



OKLAHOMA
WOMEN'S GYMNASTICS

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DATE	OPPONENT	TIME/RESULTS
Friday, Jan. 9	@Florida	6 p.m.
Friday, Jan. 17	@Texas Woman's	7 p.m.
Monday, Jan. 26	Arkansas	6 p.m.
Friday, Jan. 30	Minnesota	7 p.m.
Sunday, Feb. 8	@Nebraska	2 p.m.
Saturday, Feb. 14	@Denver	7 p.m.
Friday, Feb. 20	Brown/Missouri/W. Va.	7 p.m.
Friday, Feb. 27	@Iowa State	7 p.m.
Friday, March 6	TWU/Illinois State	7 p.m.
Friday, March 13	@Alabama/with UNC	7:30 p.m.
Saturday, March 21	@Big 12 Championships*	2 p.m.
Saturday, April 4	@NCAA Regional Champ.	TBA
April 17-19	@NCAA Championships**	TBA

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

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

FRIDAY, JAN. 9 | 6:00 P.M. (CT) | STEPHEN O'CONNELL CENTER | GAINESVILLE, FLA.



NO. 3 FLORIDA GATORS (0-0)

2008 FINAL RQS RANKINGS
Team: 197.225 (Third)
Vault: 49.400 (Third) | Bars: 49.320 (Fourth)
Beam: 49.260 (Third) | Floor: 49.415 (Second)

VERSUS



NO. 10 OKLAHOMA SOONERS (0-0)

2008 FINAL RQS RANKINGS
Team: 196.450 (10th)
Vault: 49.180 (10th) | Bars: 49.100 (10th)
Beam: 49.195 (Sixth) | Floor: 49.315 (Sixth)

NO. 10 OKLAHOMA OPENS THE 2009 CAMPAIGN AGAINST THE FLORIDA GATORS

Coming off of its 2008 Big 12 Championship title, the 10th-ranked Oklahoma women's gymnastics squad travels to Gainesville, Fla., for a season-opening dual with No. 3 Florida on Jan. 9 at 6 p.m. (CT) inside the O'Connell Center.

The Sooners welcome back 11 members from last season's group that clinched OU's first conference title since 2004, after recording an undefeated regular season. Oklahoma lost three seniors to graduation from last season's squad in All-American's Stephanie LoPiccolo and Kiara Redmond, as well as fellow senior Caitlin Hinkis.

Returnees from last year's squad that tied for a program-best eighth-place finish at the 2008 NCAA Championships include All-Big 12 award winners Haley DeProspero, Jackie Flanery, Ashley Jackson, Melanie Root and Hollie Vise. Also returning in 2009, after earning accolades a year earlier, are Mary Mantle and Kristin Smith, who were both honored as Big 12 Event Specialists of the Week in 2007.

Leading the way is reigning Big 12 Coach of the Year K.J. Kindler, who posted record-breaking numbers a year ago in her second season at the helm of the Oklahoma women's gymnastics squad. All told, the Sooners made their mark atop the record book for wins (28), consecutive victories (21), wins to start a season (21), regular season winning percentage (1.000), home winning percentage (.917) and regular-season road winning percentage (1.000).

In addition, the Sooners posted their second consecutive season with at least 21 wins, marking the first time in school history that the team has recorded back-to-back 20-plus-win seasons.

OPPONENT PREVIEW

No. 3 Florida returns eight letterwinners from the 2008 squad that placed fourth in NCAA Championship Super Six competition and tied for second at the SEC Championships under head coach Rhonda Faehn, who enters her seventh season at the helm of the Gators in 2009.

UF's '09 roster includes three All-Americans - senior Corey Hartung and juniors Amanda Castillo and Melanie Sinclair.

The Gators return 16 of their 24 routines from the 2008 NCAA Championships Team Finals, losing a trio of seniors in Tiffany Murry, Ashley Reed and Nicola Willis to graduation.



2008 Big 12 Champs

gymnast to watch:
Haley DeProspero



The senior all-arounder enters her final season off the heels of nine event wins on beam in 2008 and career highs of 9.9 or higher on all four events.

The '08 Big 12 beam champion finished her junior campaign ranked fifth in the country on the apparatus with an RQS of 9.9.



