



Golden Highlights March 2009

Dates to Remember...

Please remember you Big Sisters and Buddies! Wish them luck with a small gift before their meets.

April 16-18 NCAA Gymnastics Championships
Lincoln, NE
May 30 Golden Olympics

Scrip dates... March 24
April 7
April 21

Board Members...

Patty Kalil, President 934-2977
Todd Snyder, Vice Pres. 896-2355
Tracy Swanson, Secretary 391-2985
Karen Warner, Treasurer 496-2591
Dave Barmore, Meet Director 895-4224
Jane Herman, Newsletter 964-9890
Linda Taylor, Fundraising 891-0120
Rick Straub, Auditor 896-0888



The Golden Invite was a huge success! Thank you all for making it great!

Congrats to our girls, you all did a great job! We hope you had fun!!

Happy Birthday to...

Mary Frerichs 3/08
Anna Howorth 3/13
Rachel Zabawa 3/29



Optional Team meet schedule...

Jan 17-18 Chow's Rising Star Challenge
Des Moines, IA
Jan 31-Feb 1 Pike's Peak, Colorado Springs
Feb 20-22 Cactus Cooler, Las Vegas
Mar 6-8 Harley Davidson Invite
Milwaukee, WI
Mar 14-15 **Golden Invite**
Mar 28-29 State...Lincoln
April 23-26 Regionals, Wisconsin Dells
May 7-10 Level 9 Westerns, Bartlesville, OK
May 14-17 Level 10 Nationals, Auburn, WA

D team Meet Schedule

April 18-19 Rock 'n Roll Invite
Solid Rock, Lincoln
May 2-3 Prep State
Capitol City, Lincoln



Cactus Cooler Invitational, Las Vegas

Gymnast	Vault	Bars	Beam	Floor	AA
Deanna Barmore	9.4	8.6	--	--	
Desire' Stephens	9.0	9.075	9.2	8.75	36.025
Rachel Zabawa	9.225	8.65	9.175	8.75	35.8
Elizabeth Howorth	8.65	7.525	8.125	8.9	33.2
Adrienne Miller	--	--	--	--	
Lanie Snyder	8.875	8.125	8.525	8.85	34.375
Dani Barmore	8.9	9.375	8.8	8.95	36.025
Mackenzie Flipowicz	--	--	--	--	
Anna Howorth		6.5	--	8.6	
Riley Herman	8.650	7.85	8.8	8.825	34.125
Elizabeth Sander	9.150	8.9	8.050	9.450	35.550
Katrina Swanson	9.125	9.450	9.3	9.350	37.225
Maddy Taylor	8.6	9.3	7.9	8.650	34.45
Lauren Warner	8.0	8.55	8.425	8.5	33.475

Harley Davidson Invite, Milwaukee

Gymnast	Vault	Bars	Beam	Floor	AA
Deanna Barmore	--	--	--	--	--
Desire' Stephens	9.025	7.275	7.575	7.950	32.725
Rachel Zabawa	9.225	7.725	7.825	8.9	33.675
Elizabeth Howorth	8.725	8.350	8.75	8.3	34.125
Adrienne Miller	--	--	--	--	--
Lanie Snyder	9.125	8.675	8.850	8.725	35.375
Dani Barmore	8.750	9.4	9.4	9.2	36.750
Mackenzie Flipowicz	--	--	--	--	--
Anna Howorth	9.0	9.475	8.65	9.275	36.4
Riley Herman	8.75	8.85	9.15	9.325	36.075
Elizabeth Sander	8.9	9.35	8.35	9.2	35.8
Katrina Swanson	8.9	8.825	9.25	9.4	36.375
Maddy Taylor	8.85	9.65	8.75	9.150	36.4
Lauren Warner	8.6	8.65	8.575	8.55	34.375

Golden Invitational

Gymnast	Vault	Bars	Beam	Floor	AA
Deanna Barmore	--	--	--	--	--
Desire' Stephens	9.2	8.2	8.6	8.35	34.35
Rachel Zabawa	9.350	7.950	8.375	9.2	34.875
Elizabeth Howorth	8.975	8.350	8.8	9.350	35.475
Adrienne Miller	8.475	7.5	8.825	9.4	34.200
Lanie Snyder	9.325	9.1	9.55	9.3	37.275
Dani Barmore	9.425	9.3	9.4	9.3	37.425
Mackenzie Flipowicz					
Anna Howorth	9.325	8.45	9.2	9.250	36.225
Riley Herman	9.2	7.7	8.175	9.175	34.250
Elizabeth Sander	9.275	8.75	8.2	9.5	35.725
Katrina Swanson	9.225	9.0	9.2	9.450	36.875
Maddy Taylor	9.2	9.25	8.6	8.975	36.025
Lauren Warner	8.7	7.9	8.5	8.05	33.150
Rochelle Gober	9.025	7.3	9.225	9.4	34.950
Julianna Kalil	9.05	7.8	8.575	8.450	33.875
Vanessa Kalil	9.075	7.9	6.950	8.9	32.825
Abi Knapton	9.125	8.0	7.8	8.625	33.550
Biranna Ledger	--	--	--	--	--
Abbie Nylin	9.075	8.5	9.2	8.8	35.575
Kelly Straub	8.6	8.25	8.050	9.050	33.950
Mary Frerichs	9.050	8.250	7.050	8.350	32.700
Maeanna Hall	8.450	7.350	8.1	8.950	32.850
Ashly Helfrich	8.3	6.5	8.2	7.850	30.850
Claire Kolkman	--	--	--	--	--
Riana Noelle	8.8	7.250	8.3	8.7	33.050
Abby Stevens	8.450	6.450	7.450	7.9	30.250
Casey Tillisch	8.575	7.1	7.5	8.080	31.255
Kaylee Wiemers	7.9	6.9	7.225	7.350	29.375
Megan Adams	9.5	9.0	9.5	9.1	37.100
Emma Bornhoft	9.2	9.1	9.2	8.9	36.4
Grace Holst	8.2	8.0	8.0	7.5	31.700
Kayla Nigh	9.1	7.7	8.7	7.6	33.100
Lindsay Nigh	8.050	8.2	9.4	8.2	33.850
Emily Sander	6.8	7.5	7.7	7.0	29.00

