



OKLAHOMA
WOMEN'S GYMNASTICS

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DATE	OPPONENT	TIME/RESULTS
Friday, Jan. 9	@No. 3 Florida	L (196.500-195.075)
Saturday, Jan. 17	@Texas Woman's	W (197.175-189.600)
Monday, Jan. 26	Arkansas	L (196.900-195.625)
Friday, Jan. 30	Minnesota	W (196.500-195.675)
Sunday, Feb. 8	@Nebraska	L (196.175-196.000)
Saturday, Feb. 14	@Denver	W (196.025-194.825)
Friday, Feb. 20	Brown/Missouri/W. Va.	(1st - 196.375)
Friday, Feb. 27	@Iowa State	W (196.800-195.525)
Friday, March 6	TWU/Illinois State	7 p.m.
Friday, March 13	@Alabama/with UNC	7:30 p.m.
Saturday, March 21	@Big 12 Championships*	2 p.m.
Saturday, April 4	@NCAA Regional Champ.	TBA
April 17-19	@NCAA Championships**	TBA

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

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

FRIDAY, MARCH 6 | 7:00 P.M. (CT) | LLOYD NOBLE CENTER | NORMAN, OKLA.



ILLINOIS STATE REDBIRDS (6-7)

2009 TROESTER RANKINGS
Team: 192.210 (44th)
Vault: 48.295 (45th) | Bars: 47.905 (50th)
Beam: 48.060 (38th) | Floor: 48.485 (39th)



TWU PIONEERS (3-10)

2009 TROESTER RANKINGS
Team: 191.815 (48th)
Vault: 48.255 (47th) | Bars: 48.130 (46th)
Beam: 47.710 (48th) | Floor: 48.030 (52nd)

VERSUS



NO. 7 OKLAHOMA SOONERS (7-3)

2009 TROESTER RANKINGS
Team: 196.105 (10th)
Vault: 49.155 (Eighth) | Bars: 48.985 (12th)
Beam: 49.175 (Fourth) | Floor: 49.170 (Sixth)

SEVENTH-RANKED SOONERS HOST TWU AND ILLINOIS STATE ON SENIOR NIGHT

Ranked No. 7 in the latest GymInfo poll after a posting the highest road score of any squad in the NCAA last weekend (196.800), the OU women's gymnastics team hosts Illinois State and TWU on March 6, at 7 p.m. (CT) inside the Lloyd Noble Center.

Closing out their home schedule on Friday, the Sooners will honor seniors Haley DeProspero, Ashley Jackson, Jessica Kinder and Gina Lesko, who are competing in Norman for the final time.

Holding the highest team RQS (regional qualifying score) of any Big 12 or South Central Region squad. OU leads the conference on all four events and ranks fourth in the country on beam with a RQS of 49.175. The Sooners also hold top 10 NCAA marks on floor (sixth - 49.170) and vault (eighth - 49.155), while standing 12th in the country on bars (48.985).

Oklahoma is coming off of a 196.800-195.525 victory over Iowa State in which the Sooners swept all four event titles and a share of every event honor in Ames, Iowa. DeProspero (vault-9.875), Melanie Root (bars-9.825), Hollie Vise (beam-9.95, bars-9.825) and Kristin Smith (floor-9.9) all won individual event titles as DeProspero bested ISU's Jasmine Thompson for the all-around title.

It's the second of a pair of season meetings with TWU, as the Sooners bested the Pioneers by a final tally of 197.175-189.600 on Jan. 17 in Denton, Texas. OU's team tally in the first meeting was the highest score in the NCAA at the time and still stands as a season high for the Sooners.

TWU enters the tri-meet off of a season-high 193.600 on Feb. 27, nearly upsetting then-29th-ranked N.C. State (193.850). The Pioneers finished second in the home quad meet, beating Centenary College and Wisconsin-Whitewater, behind a team-record all-around tally of 38.975 from Rashonda Cannie.

Illinois State dropped a 194.100-192.325 decision to in-state foe Illinois-Chicago on Feb. 28. The Redbirds picked up their lone event title with a 48.425-48.175 win on beam.



2008 Big 12 Champs

gymnast to watch:
Haley DeProspero



One of four seniors on the 2009 Oklahoma squad, all-arounder Haley DeProspero posted her highest vault score (9.875) since her freshman campaign at ISU last weekend in securing the event title for the Van Alstyne, Texas, native.

The senior gymnast also posted a pair of 9.85s on beam and floor in leading the Sooners to the highest road score of any NCAA squad for the week.



