



IOWA STATE GYMNASTICS

2010 SCHEDULE

1-2

January

| | | |
|----------------|-------------------|------------------------|
| Fri. 8 | Wis.-Stout | 193.300-173.675 |
| Fri. 15 | at Utah | 195.350-196.300 |
| Fri. 22 | at Missouri | 196.000-196.400 |
| Fri. 29 | Michigan | 7 p.m. |
| | BYU | 7 p.m. |

February

| | | |
|----------------|-------------------------|---------------|
| Fri. 5 | at Pittsburgh | 8 p.m. |
| | vs. Rutgers | 8 p.m. |
| | vs. SUNY-Brockport | 8 p.m. |
| Fri. 12 | at Okla. | 7 p.m. |
| Sun. 21 | at Iowa | 2 p.m. |
| | (Hy-Vee Cy-Hawk Series) | |
| Fri. 26 | Minn. | 7 p.m. |

March

| | | |
|---------------|--------------------------------|---------------|
| Fri. 5 | Iowa | 7 p.m. |
| | (Hy-Vee Cy-Hawk Series) | |
| Sun. 14 | at Nebraska | 2 p.m. |
| Sat. 20 | at Minnesota | 6 p.m. |
| Sat. 27 | Big 12 Championships | 2 p.m. |

April

| | | |
|------------|--|-----|
| Sat. 10 | NCAA Regional | TBA |
| Sat. 22-24 | NCAA Championships (at Gainesville, Fla.) | TBA |

Home meets are in **bold** and take place in Hilton Coliseum.

CYCLONES ON THE WEB

Webcasts and live stats will be available for every Iowa State home gymnastics meet this season at cyclones.com. Web casts are available for Clone Zone members. Every ISU gymnastics meet will have a postgame release and statistics. Photo galleries, web casts and video highlights will be available on cyclones.com periodically throughout the season.



No. 14 ISU Faces No. 17 Michigan and BYU in Hilton

NO. 14 ISU (1-2) VS. NO. 17 MICHIGAN (3-1) AND BYU (0-3)



Friday, Jan. 29, 7 p.m.
Ames, Iowa • Hilton Coliseum

Live Stats: cyclones.com

Webcast: cyclones.com for Clone Zone subscribers



Cyclone Notebook

- After two weeks on the road, the No. 14 Iowa State gymnastics team returns to Hilton Coliseum to face No. 17 Michigan and BYU Friday at 7 p.m.
- Iowa State is in its 40th season of gymnastics. The Cyclones have a 402-452-4 all-time record.

Last Time Out

- The No. 17 Iowa State gymnastics team opened the 2010 Big 12 Conference season with its best performance since 2007. However, the No. 13 Missouri squad answered every Cyclone rally attempt, as the Tigers won 196.400-196.000 Jan. 22 in Hearnes Center.

The Series

- The Cyclones trail BYU 6-4 in the all-time series and trail Michigan 12-1.
- The last time ISU faced Michigan was last season, which resulted in a 195.875-193.300 Wolverine victory Jan. 31 in Ann Arbor, Mich.
- Iowa State and BYU last met April 12, 2008 at the NCAA Northeast Regional in Happy Valley, Penn. The Cougars downed the Cyclones 194.325-194.200.
- Friday's meet will mark the first time Michigan has competed in Hilton Coliseum.
- BYU has competed three times in Hilton Coliseum, with the last time coming April 8, 2006 at the NCAA North Central Regional. ISU defeated BYU 195.725-192.125 at that event.

