

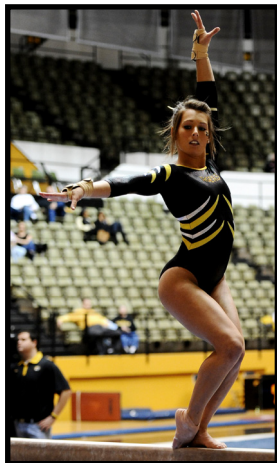


Tiger Tales

Mizzou Gymnastics Alumni Newsletter



News and Notes



- The Tigers opened the 2011-12 season with the annual Black & Gold Intrasquad meet on Dec. 9. The Gold squad took the title with a score of 164.475 to the Black squad's 163.150.

- If the scores from the Black & gold had been calculated as a regular season meet, Mizzou would have put up a score of 195.750! The Tigers would have earned a

last year's season high score.

- The regular season begins when Mizzou hosts the Iowa State Cyclones on Jan. 8 at the Hearn Center. The meet will begin at 2 p.m.

- A familiar face will come to the Hearn Center with the Cyclones, former Tiger Danielle Guider is currently serving as a volunteer coach with the team.

- The Tigers and the Cyclones are 26-26 in the regular season series, Mizzou leads 21-13 in post season competition.

- Mizzou traveled to Ames, Iowa to face the Cyclones last season. The meet was a close race throughout, but the Tigers fell to the Cyclones 195.250-194.550. Then in her Junior season, Allie Heizelman recorded a career-high 9.875 on her bar routine.

- The second meet of the season will take place at Southern Utah. The Tigers head to Cedar City, Utah on Jan. 13 to take on the Thunderbirds at 7 p.m.

- The 2012 schedule is looking competitive. Mizzou will face 12 2011 NCAA Regional Qualifiers as well as NCAA National Champion Alabama.

- Mark your calendars! Mizzou Gymnastics plans to host a golf tournament on April 28th. The program will also host its Alumni Weekend, March 16-18. Stay tuned for more information as we approach those dates!

- The Tigers also welcome two new signees for the 2013 season. Blair Elmore is joining the team from Champion Gymnastics Academy in Houston, Texas, and Miranda Eubank will come from Champion Gymnastics in Louisville, Ky.





Tiger Tales

Mizzou Gymnastics Alumni Newsletter



Head Coach
Rob Drass
drassr@missouri.edu

Welcome to the 2012 gymnastics season!

We are so excited for the season to begin, we open up with Iowa State on Sunday at 2 p.m!

We started practicing 20 weeks ago with a new team slogan, Right Here Right Now. We encourage our gymnasts to leave everything behind and focus on the tasks at hand, it's now or never!

The team has been conditioning very hard and we can see them getting stronger. I think we are definitely ready to start the season.

Our 2012 schedule has some very strong competition. Ten of our opponents are ranked in the Top 25 by GymInfo. We are lucky to have such a great opportunity to showcase Tiger Gymnastics for the fans.



Associate Head Coach
John Figueroa
figueroaj@missouri.edu

Our team is looking really good this year, be sure to keep an eye on freshman Rachel Updike, sophomores Katelyn Trevino and Taylor Medrea as well as juniors Brittany Bendoff and Sandra Ostad. We also expect big things from our seniors Allie Heizelman and Mary Burke.

If you can't make it to the meet but want to watch us, go to MUTIGERS.COM look for the Mizzou Network! We stream all of our home meets online with commentary from Sarah Shire.



Assistant Coach
Jennifer Green
greenjl@missouri.edu

Thank you for all of your support and take care! Have a great year, everyone! We appreciate your support and are glad you are a part of our Tiger Family & Mizzou-Nation!!

FIG



Tiger Tales

Mizzou Gymnastics Alumni Newsletter



Welcome Kelsy Landreth!

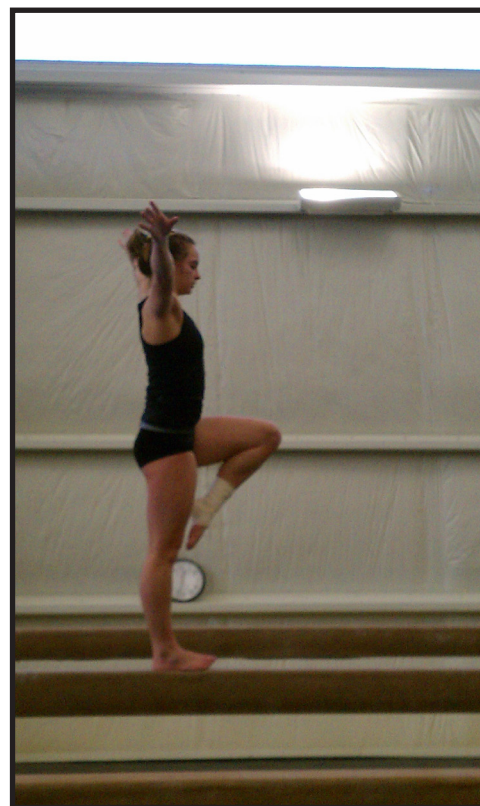
It's official! Kelsy Landreth has joined the Mizzou Gymnastics team. Landreth started practicing with the girls after the holiday break, with her first practice as a Tiger on Dec. 26. Before coming to Mizzou, Landreth trained at Show-me Gymnastics in Columbia, Mo., under the direction of Kathy Sanford.

