

# UIC WOMEN'S GYMNASTICS



**The University of Illinois at Chicago \* Sports Information \* 839 W. Roosevelt Rd., Chicago, Ill., 60608 \*  
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## 2002 Schedule & Results

### January

11 (Fri)	at Auburn (Illinois, Centenary)	3rd/4, 190.35
20 (Sun)	at Western Michigan (Ball State)	3rd/3, 190.9
25 (Fri)	at Cardinal Classic	2nd/6, 192.225

### February

2 (Sat)	SOUTHEAST MISSOURI STATE	W, 191.4-189.675
10 (Sat)	ILLINOIS	W, 193.95-193.7
12 (Tu)	at Illinois State	W, 194.6-193.825
15 (Fr)	at SunTrust Mardi Gras Classic	4th/4, 194.175
23 (Sat)	at Country Market Spartan Inv.	2nd/4, 194.875

### March

2 (Sat)	at S. Utah (Eastern Michigan)	3rd/3, 191.45
9 (Sat)	ILLINOIS STATE	W, 192.9-192.45
10 (Sun)	at Northern Illinois	W, 194.975-193.25
16 (Sat)	at Illinois Classic	1st/4, 195.125
23 (Sun)	MIDWEST IND. CHAMPIONSHIPS	1st/5, 196.025

### April

6 (Sat)	at NCAA South Central Regional Tempe, Ariz.	8:00 PM (cst)
18-20	at NCAA Championships	

2002 NCAA South Central Regional  
Host: Arizona State University

**#1 UCLA**  
**#17 Brigham Young**  
**Illinois-Chicago**



**#12 Arizona**  
**#18 Arizona State**  
**Cal State Fullerton**

Saturday, April 6, 2002

Wells Fargo Arena \* Tempe, AZ \* 8:00 PM CST

## Women's gymnastics staff

**Head Coach:** Peter Jansson  
**Alma Mater (Year):** Stockholm (1984)  
**Overall Record:** 146-117-1  
**Co-Head Coach:** Mary Jansson  
**Alma Mater (Year):** Illinois (1982)

## Flames at a glance:

After beginning the 2002 ledger with a pair of scores under 191, the Flames have kicked it into overdrive in late March, averaging 194.14 in the third month. UIC has advanced to the NCAA Regional for the fifth time in school history and the third time in four years. The Flames' best Regional finish came in 1982 when they were second to Michigan in the five-team field. In 1995 and 2000, UIC placed fifth, while in 1999 the Flames were sixth. Statistically, this is the best UIC team in history, as the 2002 edition set a new school scoring mark of 196.025 on March 23 at home in the Midwest Independent Conference Championships. The Flames also set an all-time best of 49.05 on vault back on February 15 at the SunTrust Mardi Gras Classic at Florida.

## Jansson & Jansson:

The UIC women's gymnastics team is directed by co-head coaches, Peter and Mary Jansson. Peter Jansson is in his 12th season at the helm, compiling a 146-117-1 record during that span. Peter, a native of Sweden, assisted at the University of Illinois at Urbana-Champaign (UIUC) from 1984-86 and again from 1989-90, contributing to a Big Ten Championship. Prior to earning his master's degree in exercise physiol-

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# UIC WOMEN'S GYMNASTICS



## UNIVERSITY FACTS

**Location:**

Chicago, IL

**Founded:**

1896

**Enrollment:**

24,410

**Nickname:**

Flames

**Colors:**

Navy Blue & Fire Engine Red

**President:**

James J. Stukel

**Chancellor:**

Sylvia Manning

**Athletic Director:**

James W. Schmidt

**Faculty Athletic Representatives:**

Edward Deam, Sylvia Furner

**Athletic Department Phone:**

(312) 996-2772

**Gymnastics Conference:**

Midwest Independent

**UIC Athletics Home Page:**

[www.uicflames.com](http://www.uicflames.com)

## GYMNASTICS SUPPORT STAFF

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**Training Room Phone:** (312) 996-5787

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ology from UIUC, Jansson completed work on his bachelor's degree at the University of Stockholm. His wife, Mary, is nearing the end of her second season as the co-head coach of the Flames after serving the previous ten as an assistant coach and choreographer. She received her undergraduate degree from UIUC, where she also competed for the gymnastics team and was a Big Ten balance beam champion. While working on her master's degree in elementary education, Mary was a graduate assistant for the Fighting Illini's gymnastics team. She has also coached and choreographed at the private club, high school and collegiate levels.

