event title as well, capped off by multiple conference titles from Hollie Vise (bars - 9.9, beam - 9.925 and floor - 9.9) and Jackie Flanery (vault - 9.9 and floor - 9.9). Flanery was joined atop the vault podium by teammates Brie Olson and Natalie Ratcliff as the OU trio all captured the first Big 12 event title of their careers.

The Sooners captured 12 of the 23 spots on the All-Big 12 Championship squad, which is given to the top four places and ties on each apparatus at the conference championship. In addition to OU's Big 12 event champions, Kristin Smith earned the distinction on beam and floor, while Kayla Nowak (floor), Megan Ferguson (bars), Vise (floor) and Flanery (bars) rounded out the accolades.

Following the meet, Kindler was announced Big 12 Coach of the Year and was joined on the awards stand by Big 12 Newcomer of the Year Natasha Kelley. Kelley entered the meet with the highest RQS average of all conference newcomers on vault, bars and beam, despite competing on a 100% torn ACL suffered last November. Kelley was the first Oklahoma gymnast to garner the award in program history, while Kindler won her fifth Big 12 Coach of the Year award (second at Oklahoma).

The Sooners improved to 22-2 against conference opponents under Kindler, as the team became the first OU squad to win three straight conference titles since it reeled off back-to-back-to-back titles in 1984-1986.

Oklahoma joins Nebraska as the only squads in the Big 12 to win three straight conference titles.

The Sooners and Huskers have combined to win nine of the last 10 Big 12 titles. 2006 marked the only time since 2000 that one of the two didn't stand atop the conference podium, as Kindler's Iowa State squad won the crown.

Name		1	2	3	4	ND	AVG
1 Flanery, Jacqueline	203	9.90	9.90	9.85	9.90		9.900
2 Olson, Brie	209	9.90	9.90	9.90	9.85		9.900
3 Ratcliff, Natalie	211	9.95	9.85	9.90	9.90		9.900
4 Kelley, Natasha	204	9.85	9.85	9.85	9.85		9.850
5 Mantle, Mary	206	9.90	9.85	9.90	9.80		9.875
6 Root, Melanie	212	9.95	9.90	9.85	9.85		9.875

Vault Score: **49.450**

Running Score: **147.950**

1 Flanery, Jacqueline	203	9.85	9.85	9.80	9.90		9.850
2 Root, Melanie	212	9.70	9.65	9.55	9.50		9.600
3 Olson, Brie	209	9.75	9.80	9.85	9.85		9.825
4 Ferguson, Megan	202	9.90	9.85	9.85	9.85		9.850
5 Kelley, Natasha	204	9.80	9.80	9.85	9.80		9.800
6 Vise, Hollie	215	9.90	9.90	9.95	9.90		9.900

Bars Score: **49.225**

Running Score: **197.175**

1 Nowak, Kayla	208	9.70	9.75	9.75	9.65		9.725
2 Ratcliff, Natalie	211	9.75	9.80	9.70	9.80		9.775
3 Kelley, Natasha	204	9.70	9.75	9.85	9.85		9.800
4 Smith, Kristin	213	9.90	9.90	9.85	9.85		9.875
5 Vise, Hollie	215	9.85	9.95	9.90	9.95		9.925
6 Ferguson, Megan	202	9.35	9.30	9.35	9.35		9.350

Beam Score: **49.100**

Running Score: **49.100**

1 Mantle, Mary	206	9.80	9.80	9.85	9.75		9.800
2 Nowak, Kayla	208	9.85	9.85	9.90	9.90		9.875
3 Ferguson, Megan	202	9.85	9.85	9.90	9.80		9.850
4 Vise, Hollie	215	9.80	9.90	9.90	9.90		9.900
5 Smith, Kristin	213	9.85	9.85	9.95	9.90		9.875
6 Flanery, Jacqueline	203	9.90	9.90	9.80	9.95		9.900

Floor Score: **49.400**

Running Score: **98.500**

Video Review

Final Score: **197.175**

All Rounders

2010 MEET-BY-MEET RECAPS

WEEK 13 - NCAA NORTHEAST REGIONAL | APRIL 10, 2010

UNIVERSITY PARK, Pa. – The second-ranked Oklahoma women’s gymnastics squad captured the NCAA Northeast Regional title at Penn State on Saturday night and in the process broke a school record with its sixth score of 197.000 or higher on the season.

“We had a lot of goals coming in and we met those goals,” said head coach K.J. Kindler. “One of our scoring goals was to hit a 197.000 which we met. I knew coming in that this was going to be one of the more difficult regions in the country. Travelling so far, with such great competition from Penn State, LSU and the rest of the Northeast region, we knew we had our work cut out for us. Overall, I thought they did a really good job of handling their bye’s which allowed us to be successful.”

Oklahoma shined on the ever-challenging beam in its final rotation, sealing its first regional title since 2006 with a 49.475 on the apparatus in the Sooners highest event tally of the night.

“Wow, that beam ending was something out of a movie,” said Kindler. “It was amazing. I was energized by it and I know the athletes were as well. They were a model of consistency all night, which they have been all season.”

OU pushed its season record to 22-0 with a final tally of 197.250 that included a sweep of all four team event titles. Hollie Vise (beam – 9.95) and Jackie Flanery (floor – 9.95) added more hardware with individual event crowns.

The Sooners and LSU (196.400) advance to the NCAA Championships out of the University Park region, while meet host Penn State placed third with a 196.050.

NCAAs will have a Big 12 feel as both Missouri and Nebraska are among the 12-team field.

Oklahoma opened on floor after a bye in the first rotation and Flanery brought the crimson and cream contingent to its feet with a 9.95 that received a perfect 10.00 from one member of the judging panel. Kristin Smith was right on her heels with a 9.9, while Vise scored a 9.85 en route to a 49.300 team score. The result continued Oklahoma’s strong showing on the apparatus where they are averaging a 49.350 this postseason.

The Sooners matched their floor score with another 49.300 on vault. Capping the rotation was Natasha Kelley’s stuck 9.9. The rest of the lineup had some minor steps but solid amplitude throughout the entire rotation resulted in good scores. Mary Mantle posted a 9.875, while Brie Olson and Natalie Ratcliff added a pair of 9.85s.

OU lost a bit of intensity on bars but still managed a 49.175, capped off by a 9.9 from Vise. Kelley and Olson added a pair of 9.85s, while Root scored a 9.8.

Clinching the third regional crown in program history, the Sooners closed the beam rotation with a 9.95 (Vise) and a pair of 9.925s (Smith and Ferguson).

Name		1	2	3	4	ND	AVG
1 Jackie Flanery	503	9.85	9.85	9.80	9.75		9.825
2 Brie Olson	509	9.85	9.85	9.85	9.85		9.850
3 Natalie Ratcliff	511	9.80	9.85	9.85	9.85		9.850
4 Natasha Kelley	504	9.90	9.90	9.85	9.90		9.900
5 Mary Mantle	506	9.85	9.85	9.90	9.90		9.875
6 Sara Stone	514	9.80	9.80	9.85	9.90		9.825

Vault Score: **49.300**

Running Score: **98.600**

1 Jackie Flanery	503	9.60	9.75	9.85	9.80		9.775
2 Melanie Root	512	9.80	9.80	9.80	9.80		9.800
3 Brie Olson	509	9.90	9.80	9.85	9.85		9.850
4 Megan Ferguson	502	9.05	9.10	9.10	9.15		9.100
5 Natasha Kelley	504	9.80	9.85	9.85	9.85		9.850
6 Hollie Vise	515	9.90	9.90	9.95	9.90		9.900

Bars Score: **49.175**

Running Score: **147.775**

1 Kayla Nowak	508	9.75	9.75	9.80	9.75		9.750
2 Natalie Ratcliff	511	9.85	9.80	9.80	9.85		9.825
3 Natasha Kelley	504	9.85	9.75	9.90	9.85		9.850
4 Kristin Smith	513	9.95	9.95	9.90	9.90		9.925
5 Hollie Vise	515	9.90	9.95	9.95	9.95		9.950
6 Megan Ferguson	502	9.95	9.90	9.95	9.90		9.925

Beam Score: **49.475**

Running Score: **197.250**

1 Mary Mantle	506	9.75	9.75	9.75	9.75		9.750
2 Kayla Nowak	508	9.70	9.80	9.60	9.60		9.650
3 Megan Ferguson	502	9.90	9.85	9.80	9.85		9.850
4 Hollie Vise	515	9.80	9.85	9.85	9.85		9.850
5 Kristin Smith	513	9.90	9.90	9.90	9.90		9.900
6 Jackie Flanery	503	9.95	10.00	9.95	9.95		9.950

Floor Score: **49.300**

Running Score: **49.300**

Video Review

Final Score: **197.250**

All Arounders

OKLAHOMA GYMNASTICS

IN THE NEWS

OKLAHOMA WOMEN'S GYMNASTS JOIN MEN IN TITLE CHASE

By Jeff Lutzke
The Oklahoma Daily
April 15, 2010

NORMAN, Okla. — With five national championships in the last eight years, it's not often that coach Mark Williams runs into a gymnastics team more skilled than his Oklahoma men's squad.

Let alone in his own gym.

But early this season, the Sooner women -- guided by K.J. Kindler -- gained bragging rights by getting to No. 1 while Williams' men were ranked third.

"The men's team is an amazing program and since I've been here, they have been at the top the entire time," senior Kristin Smith said. "I think that's something that really motivates our program. We look at them and then we look at how we train and we're like, 'Why can't we be up there? We have everything that they have.'"

With the national meets right around the corner, Oklahoma is in the mix for both men's and women's NCAA titles, with each team now ranked No. 2. The men open their nationals Thursday in West Point, N.Y. The women get started April 22 in Gainesville, Fla.

For the teams, success has been contagious. Besides sharing the same renovated practice facility that reopened in late December, the gymnasts are friends -- sometimes couples -- and send text messages to say "good luck" or congratulate each other on another meet won.

It's what Kindler hoped might happen when she left Iowa State to take over the Sooners' women's program from Steve Nunno -- a former mentor to 1996 Olympic gold medalist Shannon Miller.

"Knowing that they have national championships year after year after year -- or at least the potential of being national champions year after year -- and having our athletes work out in the same gym that they do, you know that they will eventually start to expect the same success level. ... Their expectation level is now where it needs to be," Kindler said. "I don't think it was that way when I walked in the door four years ago."

As Williams' program has grown, the Sooners have brought home national titles in 2002, '03, '05, '06 and '08 and built a reputation as a top feeder school for the U.S. national team. Current Sooners Steven Legendre and Jake Dalton were selected for the U.S.

team for last year's world championships, along with Jonathan Horton -- the 2006 NCAA all-around champion with Oklahoma who became the face of America's bronze medal-winning Olympic team in Beijing after brothers Paul and Morgan Hamm were hurt.

"Our team is and always will be a family," Horton wrote in an e-mail. "Everyone that becomes a part of the OU gymnastics team buys into the system and becomes a brother to the rest. We all depend on each other, and the spirit of the team is what drives it."

The success at the college and national levels attracted private donations to fund a 7,000-square-foot addition to the Sam Viersen Gymnastics Center and fill it with new equipment.

The two teams had been sharing one floor exercise area, one pommel horse and working around one foam-filled pit that allows gymnasts a safe place to crash as they train on more difficult maneuvers. The coaches had to carefully schedule their practice routines and limit time in certain areas to make it work.

"It would be like the men and women sharing one court for basketball," Kindler said. "It's tough. You have to compromise."

Now, there's a separate floor area for each team, two pommel horses apiece and 18 pits spread around the gym. The addition holds four full-length vault runs for the teams to share.