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



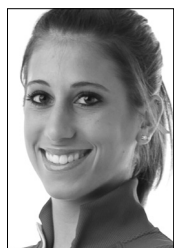
NATASHA KELLEY



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 389-195-1 (.666)

TEAM INFORMATION

2008 Overall Record 28-8-1 (.777)
 High Score 196.750
 Big 12 Finish First
 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 49-16-1
 Career Record 128-56-2
 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.	McKinney, 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 PRESEASON GYMINFO POLL

RANK	TEAM	POINTS	FIRST PLACE VOTES
1	Georgia	814	26
2	Utah	770	2
3	Florida	742	
4	UCLA	699	4
5	Stanford	676	
6	Alabama	640	
7	LSU	634	
8	Michigan	579	1
9	Oregon State	526	
10	Oklahoma	525	
11	Nebraska	487	
12	Arkansas	467	
13	Penn State	382	
14	Denver	370	
15	Auburn	323	
16	Illinois	230	
17	Michigan State	228	
18	Arizona	218	
19	Boise State	216	
-	Missouri	216	
21	Ohio State	165	
22	Minnesota	135	
23	West Virginia	106	
24	Arizona State	95	
25	Kentucky	84	

Others Receiving Votes: Washington, Iowa State, North Carolina, BYU, NC State, Iowa, Southern Utah, San Jose State, Southeast Missouri, Maryland, Kent State, Cal Berkley, Southern Utah, Pittsburgh, Illinois-Chicago, New Hampshire, Sacramento.

FAMILIAR FOE

Friday's gymnastics meet between the Sooners and Gators will commence less than 24 hours after No. 1 Oklahoma and No. 2 Florida battle on the gridiron in Miami on Jan. 8 for the BCS National Championship.

BETTER LUCK THIS TIME

Although the schedule was set months ago, OU is starting off its gymnastics slate with Oklahoma's football bowl opponent for the second straight year. The Sooners squared off with West Virginia in the second session of the Cancun Classic in their season opener a year ago a day after OU's football squad lost to the Mountaineers in the Fiesta Bowl.

LOOKING TO BUCK THE TREND

The Sooners hold an all-time record of 2-10 versus the Gators including losses in their last five meetings. Below is a look at the all-time results including the largest and narrowest victories for both squads.

2008	NCAA (team)	L	196.075	196.900	-0.825
2007	NCAA (team)	L	196.250	197.400	-1.150
2004	Super Six Challenge	L	195.275	195.950	-0.675
	NCAA Qualifying	L	195.750	196.850	-1.100
2003	Super Six Challenge	L	193.275	196.575	-3.300
2002	Home dual	W	195.475	193.925	1.550
2001	Away dual	L	192.600	195.950	-3.350
	NCAA (team)	L	193.875	195.825	-1.950
1990	Away tri-meet	L	186.850	188.150	-1.300
1989	Away six-way meet	L	187.450	192.300	-4.850
	NCAA (team)	W	187.050	187.000	0.050
1985	NCAA (team)	L	177.400	184.300	-6.900

Largest Win:

6.900 - UF over OU (1985 NCAA Championships)
1.550 - OU over UF (2002 dual meet in Norman, Okla.)

Narrowest Win:

0.675 - UF over OU (2004 Super Six Challenge)
0.050 - OU over UF (1989 NCAA Championships)

LAST MEETING

OU and UF last met in the first session of the 2008 NCAA Championships team qualifying in Athens, Ga. The Gators advanced to the NCAA Super Six after posting a 196.90 in winning the first preliminary session, while Oklahoma just missed one of the session's top three advancing positions with its fourth-place finish (196.075).

SEASON HIGHS AGAINST THE SEC

OU posted a season-high team score in both of its two regular-season meetings with SEC squads in 2008, with scores of 196.75 in consecutive weekends in wins versus Auburn (March 7) and Arkansas (March 15).

THE EXPERIENCE FACTOR

The Sooners welcome back 19 routines from last season's 2008 NCAA Championships, four more than Florida who returns 15 of its 24 routines from last year's NCAA meet.

STARTING THE SEASON STRONG

The Florida Gators are 40-8 all-time in home openers, including a 197.125-187.825 victory over Illinois-Chicago in 2008. UF's team score of 197.125 in last season's home opener marked the highest season-opening total in school history, besting its previous high of 196.575 in the 2003 Super Six Challenge.