**Conference champs:**

The Flames won their sixth Midwest Independent Conference Championship on Sat., March 23, racking up a team score of 196.025, good for a new school record. UIC defeated conference foes Illinois State, Southeast Missouri State, Winona State and Centenary to grab the crown.

**Best-ever?:**

The 2002 UIC women's gymnastics team is making a push to be recongnized as the finest squad in Flames' history. This year's team has already recorded a school record team score of 196.025 and looks to make a lasting impression in Tempe.

**Floored:**

The Flames boast five floor warriors who are averaging at least a 9.6 or better on the mat each time out. Sara Casica is leading the way, competing at a 9.785 clip on floor, followed by Jennifer O'Neil (9.688), Atlin Mitchell (9.683), Nadia Ori (9.681) and Erica Varner (9.604). Megan Fey is close behind with a 9.575 average. UIC has a season-best of 49.3 on floor, set at the Midwest Independent Championships on March 23. That also established a new school record.

**State champs:**

The Flames defended their state championship on March 16 at the Illinois Classic, defeating state rivals Illinois, Illinois State and Northern Illinois in Normal, Ill. UIC tallied a then season-best 195.125 on its way to the championship.

**On the road again:**

In the 2002 season, the Flames competed in the friendly confines of the UIC Physical Education Building only four times, winning each of those competitions. The rest of the season, UIC spent on the road, recording a lofty nine away score during the season.

### Regional Rankings

1. Nebraska	196.6	6. UIC	194.750
2. Oklahoma	196.59	7. Illinois State	193.660
3. Arizona	196.02	8. Illinois	193.655
4. Arizona State	195.435	9. Texas Women's	193.565
5. Missouri	195.165	10. SEMO	192.865



# UIC WOMEN'S GYMNASTICS



## School Records

### Individual Records

#### **Vault - 9.900-**

##### **Gabriella Brunn**

at Western Michigan, 2/22/98

vs. Ball State, 3/8/99

at Illinois Classic, 3/11/00

#### **Amy August**

at SunTrust Mardi Gras Madness, 2/15/02

at Northern Illinois, 3/10/02

#### **Atlin Mitchell**

at Spartan Invitational, 2/23/02

#### **Uneven Bars - 9.950-**

##### **Emily McKee**

at Midwest Independent Championships,

3/22/97

#### **Balance Beam - 9.950-**

##### **Laura Jungels**

vs. Western Michigan, 2/24/01

#### **Floor Exercise - 9.950-**

##### **Emily McKee**

at Midwest Independent Championships,

3/24/95

#### **All-Around - 39.425-**

##### **Cheryl Rubinger**

vs. Western Michigan, 2/24/01

### All-time Team Records

#### **Vault - 49.05**

at Florida (SunTrust Mardi Gras Mad-

ness), 2/15/02

#### **Uneven Bars - 49.425**

at Midwest Independent Championships,

3/22/97

#### **Balance Beam - 49.250**

vs. Illinois State, 3/14/00

#### **Floor Exercise - 49.300**

Midwest Independent Championships, 3/23/02

#### **Team Score - 196.025**

Midwest Independent Championships, 3/23/02

### **All-conference team:**

Based on their performance at the Midwest Independent Conference Championships, the following Flames' gymnasts were named to the all-conference squad: Amy August, Alyson Cacciatore, Sara Casica, Jamie Grabowski, Atlin Mitchell and Jennifer O'Neil.

### **Beaming rookies:**

A pair of highly-touted UIC freshmen, Stacey Magiera and Alyson Cacciatore, have added a needed presence on beam this season for the Flames. Both former Illinois prep state champions, they have excelled on the balance beam in their rookie campaigns. Magiera recorded a season-high of 9.850 at the conference meet on March 23, while Cacciatore's 9.875 at those same championships led to her appointment to the all-conference team.