IOWA STATE GYMNASTS' 2010 SEASON HIGHS

| Name | Yr. | Hometown | V | UB | BB | FX | AA |
|---------------------|-----|----------------------|--------------|--------------|--------------|--------------|---------------|
| Shea Anderson | So. | Oakland, Iowa | 9.775 | - | - | 9.775 | - |
| Megan Barnes | Sr. | Salt Lake City, Utah | - | - | - | - | - |
| Michelle Browning | So. | Houston, Texas | 9.825 | 9.800 | 9.750 | 9.900 | 39.125 |
| Nikki Dilbert | Sr. | Champlin, Minn. | - | - | - | - | - |
| Rebecca Ellis | Fr. | Brighton, N.Y. | - | - | - | - | - |
| Alex Grant | Jr. | Toronto, Ontario | 9.775 | 9.775 | - | - | - |
| Jacquelyn Holmes | Jr. | Charlotte, N.C. | - | 9.750 | - | - | - |
| Ashley Kent | Sr. | Calgary, Alberta | - | 9.775 | 9.850 | - | - |
| Ceilia Maccani | Sr. | Racine, Wis. | 9.775 | 9.825 | 9.725 | - | - |
| Jody McKellar | Sr. | Calgary, Alberta | 9.750 | 9.850 | 9.850 | 9.625 | 39.000 |
| Celine Paulus | So. | Yorba Linda, Calif. | 9.900 | - | 9.850 | 9.825 | - |
| Jessica Rizzi | Fr. | Downers Grove, Ill. | - | - | - | - | - |
| Anna Robey | Sr. | Mason, Ohio | - | - | - | 9.850 | - |
| Elizabeth Stranahan | Fr. | Atlanta, Ga. | - | - | - | - | - |
| Katie Sweetin | Sr. | Overland Park, Kan. | - | - | - | - | - |
| Jasmine Swyningan | Jr. | St. Paul, Minn. | - | - | - | - | - |
| Melanie Tham | Sr. | Mississauga, Ontario | - | - | 9.775 | 9.775 | - |

Bold indicates team high score

Contact Eric Bentzinger, Athletics Communications graduate assistant

Iowa State University Athletics Jacobson Athletic Building Ames, IA 50011-1140 515-294-2008 cyclones.com

Head Coach Jay Ronayne



Jay Ronayne is in his fourth year as head gymnastics coach at ISU. The Worcester, Mass., native has piloted ISU to NCAA regional appearances in his three seasons. He has led ISU to .1 of a point from being Big 12 champions, a tie-breaker from advancing to the NCAA Championships and has

coached five Big 12 champions.

Ronayne's 2009 squad closed the campaign with a third-place finish at the NCAA North Central Regional. ISU crowned three Big 12 Conference event champions in Megan Barnes (vault), Ceilia Maccani (bars) and Jasmine Thompson (beam). The three league champions tied the all-time high mark in ISU gymnastics history. ISU also had a Big 12-best nine gymnasts receive first-team Academic All-Big 12 and NACG/W All-America honors.

The 2009 campaign was also highlighted by record-breaking attendance figures as Iowa State shattered the all-time season mark by over 4,000 fans. Furthermore, the Cyclones had an all-time crowd of 7,224 watch Iowa State down Minnesota on Feb. 20.

In 2008, Ronayne had ISU in the lead of the Big 12 Championship with only one competitor remaining. It took a 9.950 on the vault from Oklahoma's Kiara Redmond-Sturms to wrestle the league crown away from the Cyclones by .1 of a point.

In 2007, Ronayne led ISU to the NCAA Central Regional in his first season at the helm. Only a tie-breaker prevented the Central Regional co-runner-up from advancing to the NCAA Championships.

Ronayne coached All-American Janet Anson in 2007, the eighth All-American he's tutored in his 20-year collegiate coaching career.

Ronayne was named head coach at Iowa State July 5, 2006. He came to ISU after four seasons (2003-2006) as the top assistant coach and recruiting coordinator at Auburn.

While Ronayne was at Auburn, the Tigers competed in four consecutive NCAA Regional Championships (2003-06), one NCAA Championship (2003) and produced three All-Americans.

Prior to joining the staff at Auburn, Ronayne was the top assistant at West Virginia, where he helped the team to eight conference titles in the EAGL (East Atlantic Gymnastics League), 13 NCAA Regional appearances and three NCAA Championship appearances. He coached four All-Americans, seven individual qualifiers, two NCAA Regional champions and 20 conference champions. He was the 1992 NCAA Southeast Region Assistant Coach of the Year.

Ronayne began coaching gymnastics after competing in the sport for 12 years at the USGF and NCAA levels. A 1989 graduate of Massachusetts, Ronayne received a bachelor's degree in English. Since his graduation, Ronayne has done extensive graduate study in sport psychology and athletic coaching education.

Ronayne is married to the former Mary Hefferin, who is the ISU director of gymnastics operations.

Cyclones Move up to No. 14 in the Nation

- In the latest NCAA national rankings, ISU is ranked No. 14., the highest the Cyclones have been ranked since March 5, 2007.
- ISU has steadily risen up the national rankings this season. The Cyclones started the season at No. 23 and progressed to No. 21, No. 17 and now No. 14.