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

OKLAHOMA SOONERS

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

OKLAHOMA COACHING STAFF

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



CANDACE CINDELL



HALEY DEPROSPERO



MEGAN FERGUSON



JACKIE FLANERY



ASHLEY JACKSON



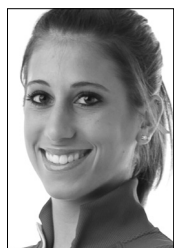
NATASHA KELLEY



JESSICA KINDER



JULIE KRAMER



GINA LESKO



MARY MANTLE



NATALIE RATCLIFF



MELANIE ROOT



KRISTIN SMITH



SARA STONE



HOLLIE VISE



HAILEY WAGNER

GENERAL INFORMATION

Location Norman, Okla.
 Enrollment 29,721
 Founded 1890
 President David L. Boren
 VP/Athletics Director Joe Castiglione
 Nickname Sooners
 Colors Crimson & Cream
 Conference Big 12
 Arena Lloyd Noble Center
 Capacity 12,000
 OU's All-Time Record 393-198-1

TEAM INFORMATION

2009 Overall Record 7-3
 High Score 197.175
 2008 Big 12 Finish First
 2008 NCAA Finish Eighth
 Letterwinners Returning/Lost 11/3
 All-Americans Returning/Lost 0/2

COACHING STAFF

Head Coach K.J. Kindler
 Year Third Season
 Alma Mater Iowa State, 1992
 Record at OU 53-19-1
 Career Record 132-59-2
 Assistant Coach Lou Ball
 Year Third Season
 Alma Mater Iowa State, 1999
 Assistant Coach Tom Haley
 Year Third Season

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PRACTICE POLICY

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

CREDENTIAL REQUESTS

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

POST-MEET INFORMATION

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

MEDIA INTERVIEWS

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

2009 MARCH-IN ORDER

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

COACHING STAFF

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

2009 GYMINFO POLL

RANK	TEAM	RQS	REGION	AVERAGE	HIGH
1	Georgia	197.035	SE	196.772	198.200
2	Utah	196.885	NC	196.831	197.525
3	Stanford	196.590	W	196.206	197.175
4	Florida	196.465	SE	196.319	196.875
5	Alabama	196.455	C	196.297	197.350
6	UCLA	196.430	W	196.434	197.125
7	OKLAHOMA	196.340	SC	196.197	197.175
8	Auburn	196.310	C	196.208	196.575
9	Oregon State	196.295	W	195.911	196.650
10	Arkansas	196.290	SC	196.067	196.900
11	LSU	196.290	C	195.986	197.400
12	Nebraska	195.745	SC	195.550	196.225
13	Missouri	195.535	SC	195.472	196.625
14	Michigan	195.370	NE	195.072	195.975
15	Illinois-Champaign	195.215	SC	195.036	196.700
16	Arizona	195.120	SC	194.753	195.750
17	Ohio State	195.025	C	194.897	196.050
18	Minnesota	195.025	NC	194.583	195.850
19	Penn State	194.960	NE	195.266	196.650
20	West Virginia	194.930	SE	194.741	195.650
21	Iowa State	194.765	NC	194.469	195.525
22	Washington	194.655	W	194.409	196.000
23	Iowa	194.645	NC	194.242	195.050
24	Kentucky	194.590	C	194.039	195.250
-	Kent State	194.590	C	193.916	196.150

BOLD - OU's regular season opponents

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

MEET INFO

Live scoring and a webcast (All-Access subscribers) will be available at www.SoonerSports.com. Following the meet, a complete recap, photos, video highlights and official scores will be posted to www.SoonerSports.com, the official home of OU women's gymnastics.

WEEKEND ACTION IN THE BIG 12

Friday, March 6:
 Illinois State, TWU @ Oklahoma (7 PM)
 Saturday, March 7:
 Missouri, Central Michigan, Kent State @ Eastern Michigan (7 PM)
 Sunday, March 8:
 Iowa State @ Nebraska (2 PM)

PROTECTING THE HOUSE

The Sooners are 17-1 in their last 18 regular season home meets. Before Oklahoma's loss to Arkansas earlier this season, its last home defeat before the postseason came at the hands of an Iowa State team that was coached by K.J. Kindler - OU's current head coach.

STILL NEAR THE TOP

OU's team tally of 197.175 at TWU on Jan. 17 shares the sixth-best mark in the NCAA this season. Only Alabama, Georgia (twice), LSU and Utah (all Super Six squads from a year ago) have topped the mark.

DOMINATING THE BIG 12

The Sooners have reeled off a 13-2 record versus Big 12 opponents since the start of the 2007 schedule, including a 8-1 mark during regular season action.

Prior to OU's loss at Nebraska earlier this season, its last regular season defeat to a conference opponent was Feb. 10, 2006 (ISU).

REGULAR SEASON SENSATIONS

Oklahoma has won 38 of its last 41 regular-season matchups dating back to Jan. 19, 2007.

ON TOP OF THEIR GAME

Posting their second-highest score of the season at ISU (the highest road score by any squad in the NCAA last weekend), the Sooners tallied at least a 9.8 in 18 of 24 routines.

2009 OKLAHOMA SOONERS

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

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

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

TEAM EVENT TITLES (19)

Vault (6): @TWU (49.125) | Minnesota (49.200) | @Nebraska (49.150) | @Denver (49.025) Quad Meet (49.250) | @ISU (49.225)
 Bars (4): @TWU (49.200) | Minnesota (49.075) | @Denver (49.075) | @ISU (48.900)
 Beam (5): @TWU (49.525) | @Nebraska (49.325) | @Denver (49.025) | Quad Meet (49.075) @ISU (49.375)
 Floor (4): @TWU (49.325) | Minnesota (49.150) | Quad Meet (49.300) | @ISU (49.300)

INDIVIDUAL EVENT TITLES (24)