### **Jennie-O:**

Freshman Jennifer O'Neil has arguably been the most consistent gymnast for the Flames this season. The versatile Canadian has competed in the all-around competition on three occasions with a season-best of 38.825 on March 9 at Illinois State. O'Neil has also tallied a pair of 9.9 routines on bars, as she performs one of the more skilled sets around.

### **Seniority:**

Peter and Mary Jansson have relied heavily on a senior class that has been remarkable all season long, and has been instrumental in bringing some of the younger Flames along faster. Seniors Amy August, Sara Casica, Jackie Messerges, Nadia Ori, Kim Sommer and Erica Varner have each played a large role in the Flames success in 2002. These six seniors accounted for 16 of the 24 routines completed in UIC's conference championship meet.

### **Back for more:**

The only remaining UIC gymnast that competed in last year's NCAA Regional is Amy August. Along with since-graduated Cheryl Rubinger, they were the only two UIC gymnasts to compete at this level a year ago.

### **Pleading the fifth:**

Fifth-year senior Sara Casica has utilized her bonus season to the maximum. After battling injuries in her sophomore and red-shirt junior seasons, Casica has returned to the form that made her the former school record holder in the all-around. The Chicago native has heated up of late, averaging a 39.2 all-around score in her last three outings, including garnering the conference championship on March 23 with a score of 39.375.



# UIC WOMEN'S GYMNASTICS



## NCAA South Central Regional Rotation Order

	<b>V</b>	<b>BYE</b>	<b>UB</b>	<b>BB</b>	<b>BYE</b>	<b>FX</b>
<b>Rot. 1</b>	<b>UIC</b>	UCLA	BYU	ASU	CSF	UA
<b>Rot. 2</b>	UA	<b>UIC</b>	UCLA	BYU	ASU	CSF
<b>Rot. 3</b>	CSF	UA	<b>UIC</b>	UCLA	BYU	ASU
<b>Rot. 4</b>	ASU	CSF	UA	<b>UIC</b>	UCLA	BYU
<b>Rot. 5</b>	BYU	ASU	CSF	UA	<b>UIC</b>	UCLA
<b>Rot. 6</b>	UCLA	BYU	ASU	CSF	UA	<b>UIC</b>

## 2002 University of Illinois at Chicago Women's Gymnastics Roster

<u>Name</u>	<u>Year</u>	<u>Height</u>	<u>Event(s)</u>	<u>Hometown/High School</u>
Amy August	Sr.	4-11	BB, UB, V	St. Charles, Ill./St. Charles
Alyson Cacciatore	Fr.	5-2	BB	Glenview, Ill./Glenbrook South
Sara Casica	Sr.	5-0	AA	Chicago, Ill./Queen of Peace
Megan Fey	So.	5-4	FX	St. Charles, Ill./St. Charles
Jamie Grabowski	Fr.	5-1	UB, FX	Algonquin, Ill./Jacobs
Ashley Henning	Fr.	5-2	UB, V	Palatine, Ill./Fremd
Candace Jackson	Fr.	5-3	V	Yorkville, Ill./Yorkville
Ashley Kuhn	Fr.	5-2	FX, V	Gurnee, Ill./Warren
Stacey Magiera	Fr.	5-5	BB	Carpentersville, Ill./Barrington
Jackie Messerges	Sr.	5-2	UB, V	Downers Grove, Ill./Downers Grove South
Atlin Mitchell	So.	5-8	UB, V, FX	Surrey, BC, Canada/Elgin Park
Jennifer O'Neil	Fr.	5-3	AA	Hull, Quebec, Canada/Secondaire de l'île
Nadia Ori	Sr.	5-2	UB, BB, FX	Highland Park, Ill./Regina Dominican
Nahia Sanzo Ruiz de Azua	Fr.	5-0	FX	Vitoria-Gasteiz, Spain/Ikastola Olabide
Kim Sommer	Sr.	5-6	BB, UB, V	Wheaton, Ill./Glenbard South
Erica Varner	Jr.	5-3	FX, V	Delaware, Ohio/Rutherford B. Hayes

**HEAD COACH:** Peter Jansson

**CO-HEAD COACH:** Mary Jansson



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## 2002 UIC FLAMES SEASON HIGHS