It's a world of difference from the cramped spaces that had been in place since the building was built in the 1980s, on the heels of Oklahoma's first two national championships with eventual Olympic gold medalist Bart Conner on the team.

"They like to say this is the house that Bart built and in a lot of ways, I've told Jonathan Horton, this is the house that Jon expanded," Williams said.

Both coaches, though, trace a part of the foundation for this year's success to the months before the new gym opened. The teams were displaced to what the gymnasts call the "sweatbox," a warehouse across town that was turned into a makeshift gym for nine months -- including a brutally hot summer.

Everyone shared one changing area and a single bathroom while dealing with tight quarters and less-than-ideal practice conditions.

"We just had a lot of issues thrown in front of us

during the preseason, from having a facility where everything's crammed in to not having an air conditioner," Smith said. "I think having that really brought us together and actually I think it made us tougher."

With the most difficult days behind, Oklahoma's men will try to bring home a ninth national title. The women, who have finished in the top 10 the past four years, have a preliminary goal of breaking into the final six -- or "Super Six" -- for the first time in school history. After that, anything can happen.

SOONERS CONTINUE UNBEATEN RUN IN REGIONALS

By Aaron Colen
The Oklahoma Daily
April 12, 2010

The No. 2 OU women's gymnastics team defeated host team No. 14 Penn State, No. 11 LSU and several other teams to win the NCAA Northeast Regional title Saturday night.

The Sooners won the regional with a score of 197.250, breaking a school record with their sixth score of 197.000 or higher this season.

"Our goal wasn't necessarily to break the record, but we try to reach that score from the beginning of the season, and we just built on the first time we did it," redshirt freshman Natasha Kelley said.

OU had not won a regional title since 2006.

With the regional win, the Sooners now look ahead to the NCAA Championships in Gainesville, Fla. OU will enter that meet undefeated, but Kindler said that isn't something she, or her team, is thinking about.

"I haven't even mentioned it to the team," Kindler said. "The only way it is on their minds is if they're thinking about it on their own."

Senior Hollie Vise said she doesn't think the team feels the weight of expectations that comes with being undefeated.

"I don't feel like there is any extra pressure," Vise said. "We've had a great season so far, and the record just gives us more confidence."

OU will have another significant break between meets, which Kindler said will be beneficial for the team to regain some energy.

"We really need to recuperate," Kindler said. "This trip took a lot of energy. There was a lot of traveling. They need to rest their bodies."

Kindler said the team plans to use the break to first rest, then condition before the competing in the pinnacle meet of the season.

"We will have six workouts before the NCAAs," Kindler said. "We'll do a lot of conditioning at first, then tail it off as it gets closer to the meet."

The NCAA Championships will potentially include three other Big 12 teams, with Missouri and Nebraska both already qualified, and Iowa State still in conten-

tion. Twelve teams compete in the championship meet.

Kindler said she knows her team will have to perform just as well, and probably better, than they did at the regional to have a chance to win the national title.

"It is going to take between a 197.000 and a 198.000 to win nationals," Kindler said.

Vise said she sees those scores as attainable for the Sooners if they compete up to their potential.

"There is plenty of room for improvement," Vise said.

"There were a few mistakes here and there, so if we put it all together and compete like we know we can, we'll continue to improve."

WOMEN'S GYMNASTICS READY FOR NCAA REGIONAL

By Aaron Colen
The Oklahoma Daily
April 9, 2010

The No. 2 OU women's gymnastics team will return to action this weekend in the University Park NCAA Regional.

The Sooners hold the No. 1 seed in the regional, which includes two other squads that advanced to the NCAA Championships last year: No.2-seed LSU and host No.3-seed Penn State.

OU hasn't competed since the Big 12 Championships on March 27th, when the Sooners clinched their third-straight conference title. Head coach K.J. Kindler said the team has tried to keep its competitive edge up during the break.

"The break we had was kind of odd," Kindler said. "We're used to competing every weekend, so we hosted an inter-squad meet last week to keep the competitive schedule up."

Senior Hollie Vise said she thinks the time off has been beneficial to both her and her team.

"I think the layoff has helped," Vise said. "We got to use the weekend to rest, and we had more time to prepare."

The Sooners have used the extra practice time to focus on the small details that will be crucial if they hope to prevail in one of the nation's toughest regionals, Kindler said.

"Tenths make a big difference in gymnastics," she said. "We wanted to keep checking up on stuff and putting pressure on the girls."

Senior Jackie Flanery has missed some of the recent practices, but the Sooners' top gymnast on vault said she is ready to go on Saturday.

"Personally I feel really good," Flanery said. "I've made up for the lost time and I feel stronger than ever."

OU is undefeated this season, but Flanery said they can't let that make them complacent.

"The biggest thing is not to underestimate the competition," Flanery said. "Everyone has to be on their game."

Last season, the Sooners won their regional but

were only able to get to sixth place in the NCAA Championships. Both LSU and Penn State finished ahead of OU last season.

This year, the Sooners believe they have all the keys to make it even further, possibly even to the championship.

"We are very confident," Kindler said. "The girls are as prepared as they are going to be. We've had some good practices."

After seeing how they fare in the regional, the Sooners will have a good indication of exactly where they are in relation to the competition.

"We have put ourselves in a position to make it to the top, but we have a lot to work on before we get there," Flanery said.

WOMEN'S GYMNASTICS WINS BIG 12 CHAMPIONSHIP

By Aaron Colen
The Oklahoma Daily
March 29, 2010

The No. 2 OU women's gymnastics team took another step towards the national title Saturday, when it won its third-straight Big 12 Championship in Lincoln, Neb.

The Sooners had to top three other teams to clinch their eighth all-time conference title. Nebraska, Missouri and Iowa State finished behind OU in that order.

OU and Nebraska separated themselves from the pack early on, with the Sooners pulling away during the final two rotations for the victory.

The Sooners finished with a score of 197.175, the highest score by a Big 12 champion since 2001. Nebraska was not far behind at 196.625. Missouri finished with a 195.900 and Iowa State with 194.850.

OU swept all four event titles and had gymnast win a share of every individual title as well.

Senior Hollie Vise and senior Jackie Flanery won multiple individual titles. Flanery took vault (9.9) and floor (9.9) while Vise won on bars (9.9), beam (9.925) and tied Flanery on floor (9.9).

After the meet was over, the honors didn't stop coming to the Sooners. Head coach K.J. Kindler received her fifth Big 12 Coach of the Year award, her second at OU.

Senior Kristin Smith earned a spot on the All-Big 12 team along with 11 other Sooners. Smith said despite the individual honors, the team comes first.

"The thing with college gymnastics is that it is always about the team," Smith said. "I'm happy with my individual performance, but team always takes over."

Redshirt freshman Natasha Kelley was named Big 12 Newcomer of the Year. Kelley earned the award even though she competed on a torn ACL she suffered in November.

With the conference win, the Sooners have clinched a No. 1 seed at the NCAA Regional Championship on April 10. The time and place of the meet will be determined Monday, when the selection committee finalizes its selections.

Smith said Saturday's win won't change what the

Sooners are focused on doing, which is taking the program to new heights.

"Our focus now is going to be the same as it has been all year," Smith said. "We're going to put in hard work and stay determined."

SOONERS GO FOR THIRD STRAIGHT

By Michael Kinney
The Norman Transcript
March 27, 2010

The accolades keep rolling in for the Oklahoma women's gymnastic team.

After beating six programs ranked in the top 13 in the nation, the Sooners finished the regular season undefeated.

"It adds no pressure," OU coach K.J. Kindler said. "This is new life. It's basically a new beginning for us. We can certainly draw from the confidence we have earned throughout our season, but I don't feel it adds any pressure."

The second-ranked Sooners also earned 10 All-Big 12 honors Wednesday. It's the third straight year they have led the conference in selections.

Holli Vise, Megan Ferguson, Kristen Smith and Sara Stone are all repeat winners. For many programs, that would be a good way to top of the season. But for the Sooners, they hardly had time to acknowledge the achievement before heading off to their next conquest. The team traveled to Lincoln, Neb., for the Big 12 Championship today. Oklahoma is searching for its third straight crown.

"It would be incredible for our program," Kindler said. "It is rare to be able to achieve something monumental like that for three consecutive years."

Despite their history of success at conference, Kindler's squad must come prepared to be at its best to keep the title in Norman.

"We start the meet on beam," Kindler said. "With that rotation, we definitely need to come out calm but very aggressive — a tough combination. It is our best event. We are ranked No. 1 in the nation, so I expect that we will start off well. From there, we will need to press for our best performances of the year. This meet is always the most competitive of the season, so it will take our most focused and precise performance."

With the meet beginning with the balance beam, that means Oklahoma has an opportunity to set the tone for the entire competition. Both Vise and Ferguson are ranked in the top six, while Smith is right behind at No. 8.

Smith is concluding her career at Oklahoma after a impressive four years. Her coach knows just how

valuable the Oklahoma City native has been to the program.

"Krissy has been a remarkable athlete for us throughout her four years," Kindler said. "This season is her best as she is particularly confident, and that has made a difference for her. I would say that her greatest contribution, however, is her spirit and enthusiasm. We have needed her every step of the way. And she shows up day after day."

The coaching staff has watched Smith grow in and outside the gym. And it seems to have all come together for her in her final go-around.

"Her freshman year she was tentative and a bit of a wallflower," Kindler said. "She wasn't a go getter on the competition floor, though she always produced in practice. As a senior, she has embraced her competitive nature and is truly ruthless out there on the floor. She is motivating and encouraging to her teammates and has the ability to pump them up. As her confidence grew, so did her gymnastics abilities."

Smith came to OU from Putnam City and was a member of Dynamo Gymnastics. She has seen the Sooner program grow into a national powerhouse. The only thing she and the team have not done is win a national championship.

But OU heads into the this postseason as one of the favorites to walk away with the crown, which would be its first.

"To her it would mean the world," Kindler said. "I can't think of anything that would mean more to her. She is crimson and cream through and through."

SOONERS PREPARE FOR BIG 12 CHAMPIONSHIP

By Peter Davis
The Oklahoma Daily
March 26, 2010

After an undefeated regular season highlighted by a monumental upset, the No. 2 OU women's gymnastics team is staring down history as it heads into the Big 12 Championship this weekend in Lincoln, Neb.

Since the NCAA officially recognized women's gymnastics in 1982, only four programs have been able to lay claim to the national title: Alabama, Georgia, UCLA and Utah.

In only her fourth year as head coach for OU, K.J. Kindler has the Sooners positioned with an opportunity to become the fifth different national champion, and also to win their third-consecutive conference title.

When Kindler accepted the position, she said she was intrigued by endless possibilities of the program and the level of support provided by the administration within the athletic department.

She also said she fully intends on this being more than just a once-in-a-lifetime shot.

"The vision is to contend for a national championship on a consistent basis and to break ground in NCAA gymnastics where few other programs have gone," Kindler said.

Given the chance to think about what the title would bring to the program, Kindler leaves little doubt to its place in OU athletics.

"What it would mean to OU is indescribable, and what it would mean to the entire gymnastics community is equally astounding," she said.

The program is already making strides, as it recently competed in front of its largest ever crowd against top-ranked Alabama earlier this year.

With all eyes on the Sooners in the meet against No. 1 Alabama, OU rose to the occasion, besting the Crimson Tide 197.950 – 197.275.

In a night of firsts, the Sooner women upset the Tide, recorded their first-ever win over a top-ranked opponent and also recorded the highest program tally in the OU history, and did it in front of a record crowd.

