

Missouri Gymnastics

MISSOURI INFORMATION

Location Columbia, Mo.
Founded 1839
Enrollment 31,314
Nickname..... Tigers
Colors Old Gold and Black
Chancellor Dr. Brady S. Deaton
Athletic Director Michael Alden
SWA..... Sarah Reesman
Conference Big 12
Affiliation NCAA Division I
Home Arena..... Hearnest Center
Capacity..... 13,611

COACHING STAFF

Head Coach..... Rob Drass
Alma Mater Penn State, 1990
Record at school..... 134-98 (12 years)
Career record 134-98 (12 years)
Best Way to Contact..... Through Media Relations
Office Phone..... (573) 882-0736
Associate Head Coach..... John Figueroa
Office Phone..... (573) 882-3919
Assistant Coach..... Jennifer Green
Alma Mater LSU, 1989
Office Phone..... (573) 882-9071

TEAM INFORMATION

2011 Regular Season Record 6-9
2011 Postseason NCAA Regional Qualifier (6th)
Big 12 Record/Finish 0-3/Fourth
2011 Regional qualifying score..... 194.630
NCAA Final Ranking..... 32
Letterwinners returning/lost 8/3
Newcomers..... Five

PROGRAM INFORMATION

First Year of Gymnastics..... 1979-80
Overall Regular Season Record..... 353-276-1
Overall Postseason Record..... 72-163-1
NCAA Appearance/Last..... Regional Championships/2011
NCAA Individual/Last..... Sarah Shire
National Championships/2010

MEDIA RELATIONS INFORMATION

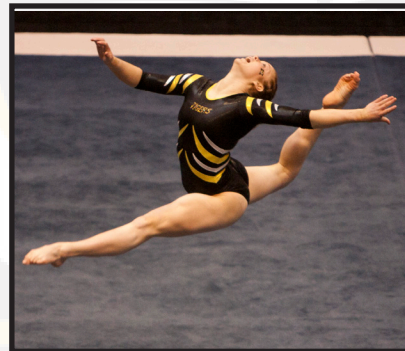
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Associate Director (Soccer)..... Kate Lakin
Office Phone..... (573) 884-8519
E-mail lakinke@missouri.edu

Assistant Director (V-ball, T&F, X Country)..... Shawn Davis
Office Phone..... (573) 882-0711
E-mail davisshaw@missouri.edu

Assistant Director (Football, Wrestling, Softball) Steve Keers
Office Phone..... (573) 882-2531
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One of Missouri's top returners, Mary Burke is in her senior season this year. She was named Big 12 Gymnast of the Week four times in 2011 and also earned All-Big 12 honors on beam and in the all-around. Burke took the Big 12 All-Around title and tied for fourth at NCAA Regionals.

Allie Heizelman is also in her senior season at Mizzou. She looks to make a big impact this season as she improved on all of her career-high scores last season. She boasts 9.875 career-highs on bars, beam and floor.



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DATE	OPPONENT	LOCATION	TIME
Friday, December 9	Black & Gold	Columbia, Mo.	7:00 p.m.
Sunday, January 8	Iowa State*	Columbia, Mo.	2:00 p.m.
Friday, January 13	Southern Utah	Cedar City, Utah	7:00 p.m.
Friday, January 20	Denver	Columbia, Mo.	6:30 p.m.
Saturday, January 28	Nebraska	Lincoln, Neb.	6:00 p.m.
Friday, February 3	North Carolina State	Columbia, Mo.	6:30 p.m.
Friday, February 10	IGI Chicago Style Invitational Boise State, Illinois, UCLA	Chicago, Ill.	TBA
Friday, February 17	Oklahoma*	Columbia, Mo.	6:30 p.m.
Friday, February 24	Bowling Green	Columbia, Mo.	6:30 p.m.
Saturday, March 3	Denver	Denver, Colo.	7:00 p.m.
Friday, March 9	Alabama	Tuscaloosa, Ala.	7:30 p.m.
Friday, March 16	Arkansas	Columbia, Mo.	6:30 p.m.
Saturday, March 24	Big 12 Championship	Norman, Okla.	4:00 p.m.
Saturday, April 7	NCAA Regional Championship	TBA	TBA
April 19-21	NCAA National Championships	TBA	TBA

Home meets in bold

* Big 12 Conference meets

- All times listed are CST and subject to change



Tori Howard is another of the Tigers' top returners this season. She is coming off of a strong sophomore season and plans to emerge as a team leader in 2012. Howard improved on all of her career-high scores in 2011 and boasts a 9.875 career record on floor as well as a 9.850 career-high on vault.



