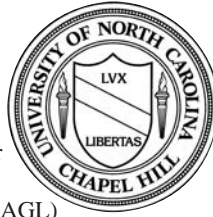




The University of North Carolina

Location: Chapel Hill, N.C.
Chartered: 1789
Enrollment: 25,972 (15,961 undergraduate)
Chancellor: Dr. James Moeser
Director of Athletics: Dick Baddour
Senior Women's Administrator: Dr. Beth Miller
Affiliation: NCAA Division I
Conference: East Atlantic Gymnastics League (EAGL)
Nickname: Tar Heels
Mascot: Rameses the ram
School colors: Carolina blue and white
Athletic department web site: TarHeelBlue.com



Carolina Gymnastics

Head Coach: Derek Galvin (North Carolina '76)
Record at UNC: 234-154 (22 years)
Overall Record: 234-154 (22 years)
Assistant Coach: Penny Jernigan (Campbell '92, 10th year at UNC)
Volunteer Assistant Coach: Shannon Stacy (North Carolina '94)
Student Assistant Coach: Joany Snider
Choreographer: Dana Duckworth
Meet Director: Mickie Robinson Mock (North Carolina '83)
2003 Record: 22-4
League Finish: 3rd at EAGL Championship
NCAA Finish: 3rd at Regionals
Letter Winners returning/lost: 11/4
Team Physician: Dr. Sergio Buzzini
Head Athletic Trainer: Chris Hirth
Second Year Graduate Trainer: Heather Wayne
First Year Graduate Trainer: Lindsay Strickland
Strength and Conditioning Coach: Greg Gatz
Academic Counselor: Kym Orr
Gymnastics Secretary: Donna Cheek
Gymnastics Office Phone: (919) 962-5213

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For more information on UNC gymnastics

Members of the media seeking further information on the North Carolina gymnastics program or wishing to conduct interviews with the coaches or players should contact Kim Conrad at (919) 962-2123 or conrad1@email.unc.edu.



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www.TarHeelBlue.com

Media and fans can follow the Carolina gymnastics team and the rest of the UNC athletic program from anywhere in the world on the official site of North Carolina athletics.

TarHeelBlue.com offers schedules, rosters, results and more for all 28 of Carolina's varsity sports.



Supporting UNC Gymnastics

The University of North Carolina has a long-term agreement with Nike, which provides UNC teams with shoes, apparel, equipment bags and other products. The contract, signed in 1994 and again in 1997, was extended for a period of eight more years beginning in July 2002. In addition to Nike products, the agreement provides \$100,000 annually to the Chancellor's Academic Enhancement Fund for undergraduate teaching and \$100,000 annually to the UNC athletic department to reward Olympic sport programs and coaches for academic and athletic excellence.



2004 Gymnastics Guide

Credits: Photos by Jeffrey Camarati, except as noted; Printing by B&B Printing of Bristol, Tenn.

The 2004 UNC Gymnastics media guide was designed, written and edited by Kim Conrad, UNC Athletic Communications Student Assistant, with assistance from Kevin Best, Assistant Athletic Communications Director, and the UNC Athletic Communications staff.

2004 Schedule



Day	Date	Opponent	Site	Time (Eastern)
Sun.	Jan. 18	George Washington Invitational	Washington, D.C.	1 p.m.
Sat.	Jan. 24	Maryland	Chapel Hill	5 p.m.
Sat.	Jan. 31	Bowling Green State	Bowling Green, Ohio	7 p.m.
Sat.	Feb. 7	Governor's Cup	Towson, Md.	2 p.m.
Fri.	Feb. 13	Sweetheart Invitational	Raleigh, N.C.	7 p.m.
Fri.	Feb. 20	NC State	Chapel Hill	7 p.m.
Sun.	Feb. 22	Rutgers Towson William & Mary	Chapel Hill	2 p.m.
Sat.	Feb. 27	James Madison	Chapel Hill	7 p.m.
Fri.	March 5	Wolfpack Invitational	Raleigh, N.C.	7 p.m.
Sat.	March 13	Rutgers	Piscataway, N.J.	1 p.m.
Sat.	March 20	EAGL Championships	Pittsburgh, Pa.	6 p.m.
Sat.	April 3	NCAA Regional Championships	Raleigh, N.C.	6 p.m.
Thurs.	April 15	NCAA Championships	Los Angeles, Calif.	TBA