Haley DeProspero (4)
 All-Around (1): @ISU - 39.300
 Vault (1): @ISU - 9.875
 Beam (1): @TWU - 9.925 (Ferguson and Vise)
 Floor (1): Minnesota - 9.85 (Flanery and Jackson)
Megan Ferguson (2)
 Beam (1): @TWU - 9.925 (DeProspero and Vise)
Jackie Flanery (4)
 Floor (3): Minnesota - 9.85 (DeProspero and Jackson) | @Denver - 9.85 (Smith) Quad Meet - 9.875 (Jackson and Smith)
 Vault (1): @Denver - 9.85 (Stone)
Ashley Jackson (7)
 All-Around (2): @TWU - 39.225 | @Nebraska - 39.375
 Vault (2): @TWU - 9.875 (Stone) | @Nebraska - 9.925
 Floor (3): @TWU - 9.95 | Minnesota - 9.85 (DeProspero and Flanery) Quad Meet - 9.875 (Flanery and Smith)
Jessica Kinder (2)
 Bars (1): @Nebraska - 9.85
 Floor (1): Arkansas - 9.9
Melanie Root(2)
 Vault (1): Minnesota - 9.875
 Bars (1): @ISU - 9.825
Kristin Smith (4)
 Beam (1): @Denver - 9.9
 Floor (3): @Denver - 9.85 (Flanery) | Quad Meet - 9.875 (Flanery and Jackson) | @ISU - 9.9
Sara Stone (3)
 Vault (3): @TWU - 9.875 (Jackson) | Arkansas - 9.875 | @Denver - 9.85 (Flanery)
Hollie Vise (8)
 Bars (5): @TWU - 9.875 | Arkansas - 9.875 | Minnesota - 9.875 | @Denver - 9.9 | @ISU - 9.825
 Beam (3): @TWU - 9.925 (DeProspero and Ferguson) | Quad Meet - 9.85 | @ISU - 9.95



TENTATIVE OKLAHOMA LINEUP

VAULT

	SEASON HIGH
1. Haley DeProspero	9.875
2. Natalie Ratcliff	9.825
3. Jackie Flanery	9.85
4. Melanie Root	9.875
5. Ashley Jackson	9.925
6. Sara Stone	9.875

BARS

	SEASON HIGH
1. Haley DeProspero	9.8
2. Melanie Root	9.825
3. Jessica Kinder	9.85
4. Ashley Jackson	9.85
5. Megan Ferguson	9.85
6. Hollie Vise	9.9

BEAM

	SEASON HIGH
1. Ashley Jackson	9.825
2. Kristin Smith	9.9
3. Natalie Ratcliff	9.875
4. Megan Ferguson	9.925
5. Hollie Vise	9.95
6. Haley DeProspero	9.925

FLOOR

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

ALL-AROUND

	SEASON HIGH
1. Ashley Jackson	39.375
2. Haley DeProspero	39.300

OU IN THE RANKINGS

<i>Week</i>	<i>Rank</i>
Preseason	10
Jan. 12	9
Jan. 19	5
Jan. 26	7
Feb. 2	7
Feb. 9	8
Feb. 16	11
Feb. 23	10
March 2	7
March 9	-
March 16	-
March 23	-
April 6	-
April 13	-
April 20	-

NOT ACTING LIKE NEWCOMERS

Of the 57 routines that have been competed by gymnasts making their first collegiate appearance on the respective apparatus in 2009, a remarkable 32 (.561) have gone for a 9.8 or better. The respective group hit four of seven at that mark in Ames, Iowa, last weekend.

BUST OUT THE BROOMS

OU swept all four event titles and at least a share of every individual title at Iowa State, marking the second time this season the Sooners have won at least a share of every crown in a meet (TWU was the other). The Sooners swept all four team event titles seven times a year ago.

ROAD SWEET ROAD

Posting a then-NCAA-best 197.175 in Denton, Texas, on Jan. 17, and a 196.800 at Iowa State on Feb. 27, it appears that the road could be kind to the Sooners again this season. Five of OU's top seven scores (including three of the top four and a season-best-tying 196.750 at Arkansas) came outside of Norman a year ago.

"ON" ON THE ROAD AGAIN

Oklahoma is the only squad in the top 15 to have both of its top two season scores come in road competition.

VAULTING BACK TO YESTERYEAR

Haley DeProspero stuck a season-high 9.875 on vault in winning event honors at Iowa State. The score was her highest vault tally since posting a 9.925 as a freshman. DeProspero also posted 9.85s on beam and floor en route to her first all-around title of the season (39.300).

FLOOR SENSATION

Kristin Smith posted her latest 9.9 on floor at ISU, marking the second time this season that the Oklahoma City, Okla., junior has tied her career high on the apparatus (also scored a 9.9 on floor at TWU). Entering the year with a personal best of 9.85 on the event, Smith has won a pair of event crowns on the apparatus this season (at Denver and at ISU).

BANNER YEAR FOR VISE

Reigning Big 12 Event Specialist of the Week Hollie Vise won her seventh and eighth event titles of the season at ISU with a 9.825 on bars (shared event honors with teammate Melanie Root and ISU's Ceilia Maccani) and a career-high 9.95 on beam. The Dallas, Texas., native's eight victories in 2009 overtook her total from all of last season, when she claimed seven titles on the year (four on bars, three on beam). Vise's bars routine at ISU was highlighted by a double-front dismount for the first time since unveiling it against Arkansas on Jan. 26.