Former two-time world champion and current Sooner senior gymnast Hollie Vise looks to what it might

mean for the team if it can win it all April 22 to 24 at the NCAA Championships in Gainesville, Fla.

"To add our school to that list would be absolutely amazing," Vise said. "It would show everyone that anything is possible when you want it bad enough, and we do."

Senior Jackie Flanery also shares the sentiments of her coach and teammate about winning the national championship.

"Winning the NCAAs would be monumental for the program here at OU," Flanery said. "It is something that has never been done and I definitely think this team and the coaching staff have the ability to make history at this university."

Even as the team looks forward to its potential opportunities, Kindler hasn't let herself or her team forget the path they had to take to get to this point. While construction took place at the Sam Viersen Center, the team was forced to train in a temporary facility.

"We had very little in terms of equipment and it was a tough road. I have been so impressed with the team's resilience and the ability to push through a less than ideal situation," Kindler said.

It has been her team's effort that has made it all the sweeter for Kindler. She looks forward to how her team will handle the challenges over the next few weeks as the season goes into the home stretch.

As the team continues to stay focused and works toward the ultimate goal, she envisions the entire team stepping up.

"It has been an incredible season thus far," Kindler said. "I am privileged to work with these women. I have been so impressed with our team's work ethic."

Even as the Sooners aim to press toward the conference and national titles, Kindler said she looks at the bigger picture.

"We want gymnastics to become a sport at OU that everyone talks about, plans their weekends around and attends enthusiastically," Kindler said. "We want our popularity to grow and our product to remain of the highest of quality."

SOONER OR LATER

Inside Gymnastics Magazine March 22, 2010

When coach K.J. Kindler came to Oklahoma from Iowa State four years ago, she was fresh off the Cyclones first-ever Super Six appearance and determined to make the same magic happen at OU.

Now, with an undefeated regular season that included several NCAA-record scores, a takedown of No. 1 Alabama on the Sooner's home turf, and OU's first-ever stint at the top of the gymnastics rankings, Kindler's dream seems set to become reality.

The question is: How far can the No.2-ranked Sooners go?

Inside caught up with Kindler for a chat with many experts' pick for college gymnastics' Coach of the Year ...

INSIDE: You just completed an amazing season in which you notched several OU gymnastics firsts. Obviously, you're focused on the post-season, but can you enjoy the level of success you've already achieved? K.J. KINDLER: You enjoy it in the moment, but a coach's mind is always turning, looking to the next thing.

INSIDE: You're a team that, before the season began, not a lot of people would have predicted would be in this position. What makes it even more incredible is that you actually came into this year having lost some of your big stars, for instance former National Team member Haley Horton (nee DeProspero). How did you make such a shift without gaining a slew of sought after recruits?

KINDLER: I think that [our success] wasn't necessarily a surprise, at least to me. We put in a lot of hard work. I don't mind being in this position, as far as preseason [rankings] go. You have to show you can be up there, year in and year out, and we haven't done that. At least not yet.

Haley was the consummate leader. She always led by example. She always did the right thing. She was a model teammate. But, for some reason, this group of four [seniors] has had a little bit of spark and fire—a tenacity—and they bring that with them into every meet.

The reason I wasn't surprised about how well we were doing is because of our senior class. They have embraced their position. They've really stepped it up and everyone is following them. Good leadership can

never be underestimated.

And our freshmen have contributed a lot. ... Kayla (Nowak) and Brie (Olson) have really blossomed in this environment. I think people underestimated our freshmen.

INSIDE: This is the first season World medalist Natasha Kelley has been able to compete as a Sooner after tearing her Achilles just weeks before the 2009 season. And this year she's doing it with a torn ACL. How is that possible?

KINDLER: Honestly? She just loves gymnastics. She is so passionate. When [she tore her ACL in November] all I could think was, 'Not again.' She's got a rod in her leg [which ended her Elite career], she tore her Achilles right after our intrasquad [in 2008] and now, again, right on the cusp of the season, she gets hurt.

You know, you work so hard in the pre-season and the season is the reward, really. I felt like she was being robbed. Again.

I didn't know what to expect when the doctors released her. She started on bars and we just added from there. She has no pain, no swelling, and there is no other damage to the ligaments or meniscus in the knee. She was very fortunate it was a very isolated knee injury. ... The doctors have said her ACL leg is actually 10 percent stronger than her non-ACL leg.

I know there's a lot of speculation or concern about her doing this, but the doctors wouldn't release her unless it's safe for her, and the bottom line is that she wants it. It's her body and her decision and I told her from the beginning that I would support whatever she would decide.

INSIDE: Will Kelley have her knee fixed as soon as the season is over?

KINDLER: I don't know. I don't know what the plan is at this point.

INSIDE: Senior Hollie Vise, a World gold medalist in 2003, has emerged as a major NCAA star this season after some rough going early in her college career. What inspired that change?

KINDLER: I feel like she wants to go out on top.

You know, through all the ups and downs, Hollie has embraced this experience. I know a lot of people said she wasn't very serious about college gymnastics cause she didn't stay in shape or come in prepared. But I think she's proving them wrong.

People are saying it's a shame she couldn't have been

like this from day one but, you know, I don't think I want that Hollie. I want this one. She's gone though so much and she's had to push. And it's been a struggle; coming from where she was when she came in that door, to be quite honest. She's learned life lessons and I think she's a better person because of it.

[Our relationship] was tough love at first. I think she had certain expectations, being recruited by [former OU coach Steve Nunno]; what she was told would be expected of her. But I let her know right away that my expectations were different.

I knew she was an amazing gymnast and I expected that from her, on all four events, not one or two. I think that was shocking. But once she knew that it was that or the highway, she pushed through and we have a great relationship. I think she respects [me] and I certainly respect the hard work she's gone through to get to this point.

You know, she could have given up, gone somewhere else, or just quit, and she didn't. She's really impressed everyone around her. I am very impressed with Hollie.

I definitely think [Natasha and Hollie are] the swagger of the team. The confidence. They certainly provide our best routines on several events, but the great thing is that they have absolutely no ego, either of them. To me, that makes a huge difference. They put the team first and they do a great job of that.

I would say they're the core of the team. But not having an all-arounder, this is such a team effort. From top to bottom, every single athlete is giving everything they have.

INSIDE: You are one of the only top 10 teams that doesn't also have a top 10 all-arounder.

KINDLER: And I feel like that's a testament to our depth. Hollie has competed all-around once, Kayla has done it once or twice, but I don't see them doing it in the post-season. We're just going to put our best six on each event, and depending on the day, that may or not include Hollie on vault. I think that's what we have to do if we want to make a dent [in the NCAA standings].

Hollie definitely has that potential to be a top all-arounder, but not day in, day out. She has gotten so much better on vault. And she's still pushing every day, even though she knows that may not happen.

INSIDE: How do you lead a team that has never even been in the Super Six on a post-season hunt for a

SOONER OR LATER (CONTINUED)

Championship?

KINDLER: We're sticking to same goals we've had from the beginning of season: to make it to the second night. A National Championship isn't possible if you don't make Super Six.

I know [a National Championship] is floating around in their minds, but as a coach that kind of pressure—I don't think I would put that on them. Our goals remain to make Super Six and, once you get there, you can contend for a National Championship. The focus will change at that point. But we have to make the first step, to make the second step.

I think [being No. 2] is ambition and motivation, but I don't think they feel pressure.

INSIDE: You have been the most consistent team in the country thus far, counting only two falls the entire season, and those early on. How have you accomplished that fairly significant feat?

KINDLER: It is very unusual. We've taken some risks this year that maybe we should have done before. Like with Jackie (Flanery) on bars, we've played around so many times with that routine in the past. This year we just settled and decided to use what was best for her, what highlights her strong points, which are amplitude and execution.

I'd say we've made some fairly significant coaching changes involving routine construction. We're using our heads and making the most intelligent decisions.

I think that consistency builds confidence, and that's something you need if you're going to win in the end.

The confidence was built as the season went on—and I know some people think it's strange—but we tried to peak at meet one. That fire we got starting against Florida with a win was totally worth it.

INSIDE: One big change you've made in the program is the strength of schedule.

KINDLER: That first year we went undefeated was a different schedule completely. Less SEC teams and that's the toughest conference for gymnastics and we need to compete against them. This year, and last year, we did. This time it was more on our home court and we definitely benefited from that.

I think this past weekend at Arkansas was our toughest challenge on the road and they really brought it. I was very excited about that.

I've been very impressed by our schedule, but more so that they've been up for all these meets. They've

really brought an attitude into every single meet to come in prepared. As a coach, that's what you want.

INSIDE: Is there an added urgency to succeed this season, the last year before team finals is reduced to four?

KINDLER: Now or never.

Obviously, as a team that's trying to get to that level, this is the year to do it, when we have two additional spots. This is the year to take advantage of that.

Next year our goals will have to change. I'm hoping and planning on them being in the top four, so I can look back and say they've done it before and we can make it again.

I wasn't excited about [the format change] because I like those opportunities to be open. I would like to see other teams win a National Championship. I understand the rationale [behind the reduction], but I feel anything is possible. If a mistake is made, someone else is going to grab it. And, right now, if you're in the top six you have an opportunity to win. And if you're in the top 12 you have opportunity to make Super Six. It's what do you do with that opportunity.

Look at Georgia [in 2005]. They almost didn't make it past Denver to get to NAAs. They came in 12th. Then they were the last team into Super Six and they started on beam. Beam! And they lit a fire. I've always said it was over after beam. They won it after the first event—the momentum they had.

That's the fun part: Anything is possible.

INSIDE: Which teams do you see as in contention for this year's NCAA crown? Who are you worried about?

KINDLER: We've met Florida and Alabama and Arkansas, so we've met three of the Super Six from last year. I've heard UCLA looks amazing and they have a great roster. I expect them to contend for sure. To be honest—and I'm looking at the top 12 right now—they're all very, very good. I think more than any other year it is open.

I see UCLA as a huge threat. I see Georgia as a threat because of their experience in the post-season. I mean, five-time National Champions can't be out of the loop. I think they've been underestimated all year.

Alabama, they're best team we've seen this year, from top to bottom, but we saw Florida on day one and that's not a good measuring stick.

We'll see what happens. I'm not even saying we're going to be there. I feel like it's anyone's game. I can't even count us in. Do we have the potential? Yeah, I think we do

INSIDE: Do you believe this team can win a National Championship?

KINDLER: I believe that if we are competing on the last night that we have the opportunity. I believe that my team knows how to compete. And I know that they are willing to leave everything out on the floor that night. That's what I believe.

WOMEN'S GYMNASTICS CLINCHES UNDEFEATED REGULAR SEASON

By Brandon Broadhurst
The Oklahoma Daily
March 20, 2010

The No. 2 OU women's gymnastics team (14-0) has become the only squad in the NCAA to post an undefeated regular season record in two of the last three years with a 197.475-196.100 win over No. 6 Arkansas (7-4-1) in Fayetteville, Ark., on Friday.

OU has won five matches against top-10 opponents this season, including four major wins over schools who participate in what most believe is the top conference in the country, the SEC. Before the win over Arkansas, the Sooners also defeated No. 1 Alabama, No. 4 Florida, No. 6 Arkansas and No. 9 Auburn.

During this feat, the Oklahoma Sooners squad also won all four individual event titles with wins on vault (sophomore Sara Stone – 9.95), bars (senior Hollie Vise and sophomore Megan Ferguson – 9.9), beam (senior Kristin Smith – 9.95) and floor (senior Jackie Flanery – 9.925).

OU won its 10th team event title of the season on beam, clinching the undefeated regular season with a 49.450 on the apparatus.