All home gymnastics meets will take place at Carmichael Auditorium

Carmichael Auditorium:

The North Carolina faithful long have referred to Carmichael Auditorium as "Blue Heaven," and the name certainly fits. Located among the tall pine trees at the heart of the North Carolina campus, Carmichael has been home to the gymnastics program since it reached NCAA status in 1982.

The auditorium is named for the late William D. Carmichael Jr., a highly popular figure on campus who served as the university's comptroller, then as its vice-president. Prior to the 1976-77 season, 1,200 seats were added to bring historic Carmichael to its present capacity of 10,180.

The gymnastics office is housed in Carmichael, steps from the competition floor. The facility also serves as home to the women's basketball, volleyball and wrestling teams, as well as housing offices for many other coaches in UNC's highly-successful Olympic Sports programs.

The Carolina men's basketball program called Carmichael home from 1965 until its move to the Dean E. Smith Center midway through the 1985-86 season. Under coach Dean Smith, the Tar Heels compiled a home record of 169-20 at Carmichael.





Name	Event	Height	Year	Hometown (High School)	Major
Elisabeth Alsop	AA	5-1	Junior	Raleigh, N.C. (Leesville Road)	Spanish
Courtney Bumpers	AA	5-2	Sophomore	Stone Mountain, Ga. (Westminster School)	Environmental Science
Maddy Curley	AA	5-3	Senior	Tallahassee, Fla. (Leon)	International Studies/Drama
Mikel Hester	AA	5-5	Sophomore	Lexington, S.C. (Lexington)	Biology
Skylar Inman	UB, BB	5-2	Senior	Ocean Isle Beach, N.C. (North Myrtle Beach Christian School)	English
Cecilia Liu	UB	5-3	Sophomore	Winston-Salem, N.C. (Mount Tabor)	Exercise and Sports Science
Christine Robella	AA	5-2	Freshman	Alexandria, Va. (West Potomac)	General College
Miranda Ross	AA	5-3	Freshman	Plano, Texas (Plano)	General College
Amanda Smith	UB, BB	5-5	Senior	Greenville, N.C. (Junius H. Rose)	Exercise and Sports Science
Claire Smith	AA	4-10	Freshman	Chapel Hill, N.C. (Durham School of Arts)	Exercise and Sports Science
Morgan Stanley	AA	5-3	Junior	Raleigh, N.C. (Garner)	Environmental Science
Lisa Tegethoff	AA	5-7	Freshman	Clifton, Va. (Centreville)	General College
Olivia Trusty	AA	5-4	Junior	Baltimore, Md. (Bryn Mawr)	Political Science
Courtney Turco	AA	5-3	Freshman	Springfield, Va. (West Springfield)	Journalism
Amy Williams	AA	5-0	Junior	West Chester, Pa. (B. Reed Henderson)	Biology (Chemistry minor)
Anna Wilson	AA	5-0	Senior	Newland, N.C. (Avery County)	Biology (Chemistry minor)

Head Coach: Derek Galvin (23rd year)

Assistant Coach: Penny Jernigan (10th year)

Volunteer Assistant Coach: Shannon Stacy (2nd year)

Student Assistant: Joany Snider (2nd year)

Head Athletic Trainer: Chris Hirth

2nd Year Graduate Student Trainer: Heather Wayne

1st Year Graduate Student Trainer: Lindsay Strickland

Strength Coach: Greg Gatz

Pronunciations	
Mikel Hester	MIKE-el (Michael)
Skylar Inman	SKY-ler
Cecilia Liu.....	LOU
Lisa Tegethoff	TEG-i-toff
Courtney Turco	TUR-co