THREE'S COMPANY

Needing to post a solid score to hold off a charging Missouri squad that was hitting its vaults, OU's Kristin Smith, Jackie Flanery and Ashley Jackson posted back-to-back-to-back event-winning routines of 9.875 on floor as the Sooners closed with a 49.300 on the apparatus for the quad meet victory. It marked the third time this season that three Sooners had clinched a share of an individual event title (beam - TWU, floor - Minnesota).

STICKING TO THE PLAN

Senior all-arounder Ashley Jackson posted her second 9.9-or greater vault in three meets in OU's victory on Feb. 20. Jackson's 9.9 was second to Missouri's Alex Gold, while Jackson won the vault title at Nebraska (9.925) en route to the all-around title against the Huskers.

2009 ACCOLADES

Ashley Jackson

Big 12 Gymnast of the Week (2.10.09)

Melanie Root

Big 12 Event Specialist of the Week (2.3.09)

Kristin Smith

Big 12 Event Specialist of the Week (2.17.09)

Hollie Vise

Big 12 Event Specialist of the Week (1.20.09)

Big 12 Event Specialist of the Week (3.3.09)

2009 PROMOTIONS

Jan. 26: Kids Night

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

Jan. 30: Beauty and the Beast

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

Feb. 20: Flip for the Cure II

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

March 6: Senior Night

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

THREE'S A CHARM

Oklahoma won three of the four event titles in their quad meet win on Feb. 20 over Missouri, Brown and West Virginia, taking home every apparatus honor except for bars. It marked the fourth occasion this season that OU has won at least a share of three event titles in a single meet, a feat the Sooners also accomplished against ISU (four-for-four), TWU (four-for-four) and Minnesota (vault, bars, floor).

RACKING UP THE VAULT TITLES

Sometimes overshadowed by fellow freshman Megan Ferguson's strong start to the year, Sara Stone won a share of her fourth vault title of the young season at Denver with a 9.85. The Dallas, Texas, native stands third in the Big 12 on the apparatus.

SMITH AND FLANERY BOTH WIN TWO

Juniors Kristin Smith and Jackie Flanery both left Denver with a pair of titles against the Pioneers. Smith nabbed her first event titles of the year, winning the beam title outright with a season-high 9.9 and sharing top honors on floor with Flanery (9.85). Flanery also took home a share of the vault crown with Sara Stone (9.85).

FRESHMEN PHENOMS

OU's Megan Ferguson and Sara Stone have either led the Sooners outright or tied for the team event high on seven occasions already this season. Ferguson paced the Sooners on bars against Florida (9.85), tied for the beam crown against TWU (9.925), shared top beam honors for the Sooners against Minnesota (9.875) and led the Sooners on bars (9.85) in the quad meet, while Stone's 9.85 on vault at Denver shared the event title. Stone also posted a team-high 9.875 against Arkansas, a week after sharing vault honors with Ashley Jackson at TWU.

ASHLEY JACKSON SNAGS WEEKLY HONOR

University of Oklahoma senior all-arounder Ashley Jackson was named Big 12 Gymnast of the Week by the conference office on Feb. 10. It's the first conference honor of the season for the Hudsonville, Mich., native who posted career highs on vault (9.925) and the all-around (39.375), capturing the two titles at No. 12 Nebraska on Feb. 8.

The weekly conference honor is the second of Jackson's career, as she was also named Big 12 Gymnast of the Week the first week of February a year ago. The honor comes a week after fellow Oklahoma gymnast Melanie Root was named co-Big 12 Event Specialist of the Week.

KINDER STEPS UP

The fifth-year senior entered the year without a collegiate event title to her credit, but has already snagged a pair of titles on the young year. Kinder's latest event crown came on bars against Nebraska, after a career-high 9.85. The feat is even more remarkable considering Kinder hadn't event competed on bars until this season. The Kansas City, Mo., native also posted a career-high 9.9 on floor against Minnesota for her first collegiate victory.

ROOT GARNERS FIRST CONFERENCE HONOR

University of Oklahoma gymnast Melanie Root was named co-Big 12 Event Specialist of the Week by the conference office on Feb. 3. It's the first conference honor for the Cartersville, Ga., native who tied career highs on vault (9.875) and bars (9.825) against No. 21 Minnesota en route to her first collegiate event title (vault). Root shared the Big 12 accolade with Iowa State's Ceilia Maccani, who scored a career-best 9.85 on beam and a 9.75 on vault in the Cyclone's loss to Michigan.

CAREER HIGHS FOR A PAIR

Along with Melanie Root's career-high 9.875 on vault, Jessica Kinder posted a then-personal-best 9.8 on bars against the Golden Gophers. Kinder, a fifth-year senior in the Oklahoma program, just started competing on bars in 2009.