Name	FX	UB	V	BB	AA
Amy August		9.900	9.900	9.900	
Alyson Cacciatore				9.875	
Sara Casica	9.925	9.875	9.700	9.925	39.375
Megan Fey	9.700				
Jamie Grabowski	9.875	9.700		9.800	
Stacey Magiera				9.850	
Jackie Messerges		9.850	9.775		
Atlin Mitchell	9.875		9.900	9.400	
Jennifer O'Neil	9.850	9.900	9.750	8.600	38.825
Nadia Ori	9.850	9.800		9.850	
Kimberly Sommer		9.825	9.800	9.850	
Erica Varner	9.800		9.775		
<b>Total</b>	<b>49.300</b>	<b>49.250</b>	<b>49.050</b>	<b>49.100</b>	<b>196.025</b>

## FLAMES PRONUNCIATION GUIDE

**Alyson Cacciatore**...CATCH-uh-TOR-EE  
**Sara Casica**...Cuh-SEEK-uh  
**Megan Fey**...FAY  
**Jamie Grabowski**...GRUB-ow-SKEE  
**Ashley Kuhn**...KOON  
**Stacey Magiera**...ma-JEER-uh  
**Jackie Messerges**...ma-SIR-jiss  
**Nadia Ori**...OR-E  
**Nahia Sanza Ruiz de Azua**...Naya  
**Kimberly Sommer**...SUMMER  
**Chevon Haynes** (trainer)...SHUH-von

## FLAMES FLOOR MUSIC SUMMARY

**Sara Casica**: song from Carmen  
**Alyson Cacciatore**: medley of music from Jock Jams  
**Jamie Grabowski**: medley of music from the soundtrack from "Austin Powers" and Jock Jams  
**Nadia Ori**: medley of music from "Gypsy Kings"  
**Atlin Mitchell**: n/a  
**Jennifer O'Neil**: Guitar medley  
**Erica Varner**: music from Hernando's Hideaway



# UIC WOMEN'S GYMNASTICS



## 2002 UIC Meet Recaps

### January 11, 2002 at Auburn

Head women's gymnastics coach Peter Jansson has said that this is a "bonus season" for UIC senior Sara Casica.

After Friday night, the bonus points are already beginning to add up.

After battling injuries throughout her career, Casica now seems healthy as ever, as she was victorious in the all-around competition at Auburn with a total score of 38.775, edging out the 38.500 posted by Illinois' Ashley Williams.

UIC, as a team, finished third in a tight battle for the top-spot. The host Tigers won the meet with a score of 192.625, while Illinois (191.575) edged the Flames (190.350). Centenary College finished fourth with a score of 186.950.

Freshman Jennifer O'Neil also showed flashes of why Jansson is so excited about the prospects of this year's recruiting class. Her all-around score of 37.675 was good for sixth-place.

Kimberly Sommer equaled O'Neil on the bars, tying for third-place with a score of 9.775, while Atlin Mitchell and Amy August also had good performances on the night.

Mitchell tied for fourth-place on the floor exercise (9.725) with O'Neil, and August tied for seventh-place on the vault, scoring a 9.725.

Casica's top finish was on the beam, where she finished in a tie for fourth with a score of 9.725.

#### Final Team Results

Auburn	192.625
Illinois	191.575
UIC	190.350
Centenary	186.950

### January 20, 2002 at Western Michigan

During a journey to Kalamazoo, Michigan in January, one can expect snow, icy roads and bitter cold temperatures.

The UIC women's gymnastics team expected to drive home with a well-rounded effort behind them, but due to a few poorly timed mistakes and the prowess of opponents Western Michigan and Ball State, the Flames were defeated at Western Michigan by both squads.

Ball State won the meet with a team score of 194.500, while Western Michigan's 192.925 was good enough to get by UIC's mark of 190.900.

"We built some character up here today," said UIC head coach Peter Jansson. "We started off better on the beam, but we had a few unexpected mistakes on floor and we fell apart on bars."

Kimberly Sommer had a good afternoon for the Flames, recording the team's best scores on beam and the uneven bars, scoring a 9.725 on each apparatus.

Amy August had the best overall finish for UIC on the day, placing third on vault with a score of 9.725.

"We are practicing hard and we have the talent, so everything will come around for us soon," added Jansson.