ISU on the National Scene

- Iowa State senior Ashley Kent is tied for 15th in the country on beam with a 9.833 average.
- Cyclone sophomore Michelle Browning is 24th in the country in the all-around with a 39.017 average.
- As a team, ISU is ranked on all four events. ISU is No. 11 on bars (48.825), No. 11 on beam (48.650), No. 18 on floor (48.700) and No. 25 on vault (48.708).

Cyclones Post Highest Score Since 2007

- In Iowa State's last meet the Cyclones scored 196.000, which is the highest team score ISU has notched since a 196.700-194.500 victory over Iowa March 4, 2007.
- Iowa State's highest team score in program history is a 198.000 that the Cyclones posted March 14, 2004 at Nebraska.

Career Nights at Missouri

- Iowa State's strong performance at Missouri was buoyed by 10 career-high or career-high-tying scores at the meet. The career efforts were: Alex Grant (vault and bars), Michelle Browning (bars, floor, all-around), Celine Paulus (beam), Jody McKellar (beam), Shea Anderson (vault), Jacquelyn Holmes (bars) and Anna Robey (floor).

Cyclones Hit Hard by Injuries

- A squad that appeared to be loaded with experience heading into the 2010 campaign is now leaning heavily on its youth. Seniors Megan Barnes (knee), Nikki Dilbert (elbow) and Katie Sweetin (achilles) were seriously injured in preseason training. Junior Jasmine Swyningan (knee) will not see action this season either. Barnes is the only Cyclone who could possibly return to action this season.

Ronayne Signs Six for 2011 Campaign

- New faces will be aplenty in 2010-11 on the Iowa State gymnastics squad, as Cyclone head coach Jay Ronayne added six gymnasts from all across the map for next year's campaign. Henrietta Green (San Bernardino, Calif.), Milan Ivory (Marietta, Ga.), Hailey Johnson (Covina, Calif.), Megan McDonald (Woodbridge, Va.), Camille Santerre-Gervais (Saint-Lazare, Quebec) and Michelle Shealy (Snellville, Ga.) are set to become members of the incoming class in 2010-11.

ISU Looks to Continue NCAA Regional Run

- The 2009 Cyclone gymnastics squad qualified for the program's 13th consecutive NCAA Regional. ISU will look to make its 14th straight regional appearance in 2010.

Bartgis Named Assistant Coach

- Former University of Pittsburgh assistant coach Jessica Bartgis joined the Iowa State gymnastics staff as an assistant coach. Bartgis joined Iowa State after a three-year (2006-09) stint at Pittsburgh where she was named the 2007 NCAA Northeast Regional Co-Assistant Coach of the Year. The Frederick, Md., native focused on vault and floor at Pitt and oversaw Dani Bryan, who won the league vault crown in 2007. Bartgis had four other gymnasts earn all-league recognition on vault during her tenure at Pittsburgh. Bartgis was additionally the co-recruiting coordinator for the Panthers.

A Trio of Big 12 Champions

- Iowa State had three gymnasts win a share of conference crowns at the 2009 Big 12 Championship. Megan Barnes was a co-winner on beam with a score of 9.900, Jasmine Thompson took home a piece of the beam title (9.850) and Ceilia Maccani equaled the league top honors on bars (9.850).

Cyclones Smash Season-Attendance Mark

- The Cyclones set a new season-attendance record in 2009, by having a total of 16,242 fans attended ISU gymnastics competitions, bettering the previous record by over 4,000. The new mark eclipsed the previous benchmark of 12,052, set during the 2006 campaign.

BIG 12 CONFERENCE

| Teams | Big 12 W L | Overall W L |
|------------|---------------|----------------|
| Missouri | 1-0 | 5-0 |
| Nebraska | 0-0 | 4-0 |
| Oklahoma | 0-0 | 3-0 |
| Iowa State | 0-1 | 1-2 |

Big 12 Gymnast of the Week

Jan. 12 Mary Burke, Missouri
 Jan. 19 Sarah Shire, Missouri
 Jan. 26 Sarah Shire, Missouri
 Feb. 2
 Feb. 9
 Feb. 16
 Feb. 23
 March 2
 March 9
 March 16

Big 12 Specialist of the Week

Jan. 12 Jackie Flanery, Oklahoma
 Jan. 19 Erin Davis, Nebraska
 Jan. 26 Holly Vise, Oklahoma
 Feb. 2
 Feb. 9
 Feb. 16
 Feb. 23
 March 2
 March 9
 March 16

