2000-2001 Falcon Schedule/Results

Dec. 9 at Whitewater
River Falls 166.55, Whitewater 163.875

Dec. 15 at Hamline
Hamline 171.375, River Falls 166.625

Jan. 10 at Oshkosh
Oshkosh 173.075, River Falls 167.675

Jan. 26 Stout, La Crosse, Gustavus Adolphus
La Crosse 176.375, Stout 173.15, Gustavus Adolphus 172.35, River Falls 169.975

Feb. 2 at Gershon Mclellan Invitational
La Crosse 179.525, Winona 176.9, Gustavus Adolphus 173.375, River Falls 171.175, Whitewater 169.95, Stout 166.5

Feb. 10 at Eau Claire Invitational
La Crosse 159.475, Oshkosh 176.87, Stout 174.275, River Falls 172.55, Eau Claire 167.775, Wilson 160.25

Feb. 16 Gustavus Adolphus
Gustavus Adolphus 175.025, River Falls 170.3

Feb. 23 at WIAC Meet (at Whitewater)
La Crosse 180.825, Oshkosh 178.825, Stout 176.9, River Falls 172.6, Whitewater 172.1, Eau Claire 164.875

March 2 Eau Claire
River Falls 175.35, Eau Claire 167.55

March 9 NCGA Regional Qualifying Meet (at Hamline)
La Crosse 183.8, Oshkosh 180.875, Gustavus Adolphus 178.375, River Falls 177.7, Stout 177.65, Whitewater 172.75, Eau Claire 169.2, Hamline 133.25

March 23-24 at NCGA Nationals (at Stout)
NCGA Nationals - Angie Garin (So., Inver Grove Heights, Minn. Simley HS) placed 11th in the all-around at the NCGA Nationals. She scored a 35.375.
2001-2002 Falcon Gymnastics Schedule

April 1, 2002

Dec. 7 at Gustavus Adolphus
Gustavus Adolphus 169.475, River Falls 166.07

Dec. 14 Hamline, Stout, Whitewater
River Falls 170.075, Whitewater 168.15, Hamline 167.35, Stout 160.65

Jan. 13 at Texas Woman's University
Texas Woman’s University 186.2, La Crosse 181.05, River Falls 176.8

Jan. 18 at Eau Claire Invitational
Eau Claire Invitational - Hamline 173.1, Winona 172.8, Whitewater 170.6, River Falls 170.5, Eau Claire 166.5, Oshkosh 163.7

Jan. 25 at Ball State
Bowling Green 192.7, Illinois-Chicago 192.225, Ball State 191.625, North Carolina 190.55, River Falls 179.175, Eau Claire 173.875

Feb. 1 at Gershon Mclellan Invitational
Centenary 184.75, La Crosse 180.55, Winona 180.175, Hamline 175.95, Gustavus Adolphus 175.425, Oshkosh 173.325, River Falls 172.3, Eau Claire 171

Feb. 8 Oshkosh, La Crosse, Stout
La Crosse 177.8, Oshkosh 172.55, River Falls 171, Stout 170.3

Feb. 15 at La Crosse
La Crosse 175.475, River Falls 168.225

Feb. 22 WIAC Meet (River Falls)
La Crosse 179.075, River Falls 175.95, Eau Claire 174.3, Whitewater 173.925, Oshkosh 173.9, Stout 166.9

March 1 at Eau Claire
River Falls 174.375, Eau Claire 173.35

March 8 at NCGA Regionals (at Gustavus Adolphus)
Gustavus Adolphus 180.6, La Crosse 180.175, Hamline 177.6, River Falls 176.325, Oshkosh 175.9, Whitewater 175.275, Eau Claire 174.25, Stout 170.55

March 22-23 at NCGA Nationals (at Ithaca, N.Y.)
UW-La Crosse 184.925, Cortland 183.175, Gustavus Adolphus 182.55, Ursinus 182.525, Ithaca 181.725, Springfield 180.075, Hamline 176.1, River Falls 172.6
Garin Places 11th in All-Around at NCGA Meet

Angie Garin placed 11th in the all-around competition at the NCGA National Championships held Friday at UW-Stout.

Garin just missed All-American honors. The top 10 place winners earn All-American recognition.

Garin finished with 35.375 points in the all-around. She placed 11th in vaulting with a 9.1 and 11th on the bars with a score of 8.85. She was 35th in floor exercise with an 8.95 total and 45th on the beam with an 8.475. Garin advanced to the finals in both the vault and bars. She finished 12th in vaulting with a combined total of 18.175 and 10th on the bars with a combined total of 17.55.

La Crosse won the team title with 182.525 points.

Gymnasts Score Season-High Point Total

The Falcons scored a season-high 175.35 points in a dual meet win over UW-Eau Claire on Friday night at the Karges Center.

The Falcons won, 175.35-167.55.

Angie Garin won the all-around title with 36 points. She won the vault with a score of 9.15 and the bars with an 8.9. Katie Mitchell took first on the beam with a 9.225 and Erin Holly took first with a 9.15.

The Falcons will compete at the NCGA Regional Qualifying Meet on Friday at Hamline. Action starts at 6:30 p.m.