#### Final Team Results

Ball State	194.500
Western Michigan	192.925
UIC	190.900

### January 25, 2002 at Cardinal Classic

The University of Illinois at Chicago women's gymnastics team had been on the cusp of breaking out and making it known throughout the NCAA South-Central Region that the Flames are for real.

But a few falls here, a few mistakes there cost the Flames in their first two outings of the season.

But Friday night, everything began to mesh together at Ball State's Cardinal Classic, as the Flames finished second overall and won three of the four individual event titles, on their way to a score of 192.225.

Bowling Green won the title with a score of 192.700. UIC was followed by last weekend's nemesis Ball State (191.625), the ACC's Tar Heels of North Carolina (190.550), Wisconsin-River Falls (179.175) and Wisconsin-Eau Claire (173.875).

Atlin Mitchell was victorious on the vault, with a score of 9.850, which was also a career-high for the Canada native. Fellow Canadian Jennifer O'Neil, Kim Sommer and Erica Varner also vaulted well, tying for 12<sup>th</sup>-place with solid scores of 9.650.

Amy August won the uneven bars title, scoring a 9.850, edging teammate Jackie Messerges and two other competitors who scored 9.825. O'Neil and Sommer added fifth-place finishes on the bars, tying at 9.800.

Senior all-arounder Sara Casica got

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back to her winning ways Friday night, winning the beam competition with a score of 9.775. Sommer added a third-place finish to her exemplary evening, scoring a 9.700.

Casica finished as the runner-up in the all-around competition with a tally of 38.450, as Bowling Green's Marny Oestreg was the victor with her score of 39.100.

Nadia Ori also had a good showing in Muncie for the Flames, finishing eighth on beam (9.550) and 12<sup>th</sup> on the floor exercise (9.650).

### Final Team Results

Bowling Green	192.700
UIC	192.225
Ball State	191.625
North Carolina	190.550
Wisc. River Falls	179.175
Wisc. Eac Claire	173.875

## February 2, 2002 SOUTHEAST MISSOURI ST.

In its first home action of the year, the University of Illinois at Chicago women's gymnastics team picked up their first victory of the season Saturday evening, beating Southeast Missouri State 191.4-189.675.

The women's team picked up all four individual event titles on the evening, as Amy August took the beam apparatus with a score of 9.725.

Kimberly Sommer tied for the win on bars with Ashley Godwin of Southeast, scoring a 9.75.

Sommer then teamed up with Jennifer O'Neil to tie for the win on vault with a score of 9.625.

Sara Casica added the fourth title of the night, winning the floor exercise with an explosive routine, which gave her a score of 9.85.

### Final Team Results

UIC	191.400
SEMO	189.675

## February 10, 2002 ILLINOIS

When the Orange and Blue roll into town, the stakes of competition increase dramatically.

For the University of Illinois at Chicago women's gymnastics team, the stakes were in favor of the Flames on Sunday afternoon.

The Flames knocked off Illinois 193.950-193.700 in front of nearly 800 fans, as UIC looks to be in control of the State gymnastics scene.

"This is our biggest rivalry when competing for pride so this was a big weekend for us," said co-head coach Peter Jansson.

In the women's competition, UIC took three-of-four individual event titles on the afternoon, as Atlin Mitchell won the floor exercise (9.825), Sara Casica tied with Illinois' Jana Gallagher for the win on beam (9.850) and Erica Varner equaled two Illinois competitors, winning the vault competition (9.775).

Down 145.075-145.025 after three rotations, the Flames moved to floor exercise where they have been nearly flawless in the past two weeks.

It was no different on Sunday, as UIC outscored the Illini by .3 on the floor to garner the victory. The Flames grabbed the top four spots on floor, as Varner (9.800), Jennifer O'Neil (9.775) and Jamie Grabowski (9.775) followed Mitchell to stymie the Illini.

"The credit goes to the kids, it was that close after three rotations and they responded well," Jansson added.

### Final Team Results

UIC	193.950
Illinois	193.700

## February 12, 2002 at Illinois State

Competing against its second straight intrastate rival in 48 hours, the University of Illinois at Chicago women's gymnastics team defeated a Land of Lincoln opponent for the second time in three days, beating Illinois State 194.600-193.825, Tuesday evening in Normal.