2010 IOWA STATE TEAM BESTS

Vault:..... 48.950 (Jan. 15)
 Bars: 48.975 (Jan. 22)
 Beam: 49.050 (Jan. 22)
 Floor:..... 49.100 (Jan. 22)
 Overall: 196.000 (Jan. 22)

2010 INDIVIDUAL HIGH SCORES

Vault:..... 9.900 (Celine Paulus)
 Bars: 9.850 (Jody McKellar)
 Beam: 9.850 (Three gymnasts)
 Floor:..... 9.900 (Michelle Browning)
 All Around:..... 39.125 (Michelle Browning)

2010 TEAM AVERAGES

Vault:..... 48.708
 Bars 48.825
 Beam 48.650
 Floor..... 48.700
 Overall 194.883



Shea Anderson, sophomore, Oakland, Iowa

2010: Registered a career-high 9.775 on vault and a season-high 9.775 on floor at Missouri...tallied a 9.725 on floor at Utah...scored a 9.700 in season debut on floor against Wisconsin-Stout and also made career debut on vault at the meet.

Career Bests

V: 9.775 (1-22-10) **UB:** - **BB:** - **FX:** 9.850 (4-4-09) **AA:** -



Megan Barnes, senior, Salt Lake City, Utah

2010: Will miss significant time in 2010 after suffering a preseason knee injury.

Career Bests

V: 9.900 (6 times) **UB:** 9.850 (3-13-09) **BB:** 9.825 (3 times) **FX:** 9.800 (3-4-07) **AA:** 39.125 (3-4-07)



Michelle Browning, sophomore, Houston, Texas

2010: Set a career high on bars (9.800) and tied career bests on floor (9.900) and in the all-around (39.125) at Missouri...scored a 9.775 on bars and a 39.125 in the all-around at Utah...made her collegiate debut in the all-around and on bars in win over Wisconsin-Stout...won the all-around and floor titles against Stout.

Career Bests

V: 9.850 (2-27-09) **UB:** 9.800 (1-22-10) **BB:** 9.875 (2-7-09) **FX:** 9.900 (5 times) **AA:** 39.125 (twice)



Nikki Dilbert, senior, Champlin Minn.

2010: Likely out for the season after suffering a preseason elbow injury.

Career Bests

V: 9.875 (2-15-08) **UB:** 9.875 (4-13-07) **BB:** 9.825 (2-15-08) **FX:** 9.900 (2-10-08) **AA:** 39.325 (2-10-08)



Rebecca Ellis, freshman, Brighton, N.Y.

2010:

Career Bests

V: - **UB:** - **BB:** - **FX:** - **AA:** -



Alex Grant, junior, Toronto, Ontario

2010: Scored a career high on bars (9.775) and tied a career-high 9.775 on vault at Missouri...registered a career high on vault (9.775) and at Utah...made her competitive debut for ISU in season-opening win over Wisconsin-Stout, competing on bars (9.750) and vault (9.625)

Career Bests

V: 9.775 (twice) **UB:** 9.775 (1-22-10) **BB:** - **FX:** - **AA:** -

GYMINFO NATIONAL RANKINGS

Jan. 25 Poll

| Team | Season Average Score |
|-----------------------|----------------------|
| 1. Alabama | 196.458 |
| 2. Oklahoma | 196.400 |
| 3. Utah | 195.992 |
| 4. Florida | 195.967 |
| 5. Stanford | 195.883 |
| 6. Oregon State | 195.817 |
| 7. UCLA | 195.744 |
| 8. Georgia | 195.717 |
| 9. Nebraska | 195.642 |
| 10. Arkansas | 195.608 |
| 11. Missouri | 195.583 |
| 12. Kentucky | 195.187 |
| 13. LSU | 195.125 |
| 14. Iowa State | 194.883 |
| 15. Auburn | 194.808 |
| 16. Denver | 194.808 |
| 17. Michigan | 194.600 |
| 18. Southern Utah | 194.575 |
| 19. Penn State | 194.458 |
| 20. Arizona | 194.333 |
| 21. Boise State | 194.200 |
| 22. Michigan State | 193.862 |
| 23. Minnesota | 193.833 |
| 24. Washington | 193.708 |
| 25. Ohio State | 193.625 |



Jacquelyn Holmes, junior, Charlotte, N.C.

2010: Tied a career high on bars at Missouri, with a 9.750...registered a 9.725 on bars at Utah...scored a 9.675 on bars in season-opening win against Wisconsin-Stout.