Back row (left to right): Amanda Smith, Mikel Hester, Lisa Tegethoff, Morgan Stanley
Middle row: Elisabeth Alsop, Courtney Turco, Courtney Bumpers, Skylar Inman, Miranda Ross, Olivia Trusty
Front row: Claire Smith, Anna Wilson, Maddy Curley, Cecilia Liu, Christine Robella, Amy Williams



2004 Preview

After posting the winningest season in school history in 2003, the North Carolina gymnastics team returns 11 letterwinners in 2004 while adding five talented newcomers to its roster.

The 2004 team enters the season with three goals: 1) to place in the top three teams at the East Atlantic Gymnastics League (EAGL) Championships; 2) to qualify as a team for NCAA regionals; and 3) to advance to NCAA nationals.

"With the squad we have, we're going into the season expecting to be one of the top teams contending for the EAGL Championship," says head coach Derek Galvin. "I feel we have the talent within our team to perform well at regionals and qualify for nationals. They have displayed the work ethic and focus to achieve that. With the depth we have on each of the events, the caliber of our team and the skills we have, aiming for nationals is a realistic goal."

In 2003, the Tar Heels boasted a third place finish at NCAA regionals, trailing runner-up Florida by a mere .05 in a struggle for a bid to nationals, a result which required at least a second place finish. Despite the team's disappointment, two members of the Carolina squad – Anna Wilson and Courtney Bumpers – executed all-around performances good enough to take them to Lincoln, Neb., for the national meet. Wilson and Bumpers became the first UNC gymnasts to qualify for the NCAA Championships since 1986.

In addition to its athletic success, the gymnastics team continued its tradition of academic excellence last season, as 13 gymnasts were named to both the Atlantic Coast Conference Honor Roll and the EAGL All-Academic Team. With the addition of three freshmen who were former class valedictorians and one who finished sixth out of a senior class of 1,187 students, Carolina expects another strong season in the classroom.

To realize its goals in 2004 UNC will count on the leadership of the senior class. The Carolina gymnastics program has traditionally thrived under strong senior leadership, leaving this year's group of Maddy Curley, Skylar Inman, Amanda Smith and Anna Wilson with big shoes to fill. Galvin thinks they have what it takes.

"The current senior class had the benefit of being a part of past Carolina teams that had strong senior leadership," he says. "They are inspired and motivated to provide that same kind of leadership for this year's team."

The senior class, especially Curley and Wilson, will lead the group of returning gymnasts, whom Galvin boasts are looking stronger in this year's preseason than they did before their successful season last year.

Galvin described seniors Curley and Wilson as "two of the most accomplished gymnasts we've ever had." With three years of experience in postseason competition, the two know what it will take to reach those levels again this year. Both Curley and Wilson qualified as individuals for NCAA Regionals in their freshman seasons and returned with the Carolina team in the following two years. Wilson, who was a member

of the gymnastics team at the University of Pennsylvania as a freshman and transferred to UNC as a sophomore, competed as an individual in last year's national meet.

Curley and Wilson are both expected to compete as all-arounders in 2004.

Smith and Inman, both competitors on uneven bars in previous years, have shown promise in preseason workouts on that event.



Olivia Trusty finished fourth on floor exercise at the 2003 NCAA Southeast Regional.

This year's junior class of Elisabeth Alsop, Morgan Stanley, Olivia Trusty and Amy Williams has had a great deal of success at Carolina.

Trusty, named the team's 2003 most outstanding gymnast, enjoyed success on vault, uneven bars and floor exercise last year. She finished in the top 10 on each event at both the EAGL Championship and NCAA Regionals and closed the season with 10 first or second place finishes.

"Olivia had an exceptional year and was our most consistent competitor through the course of the season," Galvin says. "She has established herself as one of the top competitors in the EAGL on vault, bars and floor and has shown increased proficiency on balance beam entering this year."