The Flames, ranked No. 42 in the nation, were able to defeat No. 39 Illinois State with near flawless efforts on vault, bars and floor.

"We did the best we possibly can do on (those three) events," said co-head coach

"There was a lot of good stuff tonight."

The Flames—winners of three straight—really made a statement on vault at the Horton Field House. UIC put together a season-high team score of 48.800, besting ISU by .65.

Atlin Mitchell was the winner with a big score of 9.875. Amy August was second (9.850), Kimberly Sommer and Erica Varner tied for fourth (9.700) and Jennifer O'Neil was sixth (9.675).

Mitchell also won the floor exercise with a score of 9.850, while the rest of the UIC floor crew was solid as usual, totaling another season-high of 49.000. O'Neil and Nadia Ori tied for second (9.825), while Erica Varner tied for third (9.800) with a trio of Redbirds.

Freshman Alyson Cacciatore seems to be locating her comfort zone in her first year of collegiate gymnastics, garnering top honors on beam with a score of 9.850, equaling Illinois State's Carlee Wright.

However, beam was once again the Flames' nemesis, counting three falls on the night. Cacciatore's winning effort and Nadia Ori's 9.775 did aid the UIC cause.

"Nadia's routine on beam was a highlight for us and Alyson also was big," Jansson said.

Jansson feels pretty good about his squad right now, just needing to bandage up the beam routines.

"We just need to take care of the beam mistakes and we'll be all set," said Jansson, as the Flames eye the 195.000 mark.

### Final Team Results

UIC	194.600
Illinois State	193.825

## February 15, 2002 at SunTrust Mardi Gras Madness

The University of Illinois at Chicago women's gymnastics team knew it was in for a battle Friday night, traveling to the tumbling version of the "Swamp" and facing off against three of the top 19 teams in the nation at the SunTrust Mardi Gras Madness hosted by the University of Florida.

When the dust finally settled, the Flames had put together their second consecutive score above the 194 mark, and completed their third solid competition in six days, but it wasn't enough, as the host Gators won the event with a score of 196.900 in front of 2,473 fans at the Stephen C. O'Connell Center. No. 14 Florida was followed by No. 7



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Stanford (195.700), No. 19 Penn State (195.375) and the 42<sup>nd</sup> ranked Flames (194.175).

"The kids did a great job down here," said co-head coach Peter Jansson. "We are really starting to make a move, and I am very proud of the kids because this was a tough week for us and they competed very well."

The Flames did compete well enough to record a pair of team records. On vault, UIC ran off six near-perfect routines—all above 9.675—to finish with a team-score of 49.050, good for a new team record, which was just set on Tuesday at Illinois State (48.800).

Also making her way into the record books was Amy August, who tallied a 9.900 on vault, equaling the school record set by former UIC standout Gabriella Brunn three times in her brilliant career between 1998-2000.

August's effort on vault was good for a fourth-place finish on the event, while Atlin Mitchell had the highest Flames finish, garnering third-place on floor with her second consecutive score of 9.875.

"We are starting to come together and we are on the right track," said Jansson. "We need to make some moves and we'll be on our way."

The Flames now have a week off before traveling to Michigan State to take part in the Country Market Spartan Invitational next Saturday. Competition begins at 6:00 PM in East Lansing, Michigan.

### Final Team Results

Florida	196.900
Stanford	195.700
Penn State	195.375
UIC	194.175

### February 23, 2002 at Spartan Invitational

Perched at No. 38 in the country, the University of Illinois at Chicago women's gymnastics team remained hot on Saturday evening, recording a season-best score of 194.875 on its way to beating No. 33 Ball State and No. 35 New Hampshire at the 13<sup>th</sup> annual Spartan Invitational hosted by Michigan State.

The 30<sup>th</sup>-ranked Spartans were victorious, winning the four-team meet with a quality score of 195.700, the fifth-highest team score in Michigan State history.

UIC continues to eliminate little mistakes,

as the Flames edge their way towards the 195 mark.

The Flames grabbed a pair of individual event titles on the night, as another school record was reached.

Atlin Mitchell, who has been coming on of late, scored a 9.900 on vault to win the event and equal the UIC school record. Just last weekend at Florida, Amy August tallied a 9.900 to tie the mark originally set by former Flames' standout Gabriella Brunn on three different occasions.