Career Bests

V: 9.700 (1-18-08) **UB:** 9.750 (3 times) **BB:** 9.625 (2-27-09) **FX:** - **AA:** -



Ashley Kent, senior, senior, Calgary, Alberta

2010: Set season highs on beam (9.850) and bars (9.800) at Missouri...tallied her second-straight 9.825 on beam at Utah, with a 9.725 on bars at the meet...registered the highest ISU score in season-opening win over Wisconsin-Stout, with a 9.825 on beam...named Mari-Rae Sopper Award winner in win over Stout.

Career Bests

V: - **UB:** 9.875 (3-13-09) **BB:** 9.900 (twice) **FX:** - **AA:** -



Ceilia Maccani, senior, Racine, Wis.

2010: Scored team-high 9.825 on bars at Missouri...had a solid night at Utah with a 9.775 on vault, 9.800 on bars and a 9.725 on beam...won the bars title with a 9.775 in win over Wisconsin-Stout.

Career Bests

V: 9.850 (4-4-09) **UB:** 9.925 (2-20-09) **BB:** 9.850 (1-31-09) **FX:** - **AA:** -

CYCLONES NATIONALLY RANKED

| No. | Event | Score |
|-----|-------|--------|
| 25 | Vault | 48.708 |
| 11 | Bars | 48.825 |
| 11 | Beam | 48.650 |
| 18 | Floor | 48.700 |

Individual

| Gymnast | No. | Event | Score |
|-------------------|------|-------|--------|
| Michelle Browning | 24 | AA | 39.017 |
| Ashley Kent | t-15 | Beam | 9.833 |



Jody McKellar, senior, Calgary, Alberta

2010: Set a season high in the all-around at Missouri with a 39.000, with a 9.850 on beam...scored a 38.675 in the all-around at Utah, with a team-high 9.850 on bars...won the vault title with a 9.725 and placed second in the all-around in season-opening win over Wisconsin-Stout.

Career Bests

V: 9.800 (twice) **UB:** 9.850 (twice) **BB:** 9.850 (1-22-10) **FX:** 9.800 (2-7-09) **AA:** 39.100 (2-7-09)



Celine Paulus, sophomore, Yorba Linda, Calif.

2010: Scored a career-high 9.850 on beam and 9.800s on vault and floor at Missouri...at Utah, had team-highs on both vault (9.900) and floor (9.825)...made her competitive debut on vault and bars in season-opening win over Wisconsin-Stout, while scoring 9.700 on floor at the meet.

Career Bests

V: 9.900 (1-15-10) **UB:** - **BB:** 9.850 (1-22-10) **FX:** 9.825 (1-15-10) **AA:** -

MARI-RAE SOPPER OUTSTANDING PERFORMANCE WINNERS

| Meet | Recipient |
|----------------------------|-------------|
| Jan. 8 vs. Wisconsin-Stout | Ashley Kent |
| Jan. 29 vs. Michigan, BYU | |
| Feb. 26 vs. Minnesota | |
| March 5 vs. Iowa | |

-The Mari-Rae Sopper Outstanding Performance Award is given to the Iowa State gymnast whose performance inspires and captivates the Cyclone coaches, teammates and fans at every home meet.



Jessica Rizzi, freshman, Downers Grove, Ill.

2010: Performed an exhibition floor routine at Missouri.

Career Bests

V: - **UB:** - **BB:** - **FX:** - **AA:** -

IOWA STATE QUICK FACTS

Iowa State University

President Dr. Gregory L. Geoffroy
 Director of Athletics..... Jamie Pollard
 SWA Dr. Calli Sanders
 Faculty Rep..... Paula Morrow
 Location Ames, Iowa
 Founded..... 1858
 Nickname..... Cyclones
 Colors Cardinal and Gold
 Affiliation..... Division I
 Conference Big 12
 Enrollment 27,945
 Arena Hilton Coliseum (14,356)
 Athletics web site.....cyclones.com
 University web site.....iastate.edu

Coaching Staff

Head Coach Jay Ronayne
 Alma Mater Massachusetts, '89
 Record at ISU (years).....23-41-1 (3)
 Overall Record (years)23-41-1 (3)
 Office Phone(515) 294-0555
 Assistant Coach Jay Santos
 Alma Mater Massachusetts, '95
 Assistant Coach Jessica Bartgis
 Alma Mater West Virginia, '05
 Director of Operations Mary Ronayne
 Alma Mater West Virginia, '98
 SID Contact Eric Bentzinger
 Office Phone(515) 294-2008