Coming off of an injury in her freshman season, Katelyn Trevino recorded a career-high 9.800 on bars in 2011. She is one to keep an eye on as Trevino plans to make a much larger impact through her sophomore season.



Newcomer Rachel Updike comes to Missouri from Kansas Gymnastics Dance and Cheer. Updike is looking to contribute to the line-up on all events through her freshman season.

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Name	Yr.	Ht.	Events	Hometown	Club Team
Cathryn Aliceaacosta	So.	4-11	All-Around	Houston, Texas	Cypress Academy of Gym.
Brittany Bendoff	R-so.	5-0	All-Around	Long Grove, Ill.	Libertyville Gym. Academy
Mary Burke	Sr.	5-6	All-Around	Inverness, Ill.	American Academy of Gym.
Briana Conkle	Fr.	5-4	All-Around	Fleming Island, Fla.	North Florida Gymnastics
Allie Heizelman	Sr.	5-2	All-Around	Cypress, Texas	Cypress Academy
Tori Howard	Jr.	5-2	All-Around	Chesterfield, Mo.	St. Louis Gym Centre
Rebecca Johnson	Fr.	5-4	All-Around	Waukesha, Wis.	Midwest Twisters
Laura Kappler	Fr.	5-1	All-Around	Evansville, Ind.	Revolution Gymnastics
Mackenzie McGill	So.	5-4	All-Around	Bartlesville, Okla.	ConocoPhillips Gymnastics
Taylor Medrea	So.	5-2	All-Around	Britton, Mich.	Michigan Elite Gymnastics
Colleen Mulcahy	Fr.	5-5	All-Around	Orland Park, Ill.	Arena Gymnastics
Sandra Ostad	Jr.	5-1	All-Around	Oslo, No rway	Oslo Turnforening
Brittani Price	So.	5-2	All-Around	New Lenox, Ill.	United Gymnastics Academy
Katelyn Trevino	So.	5-2	All-Around	Ovilla, Texas	Trevinos Gymnastics School
Rachel Updike	Fr.	5-2	All-Around	Olathe, Kan.	KGDC

Head Coach: Rob Drass

Associate Head Coach: John Figueroa

Assistant Coach: Jennifer Green

Student Coach: Tara Foster

Tigers by Height

4-11	Cathryn Aliceaacosta
5-0	Brittany Bendoff
5-1	Laura Kappler
	Sandra Ostad
5-2	Allie Heizelman
	Tori Howard
	Taylor Medrea
	Brittani Price
	Katelyn Trevino
	Rachel Updike
5-4	Briana Conkle
	Becca Johnson
	Mackenzie McGill
5-5	Colleen Mulcahy
5-6	Mary Burke

Tigers by State/Country

Florida	Briana Conkle
Illinois	Brittany Bendoff
	Mary Burke
	Brittani Price
	Colleen Mulcahy
Indiana	Laura Kappler
Kansas	Rachel Updike
Michigan	Taylor Medrea
Missouri	Tori Howard
Norway	Sandra Ostad
Oklahoma	Mackenzie McGill
Texas	Allie Heizelman
	Cathryn Alieaacosta
	Katelyn Trevino
Wisconsin	Becca Johnson

Pronunciations

ALICEAACOSTA	uh-LEEK-uh-cost-uh
HEIZELMAN	HI-zuhl-man
MEDREA	MEE-dree-uh
MULCAHY	Mull-KAY-he
OSTAD	O-STAUD