Jaclyn Messerges took the other UIC triumph, winning the uneven bars event with a score of 9.850.

One key for the Flames was their performance on beam, which has been a thorn in their side all season long.

Thanks to a quartet of solid routines, UIC put together a season-best effort on the thin apparatus, piecing together a 48.350 team score.

Sara Casica was her usual solid self with a 9.800, good for a third-place tie, while August (9.775), Nadia Ori (9.775) and Kimberly Sommer (9.700) helped out the UIC cause.

Casica also added clean routines on floor and bars, finishing in a tie for fourth on floor (9.850) and tallying a 9.700 on bars.

August added a nice effort on bars, tying for third with a score of 9.800.

The Flames will head back into competition on Saturday, March 2, when they travel to Cedar City, Utah to lock horns with Southern Utah and Central Michigan.

### Final Team Results

Michigan State	195.700
UIC	194.875
Ball State	193.275
New Hampshire	193.100

### March 2, 2002 at Southern Utah

After a hot streak of four consecutive solid scores since February 10, the University of Illinois at Chicago women's gymnastics team dropped down to 191.450 at Southern Utah on Saturday night, just seven days after the Flames posted their highest score of the season of 194.875 at the Spartan Invitational.

Eastern Michigan won the triangular contest with a score of 194.450, while host Southern Utah was second (193.975), followed by the Flames.

The low score was out of character for the Flames, as UIC had shown improvement in each meet this season.

Peter and Mary Jansson's squad was forced to shuffle around the line-up, as Atlin Mitchell injured her knee early on, while floor specialist Megan Fey went down ill and UIC had to make more changes.

Seniors Kimberly Sommer and Sara Casica persevered with encouraging performances.

Sommer tied for second on bars with a score of 9.775, while tying for sixth on vault (9.6750).

Sommer equaled Casica on beam, tying for fourth with scores of 9.800.

Casica also added sixth-place finishes on bars and floor, while finishing the all-around competition in third with a score of 38.875.

Jennifer O'Neil competed well on vault, taking fourth with a 9.750 routine.

The Flames will try and get back on track at home next Saturday, Mar. 9, versus Illinois State. UIC knocked off the Redbirds back on February 12, 194.600-193.825

### Final Team Scores

Eastern Michigan	194.450
Southern Utah	193.975
UIC	191.450

### March 9, 2002 ILLINOIS STATE

With only two weeks remaining in the regular season, the University of Illinois at Chicago women's gymnastics team started to get back on track on Saturday afternoon, defeating Illinois State 192.9-192.450 at the UIC Physical Education Building.

It was senior day for the Flames, and the eldest UIC competitors blazed the way versus ISU in fitting fashion.

Senior Amy August won the uneven bars competition with a score of 9.750, equaling freshman teammate, Jennifer O'Neil.

Sara Casica, another UIC senior, was the champion on floor exercise, completing a quality 9.800 routine.

O'Neil won the all-around competition, as the rookie tallied a score of 38.825 to distance herself from Denise Houda from Illinois State in second.

Senior Erica Varner tied for second on vault with 9.750, tying O'Neil.

August equaled fellow senior Kimberly Sommer for third on beam with scores of 9.700.

Jaclyn Messerges, also a senior, claimed



# UIC WOMEN'S GYMNASTICS



third-place on bars with a score of 9.725.

The Flames will be back in action on Sunday, March 10, as the Flames travel west to DeKalb for a match-up with Northern Illinois. The competition begins at 2:00 PM.

### Final Team Results

UIC	192.900
Illinois State	192.450

### March 10, 2002 at Northern Illinois

Following a pair of mediocre scores in its last two meets, the University of Illinois at Chicago women's gymnastics team came out on Sunday and fired all on all cylinders recording a season-high score against Northern Illinois, beating the Huskies 194.975-193.250 in DeKalb.

The all-around performance of senior Sara Casica led the way for UIC, as she scored 39.025 points en route to the all-around title. Casica won the floor exercise competition with a superb 9.900 routine, while finishing second on beam to teammate Amy August with a score of 9.875.

August had a great day herself with a winning score of 9.900 on beam, followed by a win on vault 9.900, tying the school record on that apparatus for the second time this year.