Team Information

2009 Overall Record4-15
 2009 Big 12 Dual Record 0-4
 2009 Big 12 Championship Finish ... Fourth
 2009 Regional FinishThird (N. Central)
 2009 High Score 195.775
 Letterwinners Returning/Lost 13/2
 Newcomers 3

Team History

First Year of Gymnastics 1974
 All-Time Record 402-452-4
 NCAA Regional Appearances14
 (1994, 1997-2009)
 NCAA Championship Appearances 3
 (2000, 2005-06)
 NCAA Super Six Appearances 1(2006)



Anna Robey, senior, Mason, Ohio

2010: Tied a career high on floor (9.850) at Missouri...scored a 9.775 on floor at Utah... competed on floor for the Cyclones in the season-opening win over Wisconsin-Stout.

Career Bests

V: 9.850 (1-5-07)

UB: -

BB: 9.800 (3-14-08) **FX:** 9.850 (twice)

AA: -



Elizabeth Stranahan, freshman, Atlanta, Ga.

2010:

Career Bests

V: -

UB: -

BB: -

FX: -

AA: -



Katie Sweetin, senior, Overland Park, Kan.

2010: Likely out of the season after suffering a preseason achilles tendon injury.

Career Bests

V: 9.825 (3 times)

UB: -

BB: 9.900 (2-9-07) **FX:** 9.925 (twice)

AA: -



Jasmine Swyningan, junior, St. Paul, Minn.

2010: Likely out for the season with a preseason knee injury.

Career Bests

V: -

UB: -

BB: -

FX: 9.675 (4-12-08) **AA:** -



Melanie Tham, senior, Mississauga, Ontario

2010: Tallied season bests on both beam (9.775) and floor (9.775) at Missouri... scored a 9.750 on beam and 9.700 on floor at Utah...competed on beam and floor in the Cyclones' season-opening win over Wisconsin-Stout.

Career Bests

V: -

UB: 9.700 (2-15-08) **BB:** 9.800 (twice)

FX: 9.800 (3 times) **AA:** -

MEET-BY-MEET RECAPS

No. 23 ISU vs. Wisconsin-Stout at Hilton Coliseum Jan. 8, 2010 (Ames, Iowa)

| Name | Vault | Bars | Beam | Floor | A-A |
|-------------|--------|--------|--------|--------|---------|
| Anderson | 9.600 | — | — | 9.700 | — |
| Browning | 9.675 | 9.650 | 9.725 | 9.750 | 38.800 |
| Grant | 9.625 | 9.750 | — | — | — |
| Holmes | — | 9.675 | — | — | — |
| Kent | — | 9.625 | 9.825 | — | — |
| Maccani | 9.475 | 9.775 | 9.000 | — | — |
| McKellar | 9.725 | 9.750 | 9.575 | 9.575 | 38.625 |
| Paulus | 9.675 | — | 9.650 | 9.700 | — |
| Robey | — | — | — | 9.475 | — |
| Tham | — | — | 9.425 | 8.950 | — |
| Team Totals | 48.300 | 48.600 | 48.200 | 48.200 | 193.300 |

| Team | Vault | Bars | Beam | Floor | Total |
|------------|--------|--------|--------|--------|---------|
| Wis.-Stout | 45.375 | 40.275 | 45.650 | 42.375 | 173.675 |
| Iowa State | 48.300 | 48.600 | 48.200 | 48.200 | 193.300 |

No. 23 ISU Wins Season-Opener in Dominant Fashion

AMES, Iowa—The No. 23 Iowa State gymnastics team opened up its 2010 campaign with a convincing 193.300-173.675 win over Wisconsin-Stout in Hilton Coliseum.

The Cyclones' score was their highest season-opening tally since the 2007 campaign.

"One of the goals today was to hit all 24 routines and we came close by hitting 22," ISU head coach Jay Ronayne said. "I'm disappointed in the team score, but it gives us somewhere to build on, and we will get better and better throughout the year."

The Cyclones started the 2010 campaign on vault and scored a 48.300. Jody McKellar led the ISU vault team with a 9.725. Michelle Browning and Celine Paulus were close behind with 9.675s. Wisconsin-Stout scored a 40.275 on bars in its first rotation.