Oklahoma now turns its attention towards the post-season as the Sooners will travel to Lincoln, Neb., for the Big 12 Championship on March 27 at 2 p.m. OU is a win away from three straight conference titles for the first time since it reeled off back-to-back-to-back titles in 1984-1986.

SOONERS LOOK TO REMAIN UNDEFEATED AFTER SENIOR NIGHT WIN

By Aaron Colen
The Oklahoma Daily
March 18, 2010

The No. 2 OU women's gymnastics team finished its home season undefeated after prevailing over No. 25 Washington on the Sooners' senior night last week in the Lloyd Noble Center.

During their last collegiate performance in front of a home crowd, OU seniors clinched four titles, including an all-around win by senior Hollie Vise in her first college appearance in all four events.

The Sooners picked up team event titles in three events: vault, bas and beam.

With the win, OU improved to 54-6 during the regular season under head coach K.J. Kindler, 28-2 in Norman.

The Sooners have performed well against top competition this season. Nine of OU's 13 victories this season have come against top-five opponents, including an upset of No.1 Alabama.

OU will close out its regular season and look to maintain its perfect record with a meet against No. 7 Arkansas on Friday, March 19.

The Sooners have already beaten three top-10 SEC opponents this season. The meet is scheduled to start at 7 p.m. in Fayetteville, Ark.

STILL NO LOSSES

By Staff Writers

The Norman Transcript

March 13, 2010

Norman — The Oklahoma women's gymnastics team competed at home for the final time Friday. The second-ranked Sooners took on No. 25 Washington and they gave the fans something to cheer about as they rolled past the Huskies 196.900-195.800.

The win also pushed the Sooners to 13-0 on the season. Nine of their victories this year have come against top-25 squads. They face No. 7 Arkansas March 19.

"We were far from perfect tonight, but a lot of that can be attributed to some shuffles in the lineup," OU coach K.J. Kindler said. "We must improve with each practice this week, as we are facing one of the top teams in the country in their own house."

The Sooners were coming off the biggest victory in the program's history when they defeated No. 1 Alabama last week. They could have had a let down after such a momentous event. But Kindler would not let her squad take UW lightly.

Oklahoma's biggest inspiration came from the five seniors who have led the Sooners to back-to-back Big 12 titles and a NCAA Championships appearance. For Jackie Flanery, Julie Kramer, Mary Mantle, Kristin Smith and Hollie Vise, it was their final time to compete in front of their home crowd at Lloyd Noble Center, where they were 28-2 during their four years at Oklahoma.

The OU seniors won four titles on the night, including Vise's 39.600 all-around win in her first collegiate appearance competing in all four events.

OU SCORES HISTORIC UPSET OF NO. 1 ALABAMA

By Brandon Broadhurst
The Oklahoma Daily
March 6, 2010

The Sooners upset the No. 1 Alabama Crimson Tide on Friday night at Lloyd Noble Center.

The match-up of gymnastics powerhouses was a nail-biter until the finish. The Sooners posted a program-record score of 197.950, topping Alabama's 197.275.

On the biggest stage, against the best opponent, the No. 2 OU women's gymnastics team performed at its highest level.

"We really brought it tonight, we put all the pieces together," head coach K.J. Kindler said.

"If you're going to do it (set a school record), tonight was the night," Kindler said. "I can't imagine a better night to do it than against the No. 1 team in the country. Alabama is solid. They are impressive. I believe that we rose to the level of their gymnastics, we rose to the occasion and captured the moment tonight."

Senior Hollie Vise helped her Sooner squad defeat the nation's top team by winning two titles on beam (9.950) and bars (9.925).

"It's just absolutely incredible to beat them," Vise said.

The win was the first-ever victory over a top-ranked opponent in OU women's gymnastics history.

"This just shows that we are truly a contender for a national championship," Kindler said.

The Sooners were lifted by the largest crowd ever to witness a women's gymnastics meet in Norman: 2,529 fans were present in Lloyd Noble for the upset.

Both teams took turns swapping almost identical scores until the final event. While the Sooners' last event was on floor, the Alabama gymnasts competed on beam.

The Sooners came out firing with the help of sophomore Megan Ferguson's 9.925, which was matched by seniors Hollie Vise and Kristin Smith.

The Crimson Tide suffered a fall on beam, which was followed by Flanery's 9.975 that clinched the match.

With the win, OU is now 4-0 against top-10 oppo-

nents, and 27-2 in Norman under Kindler.

SOONERS DEFEAT NO. 1

By Michael Kinney
The Norman Transcript
March 6, 2010

Norman — Oklahoma and Alabama have been trading the top spot in the women's gymnastics rankings back and forth much of the season and it's about to be traded again.

Friday night at Lloyd Noble Center the No. 2 Sooners knocked the No. 1 Crimson Tide 197.950-197.275.

In front of a record crowd of 2,529 theater-seated fans, the Sooners broke their old team tally best mark of 197.725. Simply put, if you believe the judges, it was the finest performance ever by an OU women's gymnastics team.

"If you're going to (set a school record), tonight's the night," OU coach K.J. Kindler said. "I can't imagine a better night to do it than against the No. 1 team in the country.

"Alabama is solid . . . I believe we rose to the level of their gymnastics. We rose to the occasion and captured the moment tonight."

The Sooners won three of the four disciplines, posting team scores of 49.5 on the vault, 49.45 on the beam and 49.625 on the floor.

OU captured no worse than a share of the best score, individually, on all four disciplines.

Mary Mantle posted 9.925 on the vault. Hollie Vise matched Mantle on the vault and posted the night's best score, 9.95, on the beam. Jackie Flannery was the high scorer on the floor, posting 9.975.

Kindler thought the difference came on the floor, where the Sooners had struggled of late. Sara Stone, Kayla Nowak and Megan Ferguson were the first three to take to the mat.

The trio had "been rough on the floor the past few weeks," Kindler said. "Going into the floor, we needed those three to build up to the end of the lineup and they did just that."

Stone received a 9.825 from the judges, Nowak a 9.875 and Ferguson a personal best 9.925.

It was the Sooners' last apparatus of the night and those three scores went a long way toward securing victory.

OU owns a perfect 12-0 dual mark this season and is 4-0 against top 10 opponents. Now 27-2 at home since Kindler took over the program, the Sooners play host to Washington March 12.

OU, ALABAMA BATTLE FOR TOP RANKING

By Brandon Broadhurst
The Oklahoma Daily
March 5, 2010

The No. 2 OU women's gymnastics team hosts the top-ranked Alabama Crimson Tide in a historic match-up at 7 tonight the Lloyd Noble Center.

This will be the first meeting between the No. 1- and No. 2-ranked teams in the nation since No. 2 Georgia upset top-ranked Florida 196.850-196.825 in Gainesville, Fla., on Jan. 18, 2008. The meet has been called the biggest home meet in the program's history.

"This is absolutely monumental for our program," head coach K.J. Kindler said.

The Sooners capped off a seventh straight victory over a top-25 opponent with the help of sophomore Sara Stone's perfect 10.0 on vault Feb. 26 against No. 23 Michigan State.

"I was just really focused, and I hope to bring that same focus this week," Stone said.

Despite OU's win, Alabama still managed to overtake the Sooners in this week's national poll after a 197.225-195.650 win at Kentucky.

The Sooners and the Tide have swapped the No. 1 and No. 2 rankings four weeks in a row.

OU gymnasts said they want to make sure to stay calm during the high-profile meet.

Sophomore Megan Ferguson said she is very excited for the opportunity to help her Sooner squad knock off the toughest opponent in the country.

"Many people still are skeptical of our program, and this win would really solidify how capable we are," Ferguson said. "We can compete against anyone."

Focus is the name of the game for the Sooners.

"When we focus, we can beat anyone" Kindler said. "It's just important to remain calm and channel our energy."

Ferguson said Kindler, who is in her third year as the Sooners' coach, helps the team keep the right mindset.

"K.J. does an incredible job at keeping us positive and focused," Ferguson said.

NO. 1 MATCHES UP AGAINST NO. 2

By Michael Kinney
The Norman Transcript
March 5, 2010

Norman — In the almost four years Jacqueline Flanery has been at Oklahoma, she has taken part in some big events. From winning conference championships to competing for national titles, however, the senior gymnast is not easily impressed.

But Flanery admits tonight is a different beat altogether. When her second-ranked Sooners host No. 1 Alabama at Lloyd Noble Center she will be in unfamiliar territory.

"It's huge," Flanery said. "It's the biggest meet in history. We are really excited. I have never been this excited for a meet since I have been in three and a half years. I am really looking forward to it."

This will be the first time since 2008 that the No. 1 and No. 2 ranked teams in the nation will face-off. Being part of the SEC where half the top 10 comes from the conference, the Crimson Tide may be used to this type of attention. But Oklahoma is getting its first taste of limelight.

The meet will be televised live at 7 p.m. via the Sooner Sports Network on Cox Channel 7 in Oklahoma City. It's a first for the Sooners and Crimson Tide to perform on live television.

"This is the biggest event we have ever been a part of," OU coach K.J. Kindler said. "It's our biggest regular season meet for sure. Probably in program history. I don't misspeak when I say that. It's huge."

Alabama leads the all-time series 21-2 and the Sooners are only 1-7 against the Crimson Tide under Kindler, with their only win coming in the preliminary session of the 2007 NCAA Championships. Friday is the first regular season meeting between the two squads in Norman since 1991. However, the Sooners are 26-2 under Kindler at home.

"We have met some of the best teams in the country within the Southeastern Conference and now we step out of the conference and we face a team that has been ranked first or second all season long," Alabama coach Sarah Patterson said. "We are stepping out of our comfort zone in Coleman Coliseum and we're going up against great competition that we will contend with down the road for a national championship."

The Sooners rise to the top spot in the country lasted

only 14 days. Alabama regained its hold at No. 1 earlier this week. Since the second week of the season, OU and the Tide are the only teams to hold the top two positions in the rankings.

"It's monumental," Kindler said. "It's something that we have never done before. Haven't been in this situation before. We found ourselves here since the second week of the season. We knew it was possible as Alabama and Oklahoma flip-flopped the last four weeks between No. 1 and No. 2. I was hoping it would come down to this."

Beyond the historical significance of the matchup, a compelling meet is expected from the two talent laden teams. Each squad has gymnasts who are ranked in the top 25 in each event. Oklahoma has nine while the Tides boast 11.

In a matchup like this, every point and routine is critical. The squad who can pull off the most upsets has the advantage. Heading into the meet, Alabama holds the edge in rankings on the vault and floor exercise while the Sooners own the uneven bars. That means it could come down to the balance beam to decide who takes home the victory.

"I do feel on bars we have an excellent team," Kindler said. "I have been really impressed with our bars all year. We are both ranked No. 1 on Balance beam. The Balance beam very often tells the end result."

If it comes down to the beam, Holli Vise could be major player for the Sooners. The senior is ranked second in the nation.

"I think we are going to need to be consistent and do what we do every day in practice," Vise said. "We are not going to be able to hold back at all. Give it everything we got."

MOTIVATED SOONERS HOPE TO TOP CRIMSON TIDE

By Dwight Normile
International Gymnast Magazine
March 4, 2010

In any other year, Friday's clash between Oklahoma and Alabama would have had a David-and-Goliath feel. But this year, the second-ranked Sooners are poised to knock off the No. 1-ranked Crimson Tide and perhaps regain the top ranking they held earlier in the season.

While some teams might become uncomfortable with the unfamiliarity of being one of the best teams in the country, Sooner coach K.J. Kindler says her squad is enjoying every moment.