Gymnasts Finish Fourth at WIAC Meet

The UW-River Falls gymnastic team finished in fourth place with a score of 172.6 at the WIAC Meet held at UW-Whitewater.

UW-La Crosse won the tournament with a score of 180.825. UW-Oshkosh and UW-Stout placed second and third, respectively.

Tiffany Reber was the Falcons' best all-around gymnast, taking ninth place with 35.0. Angie Garin and Katie Mitchell placed ninth and 10th in the all-around competition.

Reber placed third in the vault with a score of 9.475. She was also tenth in the bars.

Gymnasts Drop Meet to Gustavus Adolphus

The Falcons lost a dual meet to Gustavus Adolphus, 175.025-170.3 Friday night at the Karges Center.

Tiffany Reber led the Falcons in vaulting with an 8.7 and she placed fourth overall. Angie Garin led the team on the bars with an 8.55 and she placed third overall. On the beam, Kim Furan led the team with a score of 8.625 and she placed fourth overall. In floor exercise, Erin Holly led the team with a 9.1 and she finished third overall. Garin led the Falcons in the all-around with a 34.75 total.

The Falcons will compete in the WIAC Meet on Friday at UW-Whitewater. Action starts at 6:30 p.m.

Gymnasts Place Fourth at Eau Claire Invitational

The Falcons placed fourth with 172.55 points at the UW-Eau Claire Invitational held Saturday.

La Crosse won the team title with 179.475 points followed by Oshkosh 176.875, Stout 174.275, the Falcons, Eau Claire 167.775 and Wilson College 160.25.

The 172.55 points is a season-high for the Falcons. Tiffany Reber led the team with a score of 8.7 and Erin Holly was ninth with an 8.525. Garin placed seventh in the all-around with a 34.525 total. Katie Mitchell was eighth with a 34.45 and Steffie Rosengren was ninth with a 33.9.

The Falcons will next host Gustavus Adolphus College on Friday at the Karges Center. Action starts at 7 p.m.

Gymnasts Place Fourth at Gershon Invitational

The Falcons placed fourth with 171.175 points at the Gershon Invitational held Friday night at UW-La Crosse.

La Crosse won the team title with 179.525 followed by Winona 176.9, Gustavus Adolphus 173.375, River Falls 171.175, Whitewater 169.95 and Stout 166.5.

The Falcons placed ninth overall and first for the Falcons in the all-around with a 34.85 total. Mitchell led the team with a score of 8.6 and a 15th place finish on the beam.

Tiffany Reber led the Falcons in the vault with a seventh place finish with 9.125. She also led the team in the floor exercise with a 9.35 total, good for ninth place. Angie Garin led the team on the bars with a ninth place finish with a score of 8.4.
The Falcons will next compete at the UW-Eau Claire Invitational on Feb. 10. Action starts at 1 p.m.

**Gymnasts Place Fourth in Quadrangular**

The Falcons placed fourth with 169.975 points in a four-team meet at the Karges Center Friday night.

Tiffany Reber led the Falcons in vaulting with a 9.0. Angie Garin led the Falcons on the bars with an 8.2 and in floor exercise with a 9.25. Steff Rosengren and Kim Furan led the team on the beam with scores of 8.75.

The Falcons will next compete on Friday at the Gershon Invitational at UW-La Crosse. Action starts at 7 p.m.

**Gymnasts Lose Dual Meet at Oshkosh**

The Falcons lost in a dual meet at UW-Oshkosh Wednesday night.

Oshkosh won the meet, 173.075-167.675.

In vault Tiffany Reber led the Falcons and placed second overall with an 8.9. On bars, Angie Garin won the event with a score of 8.675. On the beam Annie Renelt, Garin and Katie Mitchell each scored 8.45. In floor exercise Reber placed second and led the Falcons with a 9.1.

Garin placed second in the all-around with a 34.375 total. Reber finished with a 34.325 and Mitchell scored a 31.55 in the all-around.

On Friday, Jan. 26 the Falcons will host Stout, La Crosse and Gustavus Adolphus at the Karges Center with action starting at 7 p.m.

**Gymnasts Open Season With Win at Whitewater**

The Falcons opened their season with a 166.55-163.875 win at UW-Whitewater Saturday afternoon.

Tiffany Reber won the vault competition with a 9.05 to lead the Falcons. Angie Garin won the bars competition with an 8.4. Garin also won the beam event with an 8.725. In the all-around, Garin led the Falcons with a 34.275 followed by Steff Rosengren with a 33.05 and Reber with 32.075. Garin's four-event total was the tops for all all-arounders.

The Falcons will be in action again on Wednesday when they are at Hamline at 7 p.m.

### 2002-2003

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<tr>
<th>Name</th>
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<tr>
<td>Cassie Arts</td>
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<td>Jenni Dotseth</td>
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<td>Laura Foster</td>
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<td>Angie Garin</td>
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<td>Kasson, Minn. (Kasson-Mantorville)</td>
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<td>Kelly Settle</td>
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**Head coach:** Jeanne DeLisle  
**Assistant coach:** Shawn Fox
Gymnasts Place Fourth at NCGA Regional - Make Nationals

March 8, 2002

The Falcons placed fourth with 176.325 points at the NCGA West Regional held Friday in St. Peter, Minn.