ISU strengthened its lead in the second rotation, as the Cyclones made the score 96.900-85.650 with a 48.600 tally on bars. Ceilia Maccani tallied the highest score on the event with a 9.775. McKellar and Alex Grant were close behind with a pair of 9.750s.

The third event saw the Cyclones notch a 48.200 on beam. Senior Ashley Kent registered a team-high 9.825. Browning put together a solid performance, scoring a 9.725. The score after three rotations was 145.100-128.025.

Kent's effort earned her the "Marie-Rae Sopper Outstanding Performance Award" that goes to the Iowa State gymnast whose performance inspires and captivates the Cyclone coaches, teammates and fans.

"Ashley had a great beam routine," Ronayne said. "It was as good as it has been every day in the gym. It's the type of effort she expects from herself and I expect from her all year."

Iowa State concluded the season-opening contest on floor and scored a 48.200. Browning led the Cyclone floor team with a 9.750, while Paulus and Shea Anderson registered 9.700s. Wisconsin-Stout tallied a 45.650 on beam.

Ronayne was impressed with Paulus' performance in the first meet of the year.

"The three events Celine counted for us were really solid and is what she expected of herself because she has told me she has it figured out this year. I believe she has," Ronayne said.

In the all-around, Browning scored a 38.800 to take home the title. McKellar notched a 38.625 total in all four events combined.

No. 21 ISU at No. 11 Utah at Huntsman Center Jan. 15, 2010 (Salt Lake City, Utah)

| Name | Vault | Bars | Beam | Floor | A-A |
|-------------|--------|--------|--------|--------|---------|
| Anderson | 9.250 | — | — | 9.725 | — |
| Browning | 9.825 | 9.775 | 9.750 | 9.775 | 39.125 |
| Grant | 9.775 | 9.750 | — | — | — |
| Holmes | — | 9.725 | — | — | — |
| Kent | — | 9.725 | 9.825 | — | — |
| Maccani | 9.775 | 9.800 | 9.725 | — | — |
| McKellar | 9.675 | 9.850 | 9.650 | 9.500 | 38.675 |
| Paulus | 9.900 | — | 9.200 | 9.825 | — |
| Robey | — | — | — | 9.775 | — |
| Tham | — | — | 9.750 | 9.700 | — |
| Team Totals | 48.950 | 48.900 | 48.700 | 48.800 | 195.350 |

| Team | Vault | Bars | Beam | Floor | Total |
|------------|--------|--------|--------|--------|---------|
| Iowa State | 48.950 | 48.900 | 48.700 | 48.800 | 195.350 |
| Utah | 49.175 | 48.850 | 49.000 | 49.275 | 196.300 |

No. 11 Utah Holds Off Upset-Minded No. 21 ISU

SALT LAKE CITY, Utah—A sense of uneasiness rustled through the crowd of 12,605 at the Huntsman Center, as the No. 21 Iowa State gymnastics team had the 10-time NCAA champion, Utah, on the ropes for the duration of the meet. In the end, a strong final rotation by the Utes pushed them to a 196.300-195.350 victory.

"It's the type of score we expected from our preseason workouts at this stage of the season," ISU head coach Jay Ronayne said. "I think last week's score fired us up a little bit to focus on what's important. We still have a long ways to go before we'll be able to contend for a Big 12 title, but this is definitely a step along the way of getting there."

The Cyclones (1-1) started on bars and put up a season-best score of 48.900. Iowa State saw career-bests from Michelle Browning (9.775), Celine Paulus (9.750) and Alex Grant (9.750). Seniors Jody McKellar and Ceilia Maccani led the Cyclones with scores of 9.850 and 9.800, respectively. The Utes (1-1) scored a 49.175 on vault to narrowly lead after the first event.

The vault proved to be even better than bars for the Cyclones as they scored a 48.950. Paulus led the ISU vault squad with a career-best 9.900. Browning (9.825), Grant (9.775) and Maccani (9.755) also tallied strong scores the Cardinal and Gold. With Utah scoring a 48.900 on bars, the Cyclones inched closer at halftime, as the score was 98.025-97.850.

For the third event, ISU moved to floor and scored a 48.800. Paulus continued her stellar night with a career-high 9.825. Browning (9.775), Anna Robey (9.775), Anderson (9.725) and Melanie Tham (9.700) also tallied solid scores for the Cyclones. After the third rotation, the score was 147.025-146.650, with Utah in the lead.