"UCLA, Georgia, Alabama, Utah, Florida . . . this is not unfamiliar territory for them," Kindler told IG. "For us, it is monumental and exciting. Our athletes have embraced the opportunity. They have a vision, and instead of feeling pressure, I believe they feel pride. We have absolutely spoken about it."

On the other hand, Alabama is used to high rankings, having won four NCAA titles to Oklahoma's none. But coach Sarah Patterson isn't surprised by the Sooners recent surge.

"K.J. Kindler has done a great job at Oklahoma, and they have had a very good year to this point," she said. "They have been very consistent and really haven't had a bump in the road this season."

Patterson, in her 32nd season at Alabama, is looking forward to perhaps being the bump Oklahoma hasn't experienced yet.

"I think this is a great opportunity for our ladies to face great competition in a team that we will contend with down the road for a national championship," she told IG. "I think our team will have to make their own energy and excitement without 14,000 fans cheering them on, and this will be the same scenario at the NCAA championships. We have a few challenges to face but feel our ladies will rise to the occasion."

If the Sooner gymnasts are not intimidated by Alabama's presence Friday night, they will have to deal with TV cameras at Lloyd Noble Arena for the first time. The meet will be televised live throughout Oklahoma, a first for the Oklahoma gymnastics program.

Those are welcome growing pains for Oklahoma, and Kindler, who's in her fourth season at OU, is confident in the ability of her team.

"The difference [this year] has been leadership," she said. "Our seniors are doing more events for us than they did their first three years, and they have dedicated themselves 120 percent. Everyone has followed their lead."

While Alabama has two highly ranked all-arounders in Morgan Dennis (3rd) and Ashley Priess (4th), Oklahoma relies on specialists such as Hollie Vise and Megan Ferguson (ranked 2nd and 3rd on beam), and Jackie Flanery (3rd on floor). And while Alabama is the top team in the nation on vault, it shares that ranking with Oklahoma on beam.

"I don't think we have reached our potential yet this year," Patterson said. "I do think we have been tremendously consistent but are still growing and building as a team, and that our best meet is still in front of us."

Kindler, no doubt, is thinking the same about her Sooners.

GIANT LEAPS; NO BOUNDS FOR OU GYMNAST

By Jenni Carlson
The Daily Oklahoman
March 2, 2010

NORMAN — Natasha Kelley flips and twists and cartwheels her way down the balance beam.

MultimediaPhoto

view all photos She does it with ease. She does it with grace.

She does it with a completely torn ACL, too.

The Oklahoma gymnast is competing despite the most important stabilizing ligament in her right knee being torn in two. She suffered the injury less than two months before this season began, but she decided to forgo surgery and continue gymnastics with an injury that derails most athletes.

"It's extremely rare," Sooner coach K.J. Kindler said of an NCAA gymnast competing with an ACL injury. "I don't know anyone else in NCAA gymnastics right now who's doing it. Certainly, people have done it before, but it's very rare."

Even more rare? Having a severed ACL but still being one of the best gymnasts in the country. Kelley ranks in the top 25 nationally on the balance beam and the uneven bars.

Watch her leaping and landing, and if wasn't for her knee brace, you wouldn't even know anything was wrong.

"If I sat back and thought about somebody competing without an ACL, I'd probably be like, 'Oh, that's not possible,'" Kelley said. "But ... I've always been pretty good with pain.

"Now, it doesn't even seem like it's torn. It doesn't seem like as much of a big deal to me because it seems like it's normal."

It's not. In a season when OU is ranked No. 1 for the first time in program history and considered a contender for a national championship, the Sooners need look no further than Kelley for a little extra motivation.

Sure, she's doing this for herself, but she's doing it for them, too.

She wasn't about to miss another season with them.

Kelley came to Norman from Katy, Texas, as arguably the most ballyhooed recruit in the program's history. After winning a junior national championship in 2005, she was in line to become an Olympian like junior champ Carly Patterson had before her. Injuries derailed

that dream and prompted Kelley to step away from gymnastics for a while.

But when she arrived at OU two summers ago, her body was healed and her energy was replenished.

About three weeks before the season, Kelley was working on some of the tumbling passes in her floor routine. She'd done her entire routine twice already that day, but when she landed on one of her extra passes, she felt a quick but sharp pain on the back of her calf.

"I thought the floor had broke," she said.

As Kelley lay on the mat, she turned and expected to see the busted shard of wood that had smacked her in the back of the leg. Nothing, though, was wrong with the floor.

Her Achilles' was torn.

Her season was lost.

Surgery and rehabilitation sidelined Kelley for the better part of six months, and that was difficult for someone who's been doing gymnastics since she was 3 years old. There was no gutting it out. There was no playing through the pain.

There was no helping her team, either. It was a helpless feeling.

Kelley could hardly wait to return this season.

Then, right before Thanksgiving, she was on the floor working on a new skill. She wanted to do it one last time, but when she landed, her knee went sideways.

"I felt it pop out, then pop back in," she said.

Her ACL had snapped.

"We can do surgery," the doctor told Kelley. "Maybe by April you might be able to do something."

Her stomach dropped.

"Or," the doctor said, "you could not have surgery and try to come back."

"That's what I'm doing," Kelley said.

Kindler tried to slow her down, encouraging her to talk to her parents first, but there was no changing Kelley's mind. Her parents knew it. Her coach knew it, too.

"You can't stop Natasha," Kelley's mother, Peggy, told Kindler. "Whatever she wants to do, she's gonna do it. There's no tellin' her no."

Once the swelling in Kelley's knee went down and her range of motion returned, she got back into the gym, taking baby steps with her routines and seeing what she could do. She soon realized that she could still do the same routines on the uneven bars, the balance beam and the vault that she was doing before her injury.

Less than two months after the injury, she competed on the bars and the beam in the Sooners' season opener. She scored 9.850 on the bars, tied for the team's best score in the event that night, and 9.800 on the beam, the team's third-best score.

Three weeks later, she added the vault in competition and has been doing all three events since.

Because Kelley didn't tear any other ligaments in her knee, her swelling has been minimal. The same goes for her pain. She does exercises to strengthen the muscles around her knee and compensate for the ligament that she lacks, but yet, nothing changes the fact that Kelley is doing high-level gymnastics with a torn ACL.

Her ability to do that has been critical for OU.

"Huge," Kindler said. "The thing is, she's so consistent. She has tons of international experience. Doing her routines doesn't faze her."

But her impact on her teammates goes beyond the scores that she posts.

"It's a lesson in toughness for them," Kindler said. "We all get caught up in 'poor me' sometimes.

"It's a lot harder now for them to do that based on what she's done."

Kelley said, "I guess for them to see me doing it with my knee in two pieces and not really having that much of a problem with it, I think it helps them. I hope it does. I hope it helps them on the hard days ... when everything's not quite there just to step back and see that the situation could be a lot worse."

Truth be told, Kelley doesn't think her situation is all that bad.

Not after last season.

"Now," she said, "I feel I can do anything."

WOMEN'S GYMNASTICS REMAINS UNDEFEATED

By Brandon Broadhurst
The Oklahoma Daily
March 1, 2010

The top-ranked OU women's gymnastics squad (11-0, 3-0 Big 12) clinched its seventh straight victory over a top-25 opponent with a 196.825-194.125 win at No. 23 Michigan State (9-5, 3-3 Big Ten) on Friday.

Pursuing perfection was the name of the game for OU sophomore Sara Stone during Friday night's match of No. 23 Michigan State when she posted a perfect 10 on vault. This is perfect score is only the 11th in program history.

The Sooners did not get down after posting a season-low 48.95 on bars.

Unwavering, OU went back to work and the Sooners continued to earn four individual titles.

Stone's perfect score saved the Sooners and gave them a 98.400-96.350 advantage at the halfway mark. Stone's score was the first perfect score by an OU gymnast since 2008.

On floor, Flanery anchored the lineup with a career-high-tying 9.95 en route to a 49.225 team tally.

OU closed the rotation with four scores of 9.8 or better, as Kristin Smith (9.9), Hollie Vise (9.875) and Megan Ferguson (9.8) all posted solid routines. The Sooners improved to 5-0 all-time against the Michigan State Spartans.

The Sooners are back to work next week when they will host one of the top teams in the nation when the No. 2 Alabama Crimson Tide come to Norman on Friday.

PERFECT SEASON HASN'T ENDED YET

Transcript Staff
The Norman Transcript
Feb. 27, 2010

EAST LANSING, Mich. — The top-ranked Oklahoma women's gymnastics squad clinched its seventh straight victory over a top 25 opponent with a 196.825-194.125 win at No. 23 Michigan State (9-5) Friday night.

The victory, which lifted the Sooners to 11-0 this season, was capped off by Sara Stone's 10.00 on vault. The score was only the 11th perfect score in the program's history and fifth on the apparatus.

"There is a genuine thrill anytime you have someone post a 10 and that was definitely the highlight of the meet," OU coach K.J. Kindler said. "I was really proud of the way that lineup came out and performed from top to bottom."

The Sooners also swept all four individual titles as Stone (vault), Brie Olson (bars), Hollie Vise (beam) and Jackie Flanery (floor) picked up event wins.

OU returns home for its most anticipated home meet in program history in a battle with No. 2 Alabama on Friday, March 5, at 7 p.m., at the Lloyd Noble Center.

WOMEN'S GYMNASTICS GOES ON ROAD FOR TOP-25 MATCHUP

By Brandon Broadhurst
The Oklahoma Daily
Feb. 26, 2010

The No. 1 OU women's gymnastics team will visit Big 10 powerhouse No. 23 Michigan State on Friday.

The Sooners have posted a score over 197.000 in back-to-back victories this season and will look to continue that trend against the Spartans.

Sophomore Megan Ferguson said OU isn't resting on the accomplishments of this season.

"We aren't satisfied yet, we haven't had our big night yet," Ferguson said.

The Sooners may be saving their "big" night for next week when they will compete at home against No. 2 Alabama.

Despite Michigan State's 23rd ranking in the Troester poll, Ferguson said it won't affect their efforts.

"We are competing against the whole country when we go out there," Ferguson said.

The Sooners became the first Big 12 team in history to hold the nation's top spot for multiple weeks in a row during the regular season.

OU is also ranked in the top six on every apparatus, including No. 1 RQS rankings on beam (49.140) and floor (49.185).

Friday's meet will mark the first time head coach K.J. Kindler and the Sooners have faced Michigan State during her tenure.

Kindler said she hand-picks opponents for her team to face throughout the season.

Kindler has challenged her team to compete against some of the best non-conference teams this year, many from the SEC.

"I want to give our girls some of the toughest competition out there to really test them and the SEC is the top conference for gymnastics," Kindler said.

The Sooners face off against the Spartans at 5 p.m. Friday night.

SOONERS CLOSE OUT CONFERENCE SCHEDULE WITH WIN

By Brandon Broadhurst
The Oklahoma Daily
Feb. 20, 2010

The No. 2 OU women's gymnastics team has surpassed all Big 12 teams with an 10-0 record after defeating the No. 17 Missouri Tigers on Friday with a 197.050-195.500 victory.

The Sooners have broken the 197-point barrier in back-to-back meets for the first time since 2004.

Sophomore Sara Stone (vault – 9.925), sophomore Megan Ferguson (beam – 9.95) and senior Jackie Flanery (floor – 9.925) led OU to the victory to close out their regular season. The Sooners took home all four event titles for the second week in a row.

Even after trailing for just the second time this season, OU still posted a 49.100 on bars while the Tigers opened up with a 49.150. The Sooners quieted the Mizzou crowd after nailing 6-of-6 on the apparatus, paced by senior Hollie Vise's 9.875.

OU capped off their successful night with a 49.400 on beam, just a tenth of a point shy of its season high on the apparatus and Vise's score of 9.9 from the fifth position.