On floor, the Flames took the top three spots, including Casica, followed by Jamie Grabowski in second (9.875) and Nadia Ori in third (9.850).

The Flames have experienced trouble all season on beam, but came alive on Sunday taking the top four spots.

August and Casica went one-two, followed by Grabowski (9.800) and Stacey Magiera (9.775).

Jennifer O'Neil added a nice routine on bars, taking second with a score of 9.850.

Senior Erica Varner added a third-place effort on vault, scoring a 9.725.

The Flames will now head to the Illinois Classic on Saturday in Normal, trying to defend their state championship from a year ago. Competition begins at 7:00 PM at Illinois State University.

### Final Team Results

UIC	194.975
Northern Illinois	193.250

### March 16, 2002 at Illinois Classic

With the clock ticking towards NCAA Regional competition, it is every gymnastics program's hope to be peaking at the most crucial point of the season.

For Peter and Mary Jansson's University of Illinois at Chicago women's gymnastics team, it appears that the hope has become a reality.

On Saturday night at Illinois State University, the Flames marched their way to the Illinois Classic crown for the second-straight year with a season-best score of 195.125, while claiming statewide bragging rights over Illinois, Northern Illinois and Illinois State.

Sara Casica notched her second all-around title in as many weeks with a career-best of 39.150, earning her all-state honors.

UIC had recorded some solid team scores throughout the season, but could always look back on its beam performance and know that it could be improved.

On Saturday, perfection was nearly reached for the Flames, as they hit each of their routines on their way to a season-high of 49.1.

Jennifer O'Neil tied for the win on bars with a score of 9.9, while the Flames received the usual solid performances from Jaclyn Messerges, Kimberly Sommer, Amy August, Nadia Ori, Erica Varner, Megan Fey and Jamie Grabowski.

Joining Casica on the all-state team was O'Neil, August and Messerges.

The women's gymnastics team now looks to secure its place at the NCAA Regional competition next Saturday, March 23, as the Flames will play hosts to the Midwest Independent Championships in the regular season finale. Competition begins at 6:00 PM.

### Final Team Results

UIC	195.125
Northern Illinois	193.875
Illinois State	193.850
Illinois	193.150

### March 23, 2002 MIDWEST INDEPENDENT CHAMPIONSHIPS

The senior-laden University of Illinois at Chicago women's gymnastics team wanted to make their last competition at home a memorable one.

The Flames bested memorable and entered legendary on Saturday evening, winning the 2002 Midwest Independent Championship for the sixth time in school history with a school record-breaking score of 196.025 at the UIC Physical Education Building.

The lofty score was also a championship record, besting the Flames' 195.525 score from the 1995 MIC Championships.

The previous UIC school record was set last year, as the Flames rolled up a 195.7 at the Illinois Classic on March 16.

Following the Flames was Illinois State (194.775), Southeast Missouri State (193.875), Centenary (193.2) and Winona State (190.075).

Senior Sara Casica made her last PEB performance a dandy, winning the all-around title with a personal-best of 39.375.

On her way to the all-around title, Casica won the floor (9.925) and beam competitions (9.925) in impressive fashion as well.

Atlin Mitchell, competing on an injured right knee, won the vault competition heroically with a score of 9.850.

Amy August also chimed in with a victory, taking the bars competition scoring a nifty 9.9.

Earning all-conference accolades for the Flames based on their performance Saturday night included Mitchell, August, Casica, Jennifer O'Neil, Alyson Cacciatore and Jamie Grabowski.

Other all-conference athletes included: Ashley Godwin from SEMO and Heather Mohler, Denise Houda and Carlee Wright from Illinois State.

On Monday, the Flames received word they had qualified for the NCAA South Central Regional, which will be held Saturday, April 6 in Tempe, Arizona at Wells Fargo Arena.

The six-team field includes the No.1 team in the nation, UCLA, No.12 Arizona, No.17 BYU, 18<sup>th</sup>-ranked Arizona State and Cal State Fullerton along with the Flames.

The top-two teams from each of the six Regional sites will qualify for the NCAA Championships to be held at the University of Alabama April 18-20.

### Final Team Results

UIC	196.025
Illinois State	194.775
SEMO	193.875
Centenary	193.200
Winona State	190.075