The final event saw the Cyclones on beam and the Utes on floor. ISU scored a 48.700 on the apparatus. Ashley Kent led the beam squad with a 9.825. Tham (9.750), Browning (9.750) and Maccani (9.725) also put in quality efforts for the Cyclones.

Utah's Jamie Deetscreek won the all-around with a 39.426. Browning was the top Cyclone all-arounder with a 39.125, good for third place.

"Michelle is getting better, but she's just shy of where I know she can be," Ronayne said. "Celine Paulus gave us a glimpse of greatness, and Ashley Kent did her job as always tonight."

Iowa State's next meet will mark the start of Big 12 Conference action. The Cyclones travel to No. 15 Missouri Jan. 22 for a 7 p.m. meet.

No. 17 ISU at No. 13 Missouri at Hearnes Center Jan. 22, 2010 (Columbia, Mo.)

| Name | Vault | Bars | Beam | Floor | A-A |
|-------------|--------|--------|--------|--------|---------|
| Anderson | 9.775 | — | — | 9.775 | — |
| Browning | 9.775 | 9.800 | 9.650 | 9.900 | 39.125 |
| Grant | 9.775 | 9.775 | — | — | — |
| Holmes | — | 9.750 | — | — | — |
| Kent | — | 9.800 | 9.850 | — | — |
| Maccani | 9.675 | 9.825 | 9.725 | — | — |
| McKellar | 9.750 | 9.775 | 9.850 | 9.625 | 39.000 |
| Paulus | 9.800 | — | 9.850 | 9.800 | — |
| Robey | — | — | — | 9.850 | — |
| Tham | — | — | 9.775 | 9.775 | — |
| Team Totals | 48.875 | 48.975 | 49.050 | 49.100 | 196.000 |

| Team | Vault | Bars | Beam | Floor | Total |
|------------|--------|--------|--------|--------|---------|
| Iowa State | 48.875 | 48.975 | 49.050 | 49.100 | 196.000 |
| Missouri | 49.175 | 49.075 | 48.750 | 49.400 | 196.400 |

No. 17 ISU Posts Highest Score Since 2007 in loss

COLUMBIA, Mo.—The No. 17 Iowa State gymnastics team opened the 2010 Big 12 Conference season with its best performance since 2007. However, the No. 13 Missouri squad answered every Cyclone rally attempt, as the Tigers won 196.400-196.000 in the Hearnes Center.

ISU (1-2/0-1 Big 12) did not have one gymnast fall the entire outing, as the Cyclones scored season highs on bars, floor and beam. The Cyclones' overall team tally of 196.000 was their highest score since a 196.700 on March 23, 2007 against Iowa.

"Our goal every time out is hitting that 196.000-point mark," Iowa State head coach Jay Ronayne said. "Being three meets into the season and being at that mark gives us a lot of motivation for the rest of the season because we know we can get better."

Iowa State opened the meet on bars with a season-high 48.975 on the apparatus. Iowa State saw two gymnasts post career highs on the event with Michelle Browning (9.800) and Alex Grant (9.775). Seniors Ceilia Maccani and Ashley Kent led the Cyclone bars team with a 9.825 and 9.800, respectively. Kent's score was her season high. Missouri (5-0/1-0 Big 12) was slightly better on vault, as the Tigers led 49.175-48.975 after the first event.

On vault for the second event, the Cyclones posted a solid 48.875. ISU received career highs on the apparatus from Grant and Shea Anderson, who both scored a 9.775. Celine Paulus was the Cyclones' best on vault, scoring a 9.800. At the midway point Missouri led 98.250-97.850.

ISU tallied its highest score on any event this season with a 49.100 on floor. Browning led the floor squad, with a career-high-tying 9.900. Anna Robey also registered a career-high-tying 9.850. Paulus scored a 9.800, while Melanie Tham and Anderson scored season-high 9.775s. The Cyclones made up considerable ground in the third rotation to narrowly trail, 147.000-146.950 with one event remaining.

The Cyclones provided a stellar effort on beam to close out the meet, with a season-best 49.050. Kent, Paulus and McKellar led the Cyclones on beam, all scoring a 9.850. The scores were career bests for McKellar and Paulus, while it was a season high for Kent. Tham chipped in with a season-high 9.775 on the event.

Browning led the Cyclones in the all-around with a 39.125, while McKellar scored a season-high 39.000. Missouri All-American Sarah Shire won the event with an impressive 39.600.