Head coach K.J. Kindler has guided her Sooners to a 19-2 record in the Big 12 during her tenure as coach, including an 11-1 mark during the regular season.

Oklahoma returns to action at Michigan State on Feb. 26 at 6 p.m.

WOMEN'S GYMNASTICS WRAPS UP CONFERENCE SEASON

By Brandon Broadhurst
The Oklahoma Daily
Feb. 19, 2010

The No. 2 OU women's gymnastics team will cap off its conference schedule at No. 17 Missouri tonight at 6:30 p.m.

After posting their highest score since 2004 in their "Beauty and the Beast" victory over No. 16 Iowa State, the Sooners were deduced from the nations top spot in the latest Troester poll.

The Sooners post an average score of 196.563 and are nipping at the heels of top-ranked Alabama, who averages a score of 196.575.

Sophomore All-American Megan Ferguson and Senior Hollie Vise will attempt to continue their impressive winning streaks on the road tonight against the Tigers.

Ferguson is the highest ranked Big 12 gymnast on any apparatus and Vise has been near-perfect on bars this season, ranking her fourth in the country with a 9.896 average. Red shirt freshmen Natasha Kelley and Senior Jackie Flanery are also ranked within the top 15 nationally.

The Missouri Tigers, currently 7-1, are lead by Sarah Shire, who has won the 15th all-around title of her career last weekend. Shire, currently ranking in at 18th nationally, will hope to lead her Tigers to a victory and end her season 8-1. The Tigers posts an average score of 195.025.

WISE LEADS OU TO NATIONAL NO. 1 RANKING

Fox Sports SW
Feb. 19, 2010

Former Olympic hopeful, now a Sooner senior, in a Q&A.

Oklahoma senior gymnast Hollie Vise entered college with credentials rarely seen from any Big 12 student-athlete. Competing as an elite gymnast, Vise was the USA national champion on the uneven bars in 2002 and '03. She was also the World Champion on bars in '03 while helping lead the USA to the team title. A back injury hampered her efforts to make the USA Olympic team in 2004, though many will argue that her performance at Trials warranted a spot in the Athens Games. Now as her collegiate career is wrapping up, Oklahoma is on a roll. This week the Sooners vaulted to #1 in the national rankings. Big 12 Showcase producer Keith Fletcher recently quizzed the former world champion.

It seems like forever ago that you were competing in the World Championships. You've become quite a veteran in the sport. Do you, just as a college senior, ever find other competitors who come up to you saying "I used to watch you growing up" or stuff like that?

It happens every once in a while.. I think it's funny when someone says something like that because I feel like I am the exact same as them because we are competing on the same level. The funniest was when I first got to OU and one of my teammates, who was also a senior, told me that she had an autographed picture of me from years before. We ended up being roommates and she would always joke around that she was going to hang up the autographed picture in her room. I made sure that never happened.

What are some important things you keep from those years as an elite gymnast, competing against the best in the world and being on the cusp of the Olympics?

One thing that I have always held onto was something that my coach always told me. He would say, "Hard work never disappears." He also told me that someone else could be out there working harder than me if I didn't give it my all. It always motivated me to put 110 percent into everything I did. I learned at a young age that every detail mattered which made me a perfectionist. I still hold onto that quality, which I think has helped me in collegiate gymnastics. Competing at Worlds and being so close to making the Olympics just gave me a lot of experience and a very competitive edge. I learned what true dedication was during that very important growing stage of my life.

What are some things you'd just assume people forget about and move past?

I don't know that there is anything I would want people to just forget about. I think that every little moment, even the not so good moments, makes a story special. So I wouldn't say there is anything that I want anyone to just forget about. People still tell me how sorry they are that I didn't make the Olympics and that I deserved to be there. It's nice to have people that really care and that believe I should have been there. I guess I would just say I don't want anyone feeling sorry for me. I've moved on and I am happy. I love competing in college. It would have been awesome to compete in the Olympics but the Olympics aren't everything. There are things much more important in life.

Success like what you had at such a young age is often hard to follow, even with just the reputation that follows. What are some of the challenges you've had related to that?

I did have some gymnastics issues, especially because I took a lot of time off between 2004 and 2006 when I got to OU. I had grown up, I wasn't a little girl anymore, along with not doing much of any gymnastics. It was a major challenge coming back and particularly comparing myself to the gymnast I was before. I guess it is hard to compare with what I did early on in my gymnastics career, but I see it as a completely different journey. I don't compare what I do now with what I did then. I'm just happy with the progress I have made each year since I've been at OU.

You're friends with Olympic gold medal winners Carly Patterson and Nastia Liukin. You all trained at the same place - World Olympic Gymnastics Academy in suburban Dallas. What kind of contact do keep with them?

Carly and I still keep in touch all the time. I see her every time I go home to Dallas and she has been to OU to visit me before. We talk on the phone and text quite a bit. We keep in touch as much as we can but she is one of those friends that even if we didn't talk for months we could get together and nothing will have changed. I talk to Nastia every now and then and I usually see her when I am in Dallas if our schedules happen to work out. They are both awesome friendships that I know will last forever.

Carly had some injuries and walked away from gymnastics after the Athens Games. Nastia went to SMU, but not to compete in gymnastics. It's not something

that every successful elite gymnast does, everyone has their own circumstances, but what do you think they missed out on, not competing collegiately?

I think that having the opportunity to go to school and be a part of a team is such an amazing experience. College gymnastics is a different world than elite gymnastics. It doesn't take up as much of your time, it's easier on your body and it's a completely different atmosphere. It's really just a lot of fun and I think that any gymnast would enjoy the experience. My teammates are my best friends here and I have awesome coaches. They have helped me grow a lot in the gym and out of the gym. Doing college gymnastics made me love the sport all over again after my long break.

You've competed in one of the pinnacle events of your sport, performing in front of thousands of people like few ever will. As a collegian at OU, do you still get the butterflies, the genuine joy of competing?

I love competing in college. I enjoyed competing in Elite as well but I was much more nervous back then. Now I am able to relax and have fun. It also helps having a team that is always behind you, supporting you 100 percent. I wouldn't describe myself as the really "nervous" type but I still get the butterflies from time to time, but they are good butterflies.

What are some of your pre-competition rituals and/or superstitions?

I have this little wooden frog that my brother (Brad) gave me for good luck at one of my meets when I was probably 13. I've taken it to every single meet since then. It's always in my gym bag. Other than that, I'm not very superstitious. There are certain things our team always do. We have a banging and clapping OU chant that we do before every meet and we always pray before we start the meet.

You mentioned the time away from gymnastics you took after your elite days, before coming to Oklahoma. You've also said in previous interviews that coming to OU was something of a new beginning for you. How do you feel like your career has evolved and regenerated itself since coming to Norman and developing under K.J. (Kindler, OU head coach)?

I feel like I am a different person than when I arrived on campus at OU. It has taken so much hard work to get where I am today, especially my freshman year when I had just arrived. KJ knew just what to do in order to get me where I needed to be and she did it in a way where I didn't get burnt out. She was always

WISE LEADS OU TO NATIONAL NO. 1 RANKING (CONTINUED)

able to motivate me, which was really important. I have made major improvements from year to year since I have been here and I have our coaching staff and my wonderful teammates for that.

Charles Barkley once famously said that he shouldn't be any kid's role model, and went as far as to implore parents not to allow their kids to see him as a role model. Kids are always going to look up to athletes who compete at a high level, doing things they hope to do some day. Where does the role-model line get drawn in your book?

I know children will always look up to their favorite athletes as role models but I think a true role model shouldn't just be someone who is a good athlete. Children should look up to people who want to make a difference in the world, people who help others that need it, people who live the right way. I'm not saying that there aren't athletes out there that hold all of these qualities because I know there are. I'm just saying that the role model image shouldn't automatically fall on someone because they are a good athlete.

Another cliché but, what's your favorite class right now, and why?

Adolescent Issues. I enjoy this class because I love kids. This class addresses a lot of issues that adolescents go through. Everyone in the class gets a chance to give their opinion about these issues, say why they think they exist and how they can be fixed.

Fixing adolescents? Wow. Ideally, what would you like to do after college?

I wish I could say I knew exactly. I am in the process of figuring all of that out. I would like to stay at OU and get my masters degree. If I don't do that I will be looking for a job very soon. If I don't have a steady job by the time I graduate I will probably coach until I find one.

What's a perfect vacation?

A perfect vacation is somewhere tropical with my family, all my best friends and my boyfriend, with beautiful scenery, and amazing weather with a lot of fun activities and really good shopping!

I recommend highly recommend the Kihei area of Maui. What's the TV show you're most ashamed to admit you like?

"Make It Or Break It". I really do love it though!

Another cranial question – What do you wish people knew about you?

I think that a lot of people that know who I am from gymnastics, but don't necessarily really know me outside of competition, think that I am really serious and mean because that is how I look when I compete. Maybe not so much now, but prior years for sure. I guess I just want people to know that I'm really laid back, I joke around a lot and I'm really goofy. I enjoy having a good time and if anyone ever needs me, I am always there to help.

What's your proudest moment that has nothing to do with gymnastics?

I think my proudest moment will be in three months when I graduate from college.

Okay, now back to gymnastics in the present, you're performing the floor exercise this year for the first time in your collegiate career. You have five performances now and a season-best score of 9.925, last week. What's it been like adding the floor to your repertoire?

It has been so much fun. It had been so long since I had trained floor, about six years actually. I love doing new things and having new challenges. I looked at floor as a big challenge and it motivated me. I love dancing and performing. It's really exciting. Floor is the one event that you can really let go and go all out and put some personality into it. I'm so glad that I decided to give it a try this year because the hard work has paid off and I am really enjoying it!

Generally, underclassmen never mention a team having bad chemistry, since it's implied that seniors largely dictate team chemistry. Then when athletes become seniors, they freely talk about which teams didn't have good chemistry, and how chemistry is different with their influence. What's your philosophy of team chemistry and how is this year's team, now that you are a senior?

My philosophy of team chemistry is being able to come together as a whole and each person committing themselves to being the best teammate and friend to each and every person on the team. Team chemistry calls for unselfish people who are willing to put the team before themselves as an individual. Being able to understand each teammates background and respect them for who they are without judging is also important. If you can do all these things, the team is likely to be very close and will all be able to

work together in order to achieve any goal. I think our team this year has good team chemistry. A lot of us have very different backgrounds and we are aware of that but we realize that we are each a piece of this team and we all bring different values that when put together creates a perfect mix. We are very supportive of each other and work every single day to achieve our team goals.

Oklahoma has won back-to-back Big 12 Championships. In both, there were some close calls in the final rotation. I think it was two years ago when Kiara Redmond-Sturms had to nail her final vault in order for OU to take the whole team title. What are matches like that like, when it's so tense and pressing and points are deducted for the slightest slip-ups?

Of course it would be great not to have any close calls and not have to worry about anything in cruising to a victory, but at the same time, when our team has some mistakes early on and we are still able to be in contention to win, it is exciting yet nerve racking. It's a great feeling when we are able to come together as a team and come back to win.

Complete this thought: Before I turn in my leotard and call it a career at OU I want to . . .

Win our third Big 12 title, win the National Championship and become an All-American.

WOMEN'S GYMNASTICS CONTROLS CLOSE MATCH IN WIN

By Brandon Broadhurst
The Oklahoma Daily
Feb. 13, 2010

No. 1 Oklahoma throttled No. 16 Iowa State by posting their highest team tally (197.250) since 2004.

During "Beauty and the Beast" night, the top ranked Sooners (9-0, 2-0 Big 12) led the entire way towards their 197.250-196.225 victory over No. 16 Iowa State (4-5, 0-2 Big 12).