Alsop, the recipient of the team's 2003 Tonietto Award for her aesthetic performances, and Williams, a consistent vault performer and Carolina's most improved gymnast in 2003, were both key competitors in the previous two seasons. The coaches believe they will again play important roles this year.

"Elisabeth and Amy both showed significant improvements," Galvin says. "Along with Olivia, they are all capable of competing as all-arounders this season."

Stanley competed for the Tar Heels on vault in

her past two seasons, and that will again be her strongest event this year.

The sophomore class features three talented gymnasts in Bumpers, Mikel Hester and Cecilia Liu.

Bumpers had a standout freshman season. She became the first Carolina gymnast to advance to the final round of the NCAA Championships and earn first-team All-America honors. Her fourth place finish on balance beam at nationals was the highest ever of any ACC or EAGL gymnast. Her midseason 10.0 on floor exercise was only the third perfect score in the 22-year history of Carolina's program, and her 39.600 all-around score at the Wolfpack Invitational set a UNC record.

"Courtney is certainly the most accomplished gymnast in the history of our program," Galvin says. "She and Mikel each had an exceptional year. They will both be looked to as top all-around competitors again this year."

Hester started the season by earning vault titles in her first two competitions and continued to improve throughout the year, especially in all-around competition. Her top all-around score of 39.300 places her fourth among UNC's all-time best scores.

Liu, a Level 9 national champion in uneven bars, did not compete during the 2003 season while recovering from a knee injury sustained in high school. Now fully recovered, Liu's technique and ability will allow her to compete among the team's top eight on uneven bars.

In addition to its impressive academic resume, Carolina's five rookies – Christine Robella, Miranda Ross, Claire Smith, Lisa Tegethoff and Courtney Turco – possess impressive gymnastic skills as well.

"Christine joins the team as one of the top ranked age group competitors from last season," says Galvin. "The coaching staff anticipates that she will be among the top all-around competitors at this year's EAGL Championships. Her skill inventory and her level of execution are exceptional."

Among her many accomplishments, Robella was a two-time floor exercise and vault Junior Olympic National Champion. She is not the only hopeful addition to the 2004 squad, however. Turco was a regional vault champion in 2002 and a Level 9 state uneven bars champion, while Ross and Smith won state championship titles at least once in their gymnastics careers. Tegethoff was a runner-up all-around competitor at the Virginia state meet in 2002.

Each of the freshmen gymnasts have shown the work ethic and commitment necessary in the preseason to prepare for collegiate competition and to support the team effort.

VAULT

Carolina expects to have one of the strongest groups of vaulters in school history in 2004.

"We have more depth on vault than we've ever had and more team members capable of performing vaults of higher difficulty than ever before," Galvin says.

Bumpers, Trusty and Williams all executed vaults with starting values of 10.0 last season,



each performing a Phelps vault in layout position. Alsop, Hester and Wilson, all consistent vault competitors last year, are also training vaults with a 10.0 start value for this season.

Robella will be a welcome addition to the vault lineup as one of the country's top prep performers on the event. She executes a unique vault – a handspring front with full twist in pike position.

“Christine will add an exciting dimension to an already dynamic group of vaulters,” Galvin says.

In addition to the Phelps vault, Bumpers will perform a handspring front with a half twist in pike position, a vault that both Alsop and Hester plan to perform also.

Curley, Turco, Wilson, Tegethoff and Claire Smith have all shown during the preseason that they have the potential to step into the vault lineup this season as well.

Wilson is training a handspring front with full twist in tuck position while Turco is working on a handspring front in pike position. Curley and Smith are both training Yurchenko vaults.

UNEVEN BARS

Similar to expectations on vault, the 2004 gymnastics team hopes to have one of its best years on uneven bars. Despite the loss Fritzie Cathcart from the bar lineup, several talented veterans and newcomers hope to take her place this season.