NATALIE'S NIGHT

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



CAREER BESTS APLENTY

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

Haley DeProspero (1): Beam - 9.925 | **Megan Ferguson** (3): Bars - 9.85, Beam - 9.925*, Floor - 9.775*

Jackie Flanery (1): Floor - 9.9 | **Ashley Jackson** (1): Floor - 9.95* | **Natalie Ratcliff** (1): Beam - 9.875*

Melanie Root (1): Bars - 9.825* | **Kristin Smith** (1): Floor - 9.9* | **Sara Stone** (2): Vault - 9.875*, Floor - 9.775*

Hollie Vise (1): Beam - 9.925*

* - Established new career best

NATASHA KELLEY TO REDSHIRT

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

THE EXPERIENCE FACTOR

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

Vault (5): Flanery, Kinder, Jackson, DeProspero, Mantle
 Bars (4): Mantle, Jackson, DeProspero, Vise
 Beam (4): Kinder, Jackson, Vise, DeProspero
 Floor (5): Smith, Kinder, DeProspero, Jackson, Flanery

BOWLING INTO THE NEW YEAR

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

OKLAHOMA INKS THREE TO 2009 CLASS

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

ISU RECAP

The No. 10 Oklahoma women's gymnastics team (7-1) proved why it is the highest ranked Big 12 squad in 2009, sweeping all four event titles and a share of every event honor, en route to a 196.800-195.525 victory over No. 22 Iowa State in Ames, Iowa on Friday.

It was OU's second highest score of the season, as it reeled off its sixth-straight victory (fifth outright) in the series, dating back to a 196.250-194.425 win on Feb. 16, 2007. Under third-year head coach K.J. Kindler, OU hasn't lost to her former squad (5-0-1).

"We finally ended a meet the way we know we can compete," said Kindler. "My hats off to Megan Ferguson, who went three-for-three on the night and to Hollie (Vise) with her career high on beam."

QUAD MEET RECAP

The 11th-ranked Oklahoma women's gymnastics squad (6-3) won event titles on vault (49.250), beam (49.075) and floor (49.300) en route to a team tally of 196.375 in a victory over No. 13 Missouri, No. 18 West Virginia and No. 45 Brown at the Lloyd Noble Center on Friday night.

The Sooners led all the way in front of a hometown crowd of 1,261, outpacing second-place Mizzou (196.225), WVU (195.250) and Brown (185.950) in OU's Flip for a Cause quad meet, promoting Heart Health Awareness and the Go Red for Women campaign.

"I thought we started really well on vault, but have to get much better on our landings across the board on all events," said OU head coach K.J. Kindler. "Aside from all the technical jargon, it comes down to sticking landings and we aren't doing that consistently enough and as a result, are giving up precious tenths here and there."

"At the same time, I was very proud of the way we ended on floor," added Kindler. "Closing the meet with three-straight 9.875s, when we knew we were in a dogfight, shows a lot about the character of this team."

Oklahoma senior Ashley Jackson shared second in the all-around (39.300) with MU's Adrienne Perry. The pair fell right behind reigning Big 12 Gymnast of the Week Sarah Shire's 39.400 for the Tigers.

DENVER RECAP

The No. 8 OU women's gymnastics squad swept all four individual event titles (three outright), while snagging three team event honors, en route to a 196.025-194.825 victory at 22nd-ranked Denver on Saturday night in front 1,337 fans inside Hamilton Gymnasium. Kristin Smith won the beam title (9.9), while sharing top honors on floor (9.85) with teammate Jackie Flanery and Denver's Amanda Johanson. Flanery made sure Smith wasn't the only one to walk away with a pair of honors for the Sooners (3-3), sharing the vault title with freshman Sara Stone (9.85). Hollie Vise capped off the Sooner sweep with the bars title after a career-best-tying 9.9.

"I thought we were kind of in survival mode all night," said OU head coach K.J. Kindler. "We had some perform their best routines of the season, while some had a few of their weakest and in the end it balanced out to a 196. We definitely had a few bright spots, while the errors we did make are easily correctable and changing those can get us from a hot-and-cold night to the next level."

NEBRASKA RECAP

The seventh-ranked Oklahoma women's gymnastics squad dropped a 196.175-196.000 decision at No. 12 Nebraska on Sunday afternoon in Lincoln, Neb. The Sooners put a scare in the hometown crowd at the Bob Devaney Center, posting a 49.325 on beam in their final event to narrow the gap, but it wasn't quite enough as OU dropped to 2-3 on the year.

Oklahoma picked up event wins on vault and beam, while also notching individual titles on vault (Ashley Jackson - 9.925) and bars (Jessica Kinder - 9.85). Jackson and Haley DeProspero finished one-two in the all-around with scores of 39.375 and 39.150, respectively.

OU had won its last seven regular season meetings against Big 12 opponents before today's defeat, dating back to a 196.100-196.00 victory at Missouri on Feb. 17, 2006. Oklahoma's last previous loss to a conference opponent during the regular season was at the hands of a K.J. Kindler-led Iowa State squad on Feb. 10, 2006, by a score of 196.275-196.050.

MINNESOTA RECAP

The No. 7 Oklahoma women's gymnastics squad defeated 21st-ranked Minnesota 196.500-195.675 on Jan. 30, in front of 1,540 fans at the Lloyd Noble Center in OU's "Beauty and the Beast" spectacular. The Sooners shared the floor with the Oklahoma wrestling squad, who rolled over N.C. State by a final score of 38-6.

OU won three events on the night, as Oklahoma gymnasts also took home individual titles on vault (Melanie Root - 9.875), bars (Hollie Vise - 9.875) and floor (Jackie Flanery, Haley DeProspero and Ashley Jackson - 9.85 for all three).

