

2012 Mizzou Gymnastics Staff



Head Coach
Rob Drass



Associate Head Coach
John Figueroa



Assistant Coach
Jennifer Green



Freshman Rachel Updike // Olathe, Kan. // All-Around

Hometown/High School: Olathe, Kan./Olathe Northwest
Club Team: Kansas Gymnastics Dance and Cheer

2012 Highlights

- Took three event titles at the season opening meet against Iowa State, and set three career-high scores
- Was selected as a member of the Primetime Performers Honor Roll by CollegeSports360 on Jan. 10
- Has earned the most weekly honors this season in Big 12 history with nine conference nods this year.
- Took home the vault title against Southern Utah.
- Earned three event titles against No. 16 Denver, and was placed on CollegeSports360's Primetime Performers Honor Roll for the second time this season.
- Matched career highs in beam and floor versus Bowling Green.
- Tied for first on floor against future SEC opponent Alabama.
- Competed in the all-around for the first time against Arkansas.
- Was named Big 12 Newcomer of the Year at the 2012 Big 12 Championship and placed second on vault, floor and in the all-around at the meet.
- Advanced to the NCAA National Championship, earning a seventh place finish on vault, fifth place finish on beam, third place finish on floor and a fifth place finish in the all-around at NCAA Regionals.

Career highs: Vault--9.950 (2x, last at Denver); Bars--9.825 (Arkansas); Beam--9.850 (4x in 2012); Floor--9.925 (2x in 2012)
All-Around--39.400 (Big 12 Championship)

<i>Date</i>	<i>Meet</i>	<i>V</i>	<i>UB</i>	<i>BB</i>	<i>FX</i>	<i>AA</i>
1/8	Iowa State	9.900*	---	9.850*	9.875*	---
1/13	Southern Utah	9.875*	---	9.850	9.650	---
1/20	Denver	9.875*	---	9.800*	9.925*	---
1/28	Nebraska	9.950*	---	9.800	9.875	---
2/3	NC State	9.850	---	9.850*	9.900*	---
2/10	Chicago Style	9.750	---	9.725	9.825	---
2/17	Oklahoma	9.900	exh. 9.725	9.850	9.900	---
2/24	Bowling Green	9.825	---	9.850*	9.925*	---
3/3	Denver Quad Meet	9.950*	---	9.675	9.875*	---
3/9	Alabama	9.850	---	9.850	9.900*	---
3/16	Arkansas	9.875	9.825	9.375	9.925	39.000
3/24	Big 12 Championship	9.875	9.800	9.850	9.875	39.400
4/7	NCAA Regionals	9.850	9.725	9.875	9.900	39.350

* won event

2012 Mizzou 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	Hearnes Center
Capacity	13,611

COACHING STAFF

Head Coach	Rob Drass
Alma Mater	Penn State, 1990
Record at school	145-108-1 (12 years)
Career record	145-108-1 (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

2012 Overall Record	11-10-1
2012 Postseason	NCAA Regional Qualifier (4th)
Big 12 Record/Finish	1-0-1/T-second
2012 Regional qualifying score	195.925
NCAA 2010 Final Ranking	No. 20
Letterwinners returning/lost	8/3
Newcomers	Six

PROGRAM INFORMATION

First Year of Gymnastics	1979-80
Overall Regular Season Record	361-283-1
Overall Postseason Record	74-166-1
NCAA Appearance/Last National Championships/2011	
NCAA Individual/Last	Sarah Shire
	National Championships/2010

MEDIA RELATIONS INFORMATION

Gymnastics Contact	Jenny Dewar
Office Phone	(573) 884-9486
Cell Phone	(847) 567-2487
Office Fax	(573) 882-4720
E-mail	dewarj@missouri.edu
Shipping Address	371 Hearnes Center
	600 Stadium Blvd.
	Columbia, MO 65211

Quick Hits

- Rachel Updike has been named Big 12 Newcomer of the Week nine times this season. Her awards mark the first time that Missouri has earned this award in consecutive weeks, and the first time any gymnast has earned a weekly award five weeks in a row. Her nine individual weekly honors are the most in one season for any Big 12 Gymnast.
- Updike has been named to CollegeSports360's Primetime Performers Honor Roll twice this season.
- Updike is the eighth Tiger to qualify for the NCAA National Championships as an individual.
- She earned a 9.900 on floor at the Regional Meet, which is the highest score earned on the event in program history. Updike is the fourth Tiger to score a 9.900 on floor at NCAA Regionals. (Sarah Shire, 2010; Lauren Schwartzman, 2005; Alisha Robinson, 2002)