Oklahoma started and finished the rotation with event winning 9.875s from senior Jackie Flanery and senior Mary Mantle. The senior duo's shared event titles caused the Sooners to rally up a team tally score of 49.200 to open the dual meet with the event win, with help coming from sophomore Sara Stone and redshirt freshman Natasha Kelley's pair of 9.85s.

The Sooners posted six straight scores of 9.825 or higher on bars and took their second event title of the night with a season-high score of 49.425. It was a full 0.2 points higher than any other Oklahoma team score on the apparatus in 2010.

After surviving a fall on the first position on beam, the Sooners rallied around freshman Kayla Nowak and Kelley who posted routines of 9.825 and 9.85, by obtaining five scores back-to-back of 9.825 or higher.

The Sooners hit the road for back-to-back meets beginning with a trip to Columbia, Mo., for a meeting with conference rival Missouri on Feb. 19, before ending the two-meet road trip at Michigan State on Feb. 26.

BEAUTY AND THE BEAST....THE BEAUTY

By Brandon Broadhurst
The Oklahoma Daily
Feb. 12, 2010

Finally acquiring the nation's top spot, the undefeated Oklahoma Sooners women's gymnastics team will host No. 16 Iowa State (4-4, 0-1 Big 12) tonight in Oklahoma's annual "Beauty and the Beast" night.

After displacing Alabama from their No. 1 ranking, the Sooners placed their name atop the latest Troester poll.

Reaching this achievement ends a 30-year long drought for the women's gymnastics program and is the first OU women's sport to be ranked No. 1 during the regular season.

Tonight Oklahoma's annual "Beauty and the Beast" event should offer a spectacle rarely witnessed in sports.

Showcasing two of the nations top ranked programs, the No. 9 OU men's wrestling team and the first ever No. 1 women's gymnastics team should provide a show for the ages. OU has never before had two highly ranked programs share a stage together to compete in their respected sports.

OU has dominated the Cyclones for seven straight victories under fourth-year head coach K.J. Kindler, who came to Norman after making her head coaching debut at ISU in 2001.

Kindler coached Iowa State for six seasons, leading them to its first Super Six appearance in 2006.

Leading the Sooners in from the floor will be last week's high scorers, Kristin Smith (9.95), Kayla Nowak (9.925), Hollie Vise (9.925) and Megan Ferguson (9.9).

KINDLER'S PROGRAM RISES TO NO. 1

By Clay Horning
The Norman Transcript
Feb. 10, 2010

Oklahoma gymnastics being ranked No. 1 is nothing new. Mark Williams' men's program has won five of the last eight national championships.

Still, the program run by K.J. Kindler made history Monday when the new rankings came out.

Called the Troester rankings, the OU women, coming off last Friday's triangular victory over Nebraska and Texas Woman's University, ascended to the top spot Monday.

Alabama, Arkansas, Utah and UCLA round out the top five.

The program has been on the rise ever since Kindler took over four seasons ago, coming over from Big 12 rival Iowa State.

She has guided the Sooners to the NCAA Championships every season since her arrival, though advancing to the second day of the national meet hasn't come easy.

Now, it appears, the program is a national championship contender.

Her program is the eighth bearing the Sooner name to be ranked No. 1 in the nation, the others being football, men's basketball, men's golf, men's gymnastics, softball and wrestling.

The Sooners will take their lofty perch atop the sport into Friday's dual with Iowa State. It will be "Beauty and the Beast" night at Lloyd Noble Center, as the OU wrestling team takes on Tennessee-Chattanooga simultaneously on the arena floor.

WOMEN'S GYMNASTICS POSTS SEASON-HIGH SCORE IN VICTORY

By Brandon Broadhurst
The Oklahoma Daily
Feb. 8, 2010

The No. 2 OU women's gymnastics team remained undefeated after defeating No. 10 Nebraska and Texas Women's University on Friday night in Norman.

The Sooners improved their record to 8-0 (1-0 Big 12) after posting a season-high score of 196.825. Nebraska finished second (196.225) followed by TWU (192.575).

OU won team event titles on vault, bars and floor and swept all four individual titles with event wins on vault. Senior Jackie Flanery tied with a 9.9 and freshman Megan Ferguson scored a 9.925 on beam to lift her Sooner squad from an enclosing Nebraska team.

Ferguson (9.925) and Kelley (9.875) finished back to back in the individual standings on beam, but the second straight fall on the apparatus cost OU a chance to record its highest score on the beams this season. Ratcliffe and Nowak preceded Ferguson and Kelley with a pair of 9.85s, but Vise and Smith fell in the final two routines.

OU improved to 49-6 in the regular season under Kindler, including a 25-2 mark in Norman.

The Sooners are at home again on Feb. 12, hosting Iowa State in the annual "Beauty and the Beast" night, during which the gymnastics team will compete side-by-side with the nationally-ranked wrestling squad.

WOMEN'S GYMNASTICS HEADS HOME FOR DUAL MEET

By Brandon Broadhurst
The Oklahoma Daily
Feb. 5, 2010

The No. 2 Oklahoma Sooners women's gymnastics squad (6-0) will be competing for the first time at home since they earned a victory against the Florida Gators. Tonight the Sooners will host an undefeated No. 10 Nebraska team and an already once defeated TWU squad. Megan Ferguson a sophomore commented on what its like being home, "We really enjoy competing at home and absolutely love having the great crowd support."

This event will be Oklahoma's annual "Flip for a Cause" meet in promotion of raising women's heart health awareness.

Last week the No.2 Sooners improved their record to 6-0 after winning a quad meet at the 2010 Metroplex Challenge in Dallas. The Sooners defeated Alaska-Anchorage, N.C. State and TWU in all four team events.

Pressure of being No.2 in the country isn't a negative factor for women's gymnastics team.

"We use the pressure of being ranked as motivation," Ferguson said.

The gymnastics squad competes so ferociously in each of their meets because they are not only competing against a certain team but they are competing for the nations top spot.

Hollie Vise, a nationally ranked senior, will attempt to help lead her team to another big victory at home with her skills on beam and bars. Vise has won individual titles on both of these events in every meet this year. Natasha Kelley, a red shirt freshman, will still compete despite having suffered a complete ACL tear in November.

The first 500 fans in attendance tonight at the Lloyd Noble Center who wear a crimson shirt will get a free "I (heart) OU Gymnastics" T-shirt. Tickets are only \$8 for adults and \$5 for youth. The action starts at 7 p.m.

WOMEN GYMNASTS LOOKING GOOD, SO FAR

By Michael Kinney
The Norman Transcript
Feb. 5, 2010

The Oklahoma women's gymnastics squad have started the season on a roll.

After racking up three victories last weekend at the Metroplex Challenge in Dallas, the Sooners sport a 6-0 record and a No. 2 national ranking.

Yet, OU coach K.J. Kindler is not surprised by her team's early showing.

"They have done exactly as we expected," Kindler said. "We knew we would need to hit a small peak in the first meet of the year against Florida.

"It was a matchup we didn't take advantage of in 2009, and we wanted to make a statement. Since that first meet, they have shown great consistency and their scoring potential is really exciting."

However, the important part of the Sooners' schedule begins today with the Big 12 Conference opener. No. 10 Nebraska and Texas Western pay Oklahoma a visit at 7 p.m. at Lloyd Noble Center.

Kindler knows exactly how important this early season showdown is for the team.

"Conference meets are always a step up in intensity," Kindler said. "There is rivalry there. There is history. There is the desire to prove that you are the one to beat."

The Cornhuskers roll into town with a veteran squad and a few talented freshmen.

"They are well coached and well prepared," Kindler said. "Kylie Stone is a Canadian Olympian who definitely has great leadership skills. Fans will be impressed with their natural power and quickness."

Yet, Oklahoma is not coming into the meet scared. The first part of the season has just been a primer for the conference season.

And now that it's here, the Sooners are ready to burst onto the scene.

"We have to knock it out of the park, as they say in baseball," Kindler said. "Let it fly. They are ready to explode. I can feel that. I am ready for that."

OU WOMEN DEFEAT RANKED FIGHTING ILLINI

By Brandon Broadhurst
The Oklahoma Daily
Jan. 25, 2010

The No. 2 Sooners (3-0, 0-0 Big 12) posted a season high 49.500 on beam in its rout of the No. 25 Fighting Illini (3-3, 0-0 Big 10), in Champaign, Ill., this past Saturday night.

Oklahoma improved to 3-0 on the season and 7-0 all-time against the Fighting Illini, while Saturday's +2.225 margin of victory was the second largest in the series.

After returning to her home state, freshman Kayla Nowak finished second in the all-around with a 39.050 in her first collegiate all-around performance. Nowak's performance marked the first time this season the Sooners have had a gymnast compete in all four events.

Trailing after a rotation for the first time all season, the second ranked Sooners rallied together and posted four scores of 9.8 or higher on vault for a team score of 49.050.

After a few mistakes and mishaps, the Sooners started up hot and never stopped. Oklahoma took over the Fighting Illini 98.050-97.025 at the midway point after the home squad was forced to count a fall on bars.

Flanery (9.9), Smith (9.85) Vise (9.825) and Mary Mantle (9.775) all posted season bests on floor en route to a team score of 49.100 on the apparatus. Flanery won her third-straight event title on the apparatus this season, while Smith and Vise finished third and fifth, respectively.

Posting their highest beam score in 14 meets (49.500) after reeling off five straight 9.85s or better after a fall from the first position, the Sooners seemed unstoppable.

"I thought we came out a bit lethargic and really didn't stick any landings on vault or bars, where we entered the meet with a goal of hitting at least 50-percent of those routines," said fourth year head coach K.J. Kindler. "We finally started gaining some momentum on floor, where I felt that Mary (Mantle), Hollie (Vise), Kristin (Smith) and Jackie (Flanery) all performed their best routines of the season."

OU closes its current three-meet road stand at the Metroplex Challenge in Dallas, Texas, on Jan. 30. The quad meet features Alaska-Anchorage, N.C. State and

TWU alongside Oklahoma and begins at 7 p.m. (CT) inside the Dallas Convention Center.

WOMEN'S GYMNASTICS HITS THE ROAD TO TAKE ON ILLINOIS

By Brandon Broadhurst
The Oklahoma Daily
Jan. 22, 2010

The No. 2 Oklahoma Sooners (2-0, 0-0 Big 12) women's gymnastics team will travel to face the No. 25 Fighting Illini on Saturday in Champaign, Ill. For the first time in program history the Sooners will compete against the Fighting Illini in Champaign. The Sooners hope to maintain some of the stunning presence they earned last week in their first big road win against No. 9 Auburn.

The Fighting Illini placed second in the Big Ten Conference last year and is hoping to uplift some of their past success. It will be a very tough task to earn a victory against this Sooner Squad. Oklahoma has been one of the most consistent teams in the country during the first two weeks of competition, hitting 47-of-48 routines en route to back-to-back wins over top-10 opponents.

The Sooners who are currently ranked second nationally could potentially earn the top spot with a big win in Champaign. The lady Sooners are less than a tenth of a point behind No. 1 UCLA (196.362) with an average score of 196.275. UCLA competes against an unranked California team on Friday night. If the Sooners can pull off a big win on Saturday they could obtain the status of No. 1.

Approximatley a third of the Sooners routines have been performed by freshman this year. Freshman Kayla Nowak, an Illinois native, competes in bars, beams and floor routines. Nowak, in her first collegiate floor routine against Florida two weeks ago, posted an astonishing 9.85.