"We were much more consistent with our landings throughout the night and beam was much better for the most part than our last time out," said OU head coach K.J. Kindler. "I thought we also brought a lot more energy into the event and sustained that throughout the night. It was a great atmosphere, with support from both the wrestling and gymnastics fans, as the event was a big success for both Oklahoma squads."

OU burst out of the gates with a season-high 49.200 on vault as the final five Oklahoma gymnasts posted scores of 9.8 or greater.

ARKANSAS RECAP

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

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

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

TWU RECAP

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

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

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

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

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

FLORIDA RECAP

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

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

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

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

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

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

SEASON HIGHS

NAME	VAULT	BARS	BEAM	FLOOR	All-AROUND
Candace Cindell	-	-	-	-	-
Haley DeProspero	9.875	9.8	9.925	9.85	39.300
Megan Ferguson	-	9.85	9.925	9.85	-
Jackie Flanery	9.85	-	-	9.9	-
Ashley Jackson	9.925	9.85	9.825	9.95	39.375
Natasha Kelley	-	-	-	-	-
Jessica Kinder	9.775	9.85	9.725	9.9	39.175
Julie Kramer	-	-	-	-	-
Gina Lesko	-	-	-	-	-
Mary Mantle	9.825	9.825	-	9.8	-
Natalie Ratcliff	9.825	-	9.875	-	-
Melanie Root	9.875	9.825	-	-	-
Kristin Smith	-	-	9.9	9.9	-
Sara Stone	9.875	-	-	9.775	-
Hollie Vise	-	9.9	9.95	-	-
Hailey Wagner	-	-	-	-	-

CAREER HIGHS

VAULT	BARS	BEAM	FLOOR	All-AROUND
-	-	-	-	-
9.925	9.9	9.925	9.9	39.425
-	9.85	9.925	9.85	-
9.85	9.825	-	9.9	-
9.925	9.85	9.9	9.95	39.375
-	-	-	-	-
9.825	9.85	9.85	9.9	39.175
-	-	-	-	-
-	-	-	-	-
9.9	9.825	-	9.8	-
9.825	-	9.875	-	-
9.875	9.825	-	9.75	-
-	-	9.925	9.9	-
9.875	-	-	9.775	-
-	9.9	9.95	-	-
-	-	-	-	-

HALEY DEPROSPERO POSTED ONE OF THREE 9.925s ON BEAM FROM SOONER GYMNASTS AGAINST TWU AS OU POSTED A TEAM TALLY OF 49.525 ON THE APPARATUS - MARKING THE HIGHEST SCORE BY ANY SQUAD IN THE COUNTRY ON THE APPARATUS THIS SEASON UNTIL GEORGIA'S 49.550 ON FEB. 28.

OU TEAM RECORDS

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

2009 SEASON BESTS (INDIVIDUAL)

All-Around: 39.375 - Ashley Jackson (2/8)
 Vault: 9.925 - Ashley Jackson (2/8)
 Bars: 9.9 - Hollie Vise (2/14)
 Beam: 9.95 - Hollie Vise (2/27)
 Floor: 9.95 - Ashley Jackson (1/17)

OU INDIVIDUAL RECORDS

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

2009 SEASON BESTS (TEAM)

Team Total: 197.175 (TWU - 1/17)
 Vault: 49.250 (Quad Meet - 2/20)
 Bars: 49.200 (TWU - 1/17)
 Beam: 49.525 (TWU - 1/17)
 Floor: 49.325 (TWU - 1/17)



BOOMER SOONER

2009 SCORING BREAKDOWN

DATE	MEET	TEAM	TEAM SCORE	VAULT	BARS	BEAM	FLOOR
1/9	@Florida	OU	195.075	48.925	48.725	48.925	48.500
		UF	196.500	49.125	48.950	49.250	49.175
1/17	@Texas Woman's	OU	197.175	49.125	49.200	49.525	49.325
		TWU	189.600	48.450	48.050	44.850	48.250
1/26	ARKANSAS	OU	195.625	49.075	49.125	48.325	49.100
		UA	196.900	49.125	49.175	49.275	49.325
1/30	MINNESOTA	OU	196.500	49.200	49.075	49.075	49.150
		UM	195.675	48.575	48.925	49.275	48.900
2/8	@Nebraska	OU	196.000	49.150	48.525	49.325	49.000
		NU	196.175	49.100	48.850	49.000	49.225
2/14	@Denver	OU	196.025	49.025	49.075	49.025	48.900
		DU	194.825	48.850	48.325	48.675	48.975
2/20	BROWN/MISSOURI/WEST VIRGINIA	OU	196.375	49.250	48.750	49.075	49.300
		BU	185.950	47.650	45.275	46.625	46.400
		MU	196.225	49.225	49.000	48.950	49.050
		WVU	195.250	49.025	48.825	48.625	48.775
2/27	@Iowa State	OU	196.800	49.225	48.900	49.375	49.300
		ISU	195.525	48.950	48.875	48.725	48.975
3/6	TWU/ILLINOIS STATE	OU TWU ISU					
3/13	@Alabama	OU UA UNC					
3/21	Big 12 Championships	OU ISU NU MU					
4/4	NCAA Regional Championships	TBA					
4/17-19	NCAA Championships	TBA					