ON TOP OF THEIR GAME

Oklahoma's match-up with the Gators on Friday will feature two recent recipients of the National Association of Collegiate Gymnastics Coaches (NACGC) Coach of the Year award. K.J. Kindler was honored in 2005 at ISU, while UF's Rhonda Faehn earned the award in 2007.

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.



TENTATIVE OKLAHOMA LINEUP

VAULT SEASON HIGH

- 1. Haley DeProspero -
- 2. Jackie Flanery -
- 3. Mary Mantle -
- 4. Melanie Root -
- 5. Ashley Jackson -
- 6. Sara Stone -

BARS SEASON HIGH

- 1. Haley DeProspero -
- 2. Jessica Kinder -
- 3. Melanie Root -
- 4. Megan Ferguson -
- 5. Hollie Vise -
- 6. Ashley Jackson -

BEAM SEASON HIGH

- 1. Jessica Kinder -
- 2. Kristin Smith -
- 3. Ashley Jackson -
- 4. Hollie Vise -
- 5. Megan Ferguson -
- 6. Haley DeProspero -

FLOOR SEASON HIGH

- 1. Megan Ferguson -
- 2. Jessica Kinder -
- 3. Kristin Smith -
- 4. Ashley Jackson -
- 5. Haley DeProspero -
- 6. Jackie Flanery -

ALL-AROUND SEASON HIGH

- 1. Haley DeProspero -
- 2. Ashley Jackson -

OU IN THE RANKINGS

Week	Rank
Preseason	10

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
Floor.....	49.675	March 07, 2003

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

REGULAR SEASON SENSATIONS

Oklahoma has won 31 of its last 32 regular-season matchups dating back to Jan. 19, 2007. Winners of all regular season meets in 2008, the Sooners' last regular season defeat was to Stanford on March 9, 2007 in Palo Alto, Calif.

ROAD WARRIORS

Three of Oklahoma's top four scores in 2008, including a season-best-tying 196.750 at Arkansas, came on the road. In addition, five of OU's top seven scores in '08 were outside of Norman.

DOMINATING THE COMPETITION

The Sooners were not overly kind to their opponents last season. In the 12 regular season events, Oklahoma won the event outright or shared title honors in 39 of a possible 48 event competitions.

FIRST TIME HOME

OU opens its home campaign on Monday, Jan. 26, against SEC foe Arkansas. The Sooners edged the Lady Backs 196.750- 196.625 last season in Fayetteville, despite a program-tying high score from the home team. The two squads also squared off in the opening session of the NCAA Championships in April, as the Sooners defeated Arkansas 196.075-195.825.

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.

MEET THE NEWCOMERS

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

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

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

- | | | |
|------------|--------------------|---------------|
| 1. UCLA | 5. Stanford | 9. Washington |
| 2. Georgia | 6. OKLAHOMA | 10. Kentucky |
| 3. Alabama | 7. Utah | |
| 4. Florida | 8. Auburn | |

SOONERS TABBED 10TH

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

2008 ACCOLADES FOR RETURNING GYMNASTS

Haley DeProspero

2008 All-Big 12 Team (Regular Season & Championship)
 2008 First-Team Academic All-Big 12
 Big 12 Event Specialist of the Week (3.25.08)
 2008 NACGC All-Academic Scholar

Jackie Flanery

2008 All-Big 12 Team
 2008 Second-Team Academic All-Big 12
 Big 12 Event Specialist of the Week (3.11.08)

Ashley Jackson

2008 All-Big 12 Team (Regular Season & Championship)
 2008 First-Team Academic All-Big 12
 Big 12 Gymnast of the Week (2.5.08)

Jessica Kinder

2008 First-Team Academic All-Big 12
 2008 NACGC All-Academic Scholar

Gina Lesko

2008 NACGC All-Academic Scholar

Mary Mantle

Big 12 Event Specialist of the Week (2.12.08)
 2008 Second-Team Academic All-Big 12
 2008 NACGC All-Academic Scholar

Melanie Root

2008 All-Big 12 Team (Championship)

Kristin Smith

Big 12 Event Specialist of the Week (3.18.08)

Hollie Vise

2008 All-Big 12 Team (Regular Season & Championship)
 Big 12 Event Specialist of the Week (1.23.08)
 Big 12 Event Specialist of the Week (2.19.08)
 Big 12 Event Specialist of the Week (3.4.08)

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.