As a level 10 gymnast, Landreth earned second in the All-Around at the Missouri State Meet. She took the Vault, Bars and Floor titles at the meet as well. Landreth also placed second in the All-Around at the 2010 Regional Meet.

"She is extremely talented as a gymnast, and we feel that, given the resources we have and her connection to Columbia, it was a natural fit," Head Coach Rob Drass said. "We are extremely excited to have her with us because she will add some much-needed depth to our team. She is a competent all-around gymnast and we expect her to come in and contribute immediately."

Landreth says she chose to come to Mizzou because of her connection to the school; she has grown up with the dream of being a Tiger gymnast after witnessing the positive energy of the team and the coaching staff at the meets.

Welcome to Mizzou, Kelsy! We are happy to have you with us!





Tiger Tales

Mizzou Gymnastics Alumni Newsletter



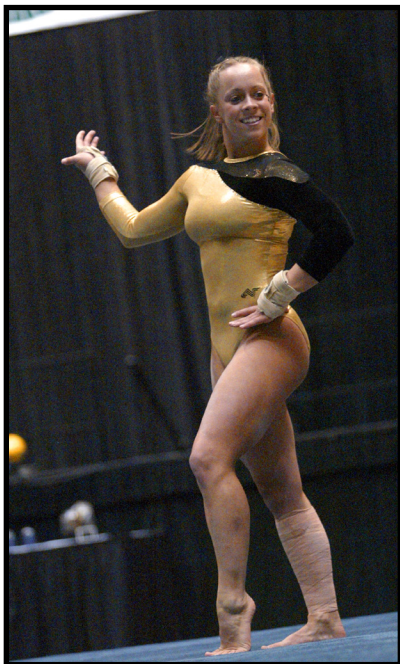
Where are they Now?

Ashley Khederian 2005-2008

Recent graduate Ashley Khederian is currently still in Columbia, Mo. Ashley works at Veterans United Home Loans as a pipeline manager. In her spare time Ashley says she enjoys reading, shopping, watching Netflix and staying active. Other hobbies include cooking, going to the pool and visiting with her family. Because she lives in Columbia, Ashley is able to attend most of the Mizzou gymnastics meets and plans to attend several this season as well! "I really loved competing and miss that aspect most, for me, there is nothing that can compare to that feeling," Ashley says. "I also miss the day in and day out aspect of training and the feeling of accomplishment after tough work outs. I love hard work & pushing myself, so that was satisfying for me. Of course, I also miss actually doing gymnastics & the feeling of flipping." Although Ashley is still around Mizzou all the time, she says she misses seeing her friends/teammates every day. "I definitely took that for granted in college. Now that everyone has graduated and is so spread out, the opportunities to get together are much more rare."



Julie Abaray McCullough 2005-2008



Julie Abaray McCullough currently resides in Cincinnati, Ohio where she works as an Academic Advisory in the College of Nursing at the University of Cincinnati. In her position she is responsible for assisting pre-nursing and transfer students with reaching their ultimate goal of being accepted into the College of Nursing. The last Mizzou meet that Julie was able to attend was the 2010 Columbia Regional. "It was so great seeing old teammates, and most of all seeing the team qualify for Nationals for the first time in school history," she said. "My favorite memories as a Mizzou Gymnast come from traveling as a team to the away meets," Julie remembers. "We always used to have so much fun just being goofy on the bus together while playing games or watching movies; and I always loved the flight trips because we got to dress up (instead of constantly living in sweatpants!). I have some of the greatest pictures on the "rock star" buses, in the locker rooms "glittering up" before the meets start, and from nice dinners." Julie says that the thing she misses most about Mizzou is her friends. "It was so neat how our teams were comprised of girls from literally all over the country, and that it took no time at all to feel like you had made a new group of best friends. The worst part about that now, is that many of us moved back to our hometowns after graduating from Mizzou so we never see each other anymore."