* SEASON HIGH'S ARE IN BOLD

OKLAHOMA SOONERS

CANDACE CINDELL

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

HALEY DEPROSPERO

Date	Event	Vault	Bars	Beam	Floor	AA
1.09	@Florida	-	9.7	9.85	-	-
1.17	@TWU	-	9.8	9.925	-	-
1.26	ARKANSAS	-	9.8	9.7	9.75	-
1.30	MINNESOTA	-	9.75	9.825	9.85	-
2.08	@Nebraska	9.8	9.775	9.825	9.75	39.15
2.14	@Denver	9.775	9.725	9.825	9.575	389
2.20	BROWN/MU/W. VA	9.75	9.775	9.825	9.675	39.025
2.27	@Iowa State	9.875	9.725	9.85	9.85	39.300
3.06	TWU/ILLINOIS STATE	-	-	-	-	-
3.13	@Alabama	-	-	-	-	-
3.21	Big 12 Championship	-	-	-	-	-
3.22	@Minnesota	-	-	-	-	-
4.04	NCAA Regional	-	-	-	-	-
4.17	NCAA Championship	-	-	-	-	-

MEGAN FERGUSON

Date	Event	Vault	Bars	Beam	Floor	AA
1.09	@Florida	-	9.85	9.775	9.45	-
1.17	@TWU	-	9.85	9.925	9.775	-
1.26	ARKANSAS	-	9.85	9.325	9.85	-
1.30	MINNESOTA	-	9.825	9.875	9.55	-
2.08	@Nebraska	-	9.325	9.9	-	-
2.14	@Denver	-	9.8	9.65	9.625	-
2.20	BROWN/MU/W. VA	-	9.85	9.25	9.825	-
2.27	@Iowa State	-	9.8	9.9	9.775	-
3.06	TWU/ILLINOIS STATE	-	-	-	-	-
3.13	@Alabama	-	-	-	-	-
3.21	Big 12 Championship	-	-	-	-	-
3.22	@Minnesota	-	-	-	-	-
4.04	NCAA Regional	-	-	-	-	-
4.17	NCAA Championship	-	-	-	-	-

JACKIE FLANERY

Date	Event	Vault	Bars	Beam	Floor	AA
1.09	@Florida	9.775	-	-	9.3	-
1.17	@TWU	9.8	-	-	9.9	-
1.26	ARKANSAS	9.8	-	-	9.85	-
1.30	MINNESOTA	9.85	-	-	9.85	-
2.08	@Nebraska	9.825	-	-	9.85	-
2.14	@Denver	9.85	-	-	9.85	-
2.20	BROWN/MU/W. VA	9.85	-	-	9.875	-
2.27	@Iowa State	9.825	-	-	9.875	-
3.06	TWU/ILLINOIS STATE	-	-	-	-	-
3.13	@Alabama	-	-	-	-	-
3.21	Big 12 Championship	-	-	-	-	-
3.22	@Minnesota	-	-	-	-	-
4.04	NCAA Regional	-	-	-	-	-
4.17	NCAA Championship	-	-	-	-	-

ASHLEY JACKSON

Date	Event	Vault	Bars	Beam	Floor	AA	
1.09	@Florida	9.825	9.7	9.775	9.825	39.125	
1.17	@TWU	9.875	9.85	9.55	9.95	39.225	
1.26	ARKANSAS	DID NOT COMPETE (BACK STRAIN)					
1.30	MINNESOTA	9.85	9.7	-	9.85	-	
2.08	@Nebraska	9.925	9.825	9.825	9.8	39.375	
2.14	@Denver	9.725	9.8	9.825	9.825	39.175	
2.20	BROWN/MU/W. VA	9.9	9.725	9.8	9.875	39.300	
2.27	@Iowa State	9.825	9.725	9.8	9.875	39.225	
3.06	TWU/ILLINOIS STATE	-	-	-	-	-	
3.13	@Alabama	-	-	-	-	-	
3.21	Big 12 Championship	-	-	-	-	-	
3.22	@Minnesota	-	-	-	-	-	
4.04	NCAA Regional	-	-	-	-	-	
4.17	NCAA Championship	-	-	-	-	-	

NATASHA KELLEY

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

JESSICA KINDER

Date	Event	Vault	Bars	Beam	Floor	AA
1.09	@Florida	9.725	9.725	9.725	9.7	38.875
1.17	@TWU	DID NOT COMPETE (CALF STRAIN)				
1.26	ARKANSAS	9.775	9.775	9.725	9.9	39.175
1.30	MINNESOTA	9.725	9.8	9.7	9.775	39.000
2.08	@Nebraska	-	9.85	-	9.775	-
2.14	@Denver	9.75	9.85	-	9.75	-
2.20	BROWN/MU/W. VA	-	9.15	-	9.85	-
2.27	@Iowa State	-	9.675	-	9.8	-
3.06	TWU/ILLINOIS STATE	-	-	-	-	-
3.13	@Alabama	-	-	-	-	-
3.21	Big 12 Championship	-	-	-	-	-
3.22	@Minnesota	-	-	-	-	-
4.04	NCAA Regional	-	-	-	-	-
4.17	NCAA Championship	-	-	-	-	-