Following Updike's Success

Freshman Rachel Updike has been named Big 12 Newcomer of the Week by the Conference several times this season. With seven weekly award titles so far this season, Updike is tied with Oklahoma's Kiera Redmond-Sturns for the most weekly honors received in one season. Below is a timeline chronicling her success:

1. Jan. 10. Updike was named Newcomer of the week for the first time after she took the event titles for all three of the events she competed on against No. 24 Iowa State, vault, beam and floor. She was also recognized by CollegeSports360 on their Primetime Performers Honor Roll.
2. Jan. 17. Both Updike and Mary Burke were recognized by the conference on Jan. 17, marking the first time that Missouri has won the Big 12 Newcomer of the Week award in consecutive weeks. Updike matched her season and career-high score on beam with a 9.850 and also took home the vault title.
3. Jan. 24. After earning three event titles in the Tigers' upset of No. 16 Denver, Updike became the first in the Conference and the first Tiger to earn the Big 12 Newcomer of the Week award in three consecutive weeks. This marks the third time in Missouri history that a gymnast has won the same Conference award three weeks in a row as Sarah Shire accomplished the feat in 2009 and 2010. Updike was also named to CollegeSports360's Primetime Performer's honor roll for the second time this season.
4. Jan. 31. Updike became the first gymnast in the Big 12 to win a weekly award in four consecutive weeks after setting a career-high on vault in the Tigers' upset of then-No. 4 Nebraska.
5. Feb. 7. Updike was named Newcomer of the Week for the fifth consecutive week, she joins former Mizzou gymnast Sarah Shire as one of only three gymnasts in the Big 12 to win five weekly honors in one season. The week also marks the second week this season that both Burke and Updike have garnered weekly awards. Updike posted a 9.850 on vault and she scored the same on beam, which tied her with Burke for the beam title. She also recorded a 9.900 to take the floor title against NC State.
6. Feb. 21. Updike became only gymnast to earn Newcomer of the week six times in one season, and one of three gymnasts in the conference to earn a weekly award six times or more in one season, after a stellar meet against Oklahoma. Updike put up a 9.900 on vault to contribute to the Tigers' second highest vault score in program history. Updike joined former Mizzou Gymnast Sarah Shire for the second-most weekly awards in a year in conference history.
7. Feb. 28. For the third time this season, both Updike and Burke garnered Big 12 Weekly Awards. As the award is the seventh for Updike this season she is now tied with Oklahoma's Kiera Redmond-Sturns for the most individual weekly honors received in one season. She earned the conference nod after she matched her career-high score (9.850) to take the beam title against Bowling Green. She also scored a 9.925 on floor to win the floor title at the meet.
8. March 6. Updike earned her eighth award on March 5th, surpassing Oklahoma's Kiera Redmond-Sturns with the most individual weekly honors earned in one season. She has earned Big 12 Newcomer of the Week eight of the nine weeks this season.
9. March 13. Her ninth honor came after the Tigers competed against No. 4 Alabama. Updike recorded a 9.900 on floor to tie for first on the event. She also recorded a 9.850 on vault and beam. The score matches her personal best on the balance beam.

Burke and Updike Receive Yearly Awards

At the conclusion of the Big 12 Championship, two Tigers were recognized for their efforts this season. Senior Mary Burke was named Big 12 Gymnast of the year, becoming the second gymnast in Mizzou history to receive the honor. Former Tiger Sarah Shire was named Big 12 Gymnast of the Year in 2009 and 2010. Freshman Rachel Updike was also recognized as she was named Big 12 Newcomer of the Year. Updike earned nine Big 12 Newcomer of the Week awards throughout the season, and she becomes the fourth Tiger to receive the award.

All-Big 12 Selections

Freshman Rachel Updike and senior Mary Burke have been named to the 2012 All-Big 12 Gymnastics Team as announced on Mar. 21 by the league office. The honor is the third in Burke's career and the first for Updike. Both Burke and Updike are among five gymnasts in the conference to be recognized on multiple events. Burke received all-conference honors on bars and in the all-around while Updike was recognized on vault and floor.