Inman, a consistent bar competitor in 2001, suffered a shoulder injury in 2002 that hampered her performance. She has now fully recovered, and will be a potential performer in this year's lineup. Inman's classmate, Amanda Smith, has also shown the potential to make the uneven bars lineup.

Liu, who sat out her freshman year while recovering from an injury, will return to competi-



Anna Wilson, a qualifier for the 2003 NCAA Championships, is one of four seniors for the Tar Heels.

tion this season. A former Level 9 national champion on uneven bars, she is projected to be among the team's top eight in the event this season.

Liu will be joined by classmates Bumpers and Hester fighting for a spot in the bars rotation. “Courtney, Mikel and Cecilia represent one of the strongest classes ever at Carolina on uneven bars,” Galvin says.

From the freshman class, Smith and Turco will also contend for spots on the uneven bars.

The lineup most likely will be anchored by upperclassmen Trusty and Curley and rookie Robella.

BALANCE BEAM

The gymnastics program graduated one of its most accomplished gymnasts on balance beam in Natalie Halbach, but the 2004 squad will count on talented freshmen and improvement from the upperclassmen.

Bumpers returns to the balance beam lineup in 2004 with the ultimate level of experience under her belt. The team will look to her as a leader on this event after her performances last year. She won NCAA regional co-championship honors, advanced to the national meet and became Carolina's first gymnastics All-America.

Bumpers will be joined by Curley, Wilson and Alsop, who have been in the beam lineup in the past and are expected to continue this season.

Hester and Williams gained significant experience on beam in 2003 and should be even stronger on the event in 2004. Williams plans to display a new routine in her performance.

Trusty, who has played an important role in vault, uneven bars and floor exercise in her two years at Carolina, looks to add a successful season on balance beam to her accomplishments. “Olivia is poised and prepared to step into the beam lineup this year,” Galvin said.

Robella, Claire Smith, Turco, Tegethoff and Ross will also be vying for spots as potential competitors in the beam lineup.

The most important factor will be consistency, and those team members who execute the most consistent performances will earn spots in the lineup.

FLOOR EXERCISE

The floor exercise routines this season will feature changes in music selection and choreography, which Galvin says will be more “sophisticated and mature to foster a more exciting level of competition.” The team will also display a diversity of styles to compliment the variety of music and choreography.

“Great music and great choreography raises the level of performance, setting teams apart and making it more exciting for both the athletes and spectators,” Galvin says.

The floor exercise squad returns everyone from last year's lineup, which placed second at the 2003 regionals. In addition, all five freshmen have the potential to add to the floor exercise lineup.

“Anyone who sees the team compete will be impressed by the quality of the floor exercise routines,” Galvin said. “We are excited about



Courtney Bumpers was the 2003 EAGL Rookie of the Year and earned All-America honors in 2003.

the prospect of performing those routines not only locally but nationally.”

EAGL COMPETITION

Although the Carolina gymnastics team has improved each of the last two years, so have the rest of the teams in the conference, making the goal of winning the EAGL Championship an increasingly difficult task.

“The level of competition within the EAGL has grown stronger every year,” says Galvin. “Last year was the highest level of competition I have seen yet at the EAGL Championships. Any one of the eight teams could win this year's championship.”

In the past four years, a different EAGL team has won each conference championship (2000 – NC State, 2001 – West Virginia, 2002 – UNC, 2003 – New Hampshire). Carolina finished third at last year's conference meet, but ended the year ranked 23rd in the national standings, only three places behind conference member New Hampshire. Pittsburgh, Maryland and NC State followed close behind to finish 26th, 28th and 30th, respectively.

The 2004 squad is looking forward to the challenge the EAGL schedule always presents.

“We recognize that to finish among the top three at EAGL and to qualify for nationals at the NCAA regional championship we are going to have to stay focused as a team and maintain our enthusiasm throughout the entire season,” Galvin says. “The atmosphere in the gym during pre-season training has been energized and exciting, and we are very eager for the competitive season to begin. Between now and then we plan to play gymnastics as hard as we possibly can.”