GINA LESKO

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

MARY MANTLE

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

NATALIE RATCLIFF

Date	Event	Vault	Bars	Beam	Floor	AA
1.09	@Florida	-	-	-	-	-
1.17	@TWU	9.75	-	9.875	-	-
1.26	ARKANSAS	9.825	-	9.825	-	-
1.30	MINNESOTA	9.825	-	9.8	-	-
2.08	@Nebraska	9.725	-	9.85	-	-
2.14	@Denver	-	-	9.7	-	-
2.20	BROWN/MU/W. VA	9.825	-	9.825	-	-
2.27	@Iowa State	9.75	-	9.775	-	-
3.06	TWU/ILLINOIS STATE	-	-	-	-	-
3.13	@Alabama	-	-	-	-	-
3.21	Big 12 Championship	-	-	-	-	-
3.22	@Minnesota	-	-	-	-	-
4.04	NCAA Regional	-	-	-	-	-
4.17	NCAA Championship	-	-	-	-	-

MELANIE ROOT

Date	Event	Vault	Bars	Beam	Floor	AA
1.09	@Florida	9.8	9.625	-	-	-
1.17	@TWU	9.725	9.825	-	-	-
1.26	ARKANSAS	9.775	9.75	-	-	-
1.30	MINNESOTA	9.875	9.825	-	-	-
2.08	@Nebraska	9.775	9.75	-	-	-
2.14	@Denver	9.8	9.625	-	-	-
2.20	BROWN/MU/W. VA	9.85	9.6	-	-	-
2.27	@Iowa State	9.85	9.825	-	-	-
3.06	TWU/ILLINOIS STATE	-	-	-	-	-
3.13	@Alabama	-	-	-	-	-
3.21	Big 12 Championship	-	-	-	-	-
3.22	@Minnesota	-	-	-	-	-
4.04	NCAA Regional	-	-	-	-	-
4.17	NCAA Championship	-	-	-	-	-

KRISTIN SMITH

Date	Event	Vault	Bars	Beam	Floor	AA
1.09	@Florida	-	-	9.775	9.825	-
1.17	@TWU	-	-	9.875	9.9	-
1.26	ARKANSAS	-	-	9.425	9.725	-
1.30	MINNESOTA	-	-	9.25	9.825	-
2.08	@Nebraska	-	-	9.875	9.825	-
2.14	@Denver	-	-	9.9	9.85	-
2.20	BROWN/MU/W. VA	-	-	9.775	9.875	-
2.27	@Iowa State	-	-	9.875	9.9	-
3.06	TWU/ILLINOIS STATE	-	-	-	-	-
3.13	@Alabama	-	-	-	-	-
3.21	Big 12 Championship	-	-	-	-	-
3.22	@Minnesota	-	-	-	-	-
4.04	NCAA Regional	-	-	-	-	-
4.17	NCAA Championship	-	-	-	-	-

SARA STONE

Date	Event	Vault	Bars	Beam	Floor	AA
1.09	@Florida	9.8	-	-	9.7	-
1.17	@TWU	9.875	-	-	9.775	-
1.26	ARKANSAS	9.875	-	-	-	-
1.30	MINNESOTA	9.8	-	-	-	-
2.08	@Nebraska	9.825	-	-	9.65	-
2.14	@Denver	9.85	-	-	-	-
2.20	BROWN/MU/W. VA	9.825	-	-	-	-
2.27	@Iowa State	9.85	-	-	-	-
3.06	TWU/ILLINOIS STATE	-	-	-	-	-
3.13	@Alabama	-	-	-	-	-
3.21	Big 12 Championship	-	-	-	-	-
3.22	@Minnesota	-	-	-	-	-
4.04	NCAA Regional	-	-	-	-	-
4.17	NCAA Championship	-	-	-	-	-

HOLLIE VISE

Date	Event	Vault	Bars	Beam	Floor	AA
1.09	@Florida	-	9.75	9.25	-	-
1.17	@TWU	-	9.875	9.925	-	-
1.26	ARKANSAS	-	9.875	9.65	-	-
1.30	MINNESOTA	-	9.875	9.875	-	-
2.08	@Nebraska	-	9.15	9.875	-	-
2.14	@Denver	-	9.9	9.775	-	-
2.20	BROWN/MU/W. VA	-	9.8	9.85	-	-
2.27	@Iowa State	-	9.825	9.95	-	-
3.06	TWU/ILLINOIS STATE	-	-	-	-	-
3.13	@Alabama	-	-	-	-	-
3.21	Big 12 Championship	-	-	-	-	-
3.22	@Minnesota	-	-	-	-	-
4.04	NCAA Regional	-	-	-	-	-
4.17	NCAA Championship	-	-	-	-	-

HAILEY WAGNER

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

VAULT

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

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

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

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

BARS

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

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

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

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

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

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

BEAM

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

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

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

These three athletes provide a solid foundation on the apparatus.

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

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

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

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

FLOOR

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

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

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

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

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

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

SEASON EVENT OUTLOOK

K.J. KINDLER

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



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

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

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

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

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

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

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

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

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

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

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

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

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

▶▶▶ **KINDLER PROFILE**

EDUCATION

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

COACHING EXPERIENCE

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

CAREER COACHING HIGHLIGHTS

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

ATHLETIC HIGHLIGHTS (IOWA STATE)

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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