KIARA REDMOND NAMED TEAM MANAGER

Former OU All-American Kiara Redmond has re-joined the Oklahoma women's gymnastics squad as team manager for the 2008-09 season. The appointment was announced Aug. 8 by head coach K.J. Kindler.

Redmond, one of the most decorated gymnasts in program history, completed her eligibility last May after earning All-America honors on vault, beam, floor and in the all-around at the 2008 NCAA Championships in Athens, Ga.

SHOWING OFF THEIR SMARTS

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

Haley DeProspero, Caitlin Hinkis, Jessica Kinder, Gina Lesko and Mary Mantle garnered Oklahoma's accolades with Hinkis and Kinder both earning perfect 4.0 GPA's for the academic year. The pair was the only gymnasts in the Big 12 to notch 4.0's during both semesters.

OU recorded a team GPA of 3.25 for the year, up from last season's 3.20.

WISE AND COMPANY NAMED TO USAG HALL OF FAME

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

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

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

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

A LOOK BACK AT LAST YEAR

2008 proved to be a storybook season for OU women's gymnastics as the team cemented itself as one of the program's all-time best. Etching its name in the record books on multiple occasions, the Sooners clinched their first Big 12 title since 2004 in dramatic come-from-behind fashion and placed eighth at the NCAA Championships - tying the '07 squad for the best finish in program history at the season-ending event.

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

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

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

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

2008 HIGHS

NAME	VAULT	BARS	BEAM	FLOOR	All-AROUND
Candace Cindell	-	-	-	-	-
Haley DeProspero	9.850	9.825	9.925	9.875	39.350
Jackie Flanery	9.850	9.825		9.900	-
Ashley Jackson	9.850	9.850	9.825	9.900	39.275
Jessica Kinder	9.825	-	9.850	9.850	-
Gina Lesko	-	-	-	-	-
Mary Mantle	9.900	9.800	-	9.800	-
Natalie Ratcliff	9.800	-	-	-	-
Melanie Root	9.875	-	-	9.750	-
Kristin Smith	-	-	9.925	9.850	-
Hollie Vise	-	9.900	9.900	-	-

CAREER HIGHS

VAULT	BARS	BEAM	FLOOR	All-AROUND
-	-	-	-	-
9.925	9.900	9.925	9.900	39.425
9.850	9.825		9.900	-
9.900	9.850	9.900	9.900	39.275
9.825	-	9.850	9.850	-
-	-	-	-	-
9.900	9.800	-	9.800	-
9.800	-	-	-	-
9.875	-	-	9.750	-
-	-	9.925	9.850	-
-	9.900	9.900	-	-

2008 FINAL RQS AVERAGE AND NATIONAL RANKING:

Vault

Team..... 49.180 (10th)
 Top Individual Kiara Redmond (Eighth-9.915)
 Top Returner..... Mary Mantle (61st-9.840)

Beam

Team..... 49.195 (Sixth)
 Top Individual Haley DeProspero (Fifth-9.9)
 Top Returner..... Same

Bars

Team 49.100 (10th)
 Top Individual Kiara Redmond (17th-9.89)
 Top Returner Hollie Vise (28th-9.865)

Floor

Team 49.315 (Sixth)
 Top Individual Kiara Redmond (Second-9.935)
 Top Returner Jackie Flanery (30th-9.875)



Jackie Flanery ended the 2008 season with 14 straight performances of 9.85 or better on floor, including a career-best 9.9 in OU's victory at Arkansas on March 15.

DATE	OPPONENT	RESULTS
01.04.08@ Cancun Classic W (195.175)
01.11.08@ Central Michigan W (195.125 - 188.600)
01.19.08@ TWU W (196.450 - 192.800)
01.27.08@ West Virginia W (196.550 - 192.700)
02.01.08 NEBRASKA W (195.275 - 194.050)
02.09.08@ Denver W (195.925 - 195.700)
02.15.08 IOWA STATE W (196.375 - 193.675)
02.22.08@ Missouri W (196.075 - 195.750)
02.29.08 TWU W (195.650 - 189.350)
03.07.08 AUBURN W (196.750 - 195.900)
03.15.08@ Arkansas W (196.750 - 196.625)
03.22.08@ Minnesota W (196.125 - 195.625)
03.29.08 BIG 12 CHAMPIONSHIPS W (195.875)
04.12.08 SOUTH CENTRAL REGIONAL 2nd (195.875)
04.24.08NCAA Prelims 4th (196.075)



Haley DeProspero won nine beam titles in 2008.