WOMEN'S GYMNASTICS ROLLS PAST AUBURN

By Brandon Broadhurst
The Oklahoma Daily
Jan. 19, 2010

The No. 2 Oklahoma Women's Gymnastics team (2-0, 0-0 Big 12) traveled to Beard-Eaves-Memorial Coliseum to face the Auburn Tigers (0-2, 0-1 SEC) for their second straight test against a top ten SEC opponent.

Leading the Sooners to a victory against the No. 4 Florida Gators (0-1, 0-0 SEC) in Norman only a week earlier was Big 12 Specialist of the Week, senior Jackie Flanery.

After Oklahoma posted a team tally of 49.050 on the apparatus, aided by junior Natalie Ratcliff's 9.85, the Sooners had bagged the vault title.

Along with Flanery and senior Mary Mantle's stunning 9.8 performances, sophomore Sara Stone's 9.825 was the final blow to quiet the 5,750 crowd in Alabama.

Flanery, along with Hollie Vise and Kristin Smith who posted season high numbers (bars-9.925, beam-9.875) and (beam-9.875) against the Tigers, led the Sooners to their first tough road victory. All three of the women were individual title winners in their victory over Auburn.

"It is very exciting to be on the road for the first time and see how tough you are, in particular because our warm up was not one without a couple of hiccups," said head coach K.J. Kindler. "I felt that they really regrouped and got their heads together. I'm very proud of how they performed. We were solid throughout, but the girls realize there is so much room for improvement which is the exciting part."

Kindler is 43-6 as she rolls into only her fourth year as head coach of the lady Sooners.

Friday's victory over the Tigers was OU's third straight over Auburn and evened the all-time series at four apiece. Through two meets, Oklahoma has won 15 of a possible 16 combined team and individual event titles.

OU next travels to Champaign, Ill., for a meeting with 2009 NCAA Championships qualifier Illinois on Jan. 23 at 7 p.m. (CT). The Fighting Illini entered the weekend ranked No. 23 in the country.

OKLAHOMA STUDENT-ATHLETE SPOTLIGHT: MEGAN FERGUSON

By Jennifer Van Tuyl
Big 12 Campus Correspondent
Jan. 14, 2010

When Megan Ferguson arrived on the University of Oklahoma campus she was not a big name in the collegiate gymnastics world. But the 4'11 freshman would soon make a big impact for the OU women's gymnastics team.

Ferguson was recruited by many schools because of her amazing balance beam skills, a two-time national champion, and her natural athletic ability. The only thing Ferguson lacked was a good uneven bars routine. This did not discourage head coach K.J. Kindler because she saw the potential Ferguson possessed.

"You could tell that she had natural ability in her swinging and her bodyline," Kindler said. "A lot of things that we look at when recruiting is does she have the potential to get better? She had the necessary tools on bars she just didn't have the bigger level skills."

Competition by competition, Ferguson showed that potential competing at a high-level on beam, floor and the uneven bars.

"I was hoping to help out my team on beam and floor, but I definitely wasn't expecting to do bars," Ferguson said. "I also wasn't expecting to be competing as much but it has all been really exciting."

Throughout the season Ferguson faced many schools that did not recruit her but she did not let that affect her because being an underdog is something she has never paid attention to.

"I didn't feel like I had anything to prove because nobody knows who I am in the college world," Ferguson said. "I just wanted to go out there and show people who I am. I was excited to get out there and start doing things and hope that everything would fall into place."

Make a name for herself is exactly what Ferguson did. During the 2009 season she posted highs of 9.925 on beam, 9.85 on floor and 9.9 on bars and was the only freshman in Big 12 history to win multiple titles at the conference championship (Ferguson won titles on bars and beam). The instant success was not a surprise to Kindler because Ferguson exhibits what it takes to be a successful gymnast.

"She will do or die for gymnastics," Kindler said. "She eats, sleeps and breathes it. She takes advice very

seriously and if we recommend she does something she always does it. She is the perfect student. As a coach-to-athlete relationship, if you ask her to do something you know she is going to do exactly what you asked of her. She doesn't blow it off, she doesn't think it's not important or doesn't put other things in front of it. She definitely puts gymnastics as a priority in her life and she is very respectful of what you ask of her."

While Ferguson's entrance to OU didn't make national headlines in the gymnastics world, she has quickly risen into a star on the collegiate scene.

ONE KNEE, ALL HEART

By Amy Farnum
NCAA.com
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Oklahoma gymnast Natasha Kelley is one tough cookie.

One year after suffering a season-ending Achilles tear, and having to sit on the Sooners' sidelines in 2009, Kelley was thrilled about competing this season following such a lengthy hiatus.

Kelley, the 2006 U.S. Junior National Champion and four-time national team member, had been OU head coach K.J. Kindler's top recruit last year before the injury in the 2009 preseason. But, instead of starting her much-anticipated collegiate career, she redshirted, rehabilitated and watched her teammates post 10th-place finish at NCAA Championships.

The native of Katy, Texas, went back to the gym in the preseason, and was ready to go, more excited than ever to be able to compete this year. And, then, it happened again. In November, Kelley suffered a complete ACL tear in her knee.

"I just thought, 'this can't be happening right now,'" said Kelley. "I was hit pretty hard at first, because I didn't really know that I would have the option to compete."

The injury was a pure ACL tear with no additional damage, and after the doctor examined her, she was given the option to try to rehabilitate and compete this season.

"There wasn't a doubt in my mind that's what I wanted to do," said Kelley. "I didn't expect it to feel this good and turn out this good, but at that point I was willing to try anything."

"It's a big decision not to have that surgery, but in her mind there was no other option," said Kindler. "She didn't flinch when the doctor said she could try rehab and come back. Once he said that, she didn't hear anything else."

Kelley's determination to return to competition sparked a lightening-speed rehabilitation. She must wear a large knee brace - much like the one seen on football players - and the team trainer monitors her closely, making sure the other areas in her leg remain strong and stable.

"She's a very strong athlete mentally," said Kindler. "She's got it all together. So, physically I feel like her

body just followed her mind."

Just weeks later, Kelley competed in her first collegiate meet on Jan. 8, helping the Sooners to a stunning 196.250-195.275 upset of then-No. 4 Florida, and sharing the individual title on the uneven bars with a score of 9.85. She also recorded the meet's fourth-best score on the balance beam (9.80).

"She's really a great competitor, and I'm sure it was even more satisfying that it was against the No. 4 team in the nation and an SEC power," said Kindler. "She's pumped about it, but she still knows what she did wrong and wants to be perfect. She's already trying to fix those little details. I guarantee she's going to be a competitive force for us and an event winner over and over."

Although she will not compete in floor exercise this season, Kelley believes she will be ready to vault in meets in about two weeks, and has been practicing full vaults this week.

"With the large brace on her leg, it's the running that is taking the most adjustment for her," said Kindler. "I guarantee she'll be vaulting in the next two weeks - she wants it so badly."

Kelley's incredible comeback and level of toughness has also made an impression on her teammates.

"What her teammates saw was that she's gone through two massive injuries - most of the time season-ending, and sometimes career-ending - and five weeks later she's out on the competition floor," said Kindler. "As a coach, it's amazing, but I think it's given her a whole different level of respect with her teammates."

Oklahoma, now second in the GymInfo team rankings, was one of only two squads in the nation to break the 196.000-point barrier during the opening week of competition, joining No. 1 UCLA (196.600).

"We're definitely very proud of our win last week," said Kelley. "It was a big step for us and a big goal to accomplish. I think we have a really great season ahead of us."

The Sooners travel to No. 9 Auburn to take on their second straight Southeastern Conference opponent on Jan. 15.

OKLAHOMA ICES DOWN NO. 4 FLORIDA

By Ricky Ly
The Oklahoma Daily
Jan. 9, 2010

The OU women's gymnastics team knocked off No. 4 Florida in a battle between Top-10 teams as the Sooners kicked off the season at home with a win Friday and avenged a recent string of losses to the Gators.

No. 9 Oklahoma (1-0) headed into its season-opening meet with Florida (0-1) as the underdog, having lost to the Gators three times in the past two seasons and trailing in the all-time series by a 12-2 margin.

But in the end, OU emerged with a 196.250-195.275 win in front of more than 1,300 fans at Lloyd Noble Center.

Seniors Jacqueline Flanery (uneven bars and floor exercise) and Hollie Vise (uneven bars and balance beam) each took home two individual event honors to start the season. Redshirt freshman Natasha Kelley earned an individual event title on the uneven bars in her first collegiate competition.

Kelley was forced to redshirt the 2008 season after tearing her Achilles tendon during a fall practice. A prized recruit coming out of high school, Kelley suffered another setback after an ACL tear (100%) in November, but elected to hold off on surgery in order to compete.

The decision paid off as the Sooners avenged defeats in the qualifying sessions of the past two NCAA Championships and a 196.500-195.075 loss in Gainesville, Fla., last year.

OU improves its home record to 23-2 and its overall record to 42-6 during the regular season under head coach K.J. Kindler.

Oklahoma looks to topple its second-straight, ranked SEC opponent when the Sooners go on the road to take on No. 14 Auburn (0-1) on Friday. The Tigers are looking to rebound after a loss to No. 3 Alabama in the season opener for both teams.

SOONERS WANT TO RAISE NATIONAL PROFILE

By Michael Kinney
The Norman Transcript
Jan. 8, 2010

The Oklahoma women have been atop Big 12 gymnastics the last two seasons. Under coach K.J. Kindler's direction, the Sooners have walked away with two a pair of conference championships.

Despite the success, the ninth-ranked Sooners see the 2010 campaign as a chance to show they can compete still higher on the national stage.

"We expect to contend for the conference championship again this season," Kindler said. "Our vision is that this team can compete for a position in the Super Six. We are a young squad. About 50 percent of our routines will be new competitors or veterans competing in new events. Regardless, the expectations remain the same."

The Sooners return 11 gymnasts from last season's crew that advanced to the NCAA Championships a sixth straight year. One of those is All-American Megan Ferguson. A year ago the Olathe, Kan., native earned All-America status on beam and became the first freshman in Big 12 history to win multiple event titles at the conference championship.

Ferguson's coaches expect even more from her this year.

"Megan will always expect the moon and the stars from herself," Kindler said. "As a staff, we want Megan to focus on the here and now ... not what was or what will be. We expect her to live in the moment. Fans will recognize her on beam and bars, primarily as the 2009 Big 12 champ on both those events, but she will be a staple in our floor lineup this season."

Ferguson will not be alone as the Sooners try to defend their conference titles. Jackie Flanery, Kristne Smith and Hollie Vise were All-Big 12 selections in 2009.

"Hollie Vise is undoubtedly one of the best bar and beam workers in the country," Kindler said. "Jackie Flanery and Kristin Smith will highlight our floor lineup. Freshmen Kayla Nowak, Brie Olsen and Bethany Neubauer will all compete in two to three events each as freshmen.

"Brie is a phenomenal bar worker. Kayla is probably our highest potential from an all-around standpoint this season. I believe we have several athletes who could contend for the Big 12 newcomer of the year."

Another newcomer is Natasha Kelley. She tore her Achilles tendon last year and had to redshirt. In November, she suffered an ACL tear, but instead of having surgery, Kelly decided to rehab, put surgery off and compete this season.

Kelly will compete in two events early on in the season, but may move up to as many as three by February, despite the torn ACL.

OU will have the opportunity to see where it stands quickly, taking on No. 4 Florida at 7 tonight at Lloyd Noble Arena in its season opener.

"We expect them to rise to the level of their competition," Kindler said. "Florida is an SEC power in gymnastics and what better test to begin the season? It will definitely reveal the intangibles...our toughness, team chemistry and confidence level."