2008 INDIVIDUAL SEASON BESTS:

All-Around: 39.65 - Redmond (1/19)
 Vault: 10.00 - Redmond (2/15)
 Bars: 9.925 - Redmond (1/19)
 Beam: 9.925 - DeProspero (twice), Smith (3/15)
 Floor: 9.95 - Redmond (three times)

2008 TEAM SEASON BESTS:

Team Total: 196.750 (Auburn - 3/7, @Arkansas - 3/15)
 Vault: 49.325 (Auburn - 3/7)
 Bars: 49.200 (@TWU - 1/18, @WVU - 1/27)
 Beam: 49.425 (@Cancun Classic - 1/4)
 Floor: 49.375 (@WVU - 1/27)

2008 SCORING BREAKDOWN

DATE	MEET	TEAM	TEAM SCORE	VAULT	BARS	BEAM	FLOOR
1/4	Cancun Classic	OU	195.175	48.225	48.750	49.425	48.775
		Iowa	192.875	48.050	48.250	47.800	48.775
		WVU	192.125	47.700	48.225	48.075	48.125
		Wisc.-Whitewater	181.550	44.875	44.625	45.850	46.200
1/11	at Central Michigan	OU	195.125	49.075	48.85	48.050	49.150
		CMU	188.600	47.675	47.350	47.850	45.725
1/18	at Texas Woman's	OU	196.450	48.725	49.200	49.250	49.275
		TWU	192.800	48.050	48.425	47.575	48.750
1/27	at West Virginia	OU	196.550	49.075	49.200	48.900	49.375
		WVU	192.700	47.050	48.675	47.900	49.075
		GWU	192.050	47.875	48.025	47.475	48.675
		William & Mary	187.425	46.225	47.300	46.300	47.600
2/1	Nebraska	OU	195.275	49.025	48.575	48.350	49.325
		NU	194.950	49.075	47.775	49.225	48.875
2/9	at Denver	OU	195.925	49.000	49.050	48.575	49.300
		DU	195.700	49.125	48.575	48.925	49.075
		Utah State	192.275	48.625	48.175	46.850	48.625
		Air Force	186.275	47.250	45.800	47.425	45.800
2/15	Iowa State	OU	196.375	49.300	49.200	48.650	49.225
		ISU	193.675	48.850	48.250	47.750	48.825
2/15	at Missouri	OU	196.075	48.925	49.025	49.050	49.075
		MU	195.750	48.800	48.875	49.150	48.925
2/29	TWU	OU	195.650	48.900	49.025	48.625	49.100
		TWU	189.350	48.325	48.100	46.550	46.375
3/7	Auburn	OU	196.750	49.325	48.975	49.125	49.325
		AU	195.900	49.150	48.875	48.725	49.150
3/15	at Arkansas	OU	196.750	49.100	49.100	49.275	49.350
		ARK	196.625	49.300	49.050	48.925	49.350
3/22	at Minnesota	OU	196.125	49.100	49.025	48.800	49.150
		MINN	195.625	48.600	49.000	49.225	48.800
3/29	Big 12 Championship	OU	195.875	49.275	48.125	49.275	49.200
		ISU	195.775	49.050	49.075	48.750	48.900
		MU	195.225	48.950	48.875	48.425	48.975
		NU	194.975	49.100	47.975	49.000	48.900
4/12	NCAA South Central Regional (Top Four Teams Listed)	OU	195.875	49.050	49.075	48.500	49.250
		ALA	197.300	49.525	49.175	49.250	49.350
		ILL	195.425	48.875	48.950	48.650	48.950
		BSU	194.400	48.800	48.900	47.700	49.000
4/12	NCAA Championships Afternoon Session	OU	196.075	48.775	49.125	48.950	49.225
		FLA	196.900	49.100	49.300	48.975	49.525
		ALA	196.650	49.125	49.375	48.850	49.300
		LSU	196.575	49.050	49.450	48.825	49.250

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.