Gustavus Adolphus won the team title with 180.6 points followed by La Crosse 180.175, Hamline 177.6, River Falls 176.325, Oshkosh 175.9, Whitewater 175.275, Eau Claire 174.25 and Stout 170.55.

The Falcons have earned a spot in the NCGA National Meet which will be March 22-23 in Ithaca, N.Y.

Going into the Regional meet the Falcons had to beat UW-Whitewater by .85 points to earn a berth in the nationals. The Falcons outscored the Warhawks by 1.2 points and made it to nationals by the slimmest of margins, just .12 points.

"We went into Friday's meet with the same attitude that we've had all season," Falcon Coach Jeanne DeLisle said. "We weren't looking ahead - just at the task at hand.

"Going into nationals we are the eighth ranked team and we will be underdogs. But we aren't going to put pressure on ourselves - we'll just go to enjoy and perform our best," said DeLisle. "We try to get some athletes into the finals and maybe come away with some All-American honors.

"This is a great experience for our underclassmen and hopefully will be inspired by going to nationals. For our seniors, Angie Garin, Erin Holly and Kim Furan, it's a great way to end their careers."

The Falcons are joined by Gustavus Adolphus, La Crosse and Hamline from the West Region.

At the Regional the Falcons started on floor exercise which has been one of the team's strongest events this year. "It was good to start on floor because it's one of our top events," said DeLisle. "But at the same time it was a concern because usually scores go up as competition goes on. But we performed well and hit all six routines.

Tiffany Reber led the Falcons with a 9.35, Katie Mitchell was next (9.3) followed by Furan (9.125). Holly scored an 8.5, Garin an 8.8 and Ashley Nelson an 8.6. "Tiff and Katie had excellent routines - but really everyone hit," said DeLisle.

Next the Falcons went to the vault. "Once again we hit six-for-six - we couldn't have done anything different," Reber led the team with a 9.275 followed by Mitchell (9.125) and Furan (9.0). Garin finished with an 8.925, Cassie Arts had a 8.6 and Darla Moran a 8.35.

"Then we went to our two weakest events - bars and beam," said DeLisle. "On the bars we did fine, but not real strong." DeLisle said Nelson may have torn an ACL on her dismount. "She was our second competitor and when she got hurt that dropped the tone of our meet. But the four left did a fantastic job." Mitchell led the Falcons with an 8.575 followed by Erin Holly (8.55) and Reber (8.325). Garin finished with a 7.75, Nelson with a 7.6 and Laura Foster with a 7.2.

"The beam has been our nemesis all year," said Delisle about the team's last event. "But we rocked. Kelly Settle started us off and look as calm as competing on the floor instead of a four-inch wide beam. Our last four just nailed their routines," said DeLisle. Mitchell led the Falcons with a 9.425 followed by Garin (9.3) and Reber (8.925). Holly had an 8.9, Settle an 8.625 and Furan a 7.9. "Katie and Angie had their best routines of the year and Tiff did a great job also," said DeLisle.

In the all-around Mitchell led the Falcons with a 36.425 followed by Reber (35.875) and Garin (34.775).

"This team made up for whatever lack of skill there was with the right attitude and determination. We had the individuals to get the job done. It is just the right combination as far as team members go," said DeLisle.

Gymnasts Beat Eau Claire in Dual Meet

Mar. 1, 2002

Katie Mitchell won the all-around event to spur the Falcons to a 174.375-173.350 win over the Blugolds in Eau Claire Friday.

The Falcons bested the Blugolds in the vault, 44.4-44.05, the bars, 41.95-41.25, and the beam, 43.3-42.9, but lost the team score in the floor exercise, 45.15-44.725.

In the vault, Angie Garin and Katie Mitchell finished together, second and third, behind UW-EC's Alison Eagels. Garin scored 9.1 and Mitchell had a 9.0. Kim Furan took a tie for fifth with teammate Cassie Arts at 8.8, and Tiffany Reber finished at 8.7 in a tie for seventh.

Mitchell won the bars with an 8.7 score, followed closely by teammate Erin Holly at 8.65. Garin finished fourth with a 8.5, and Ashley Nelson took eighth with 8.2. Reber was 12th with 7.9.

Mitchell also took the beam competition, edging another teammate, this time Reber, at 9.1 and 8.9. Furan was fourth with 8.7 and Holly close behind in a tie for fifth with 8.6. Garin scored a 8.0 and landed an 11th place finish with Darla Moran tying.

Reber paced the Falcons in the floor exercise, taking a tie for second with a 9.2. Mitchell was fourth at 9.175 and Holly sixth at 9.0. Garin took a tie for eighth at 8.7.

Mitchell won the all-around over UW-EC's Eagels by a 35.975-35.4 score. Reber finished fourth with a 34.7 final, and Garin secured fifth at 34.3.
The Falcons' next meet is the NCGA Regional meet at Gustavus Adolphus on March 8 at 6 p.m.

Falcons Finish Second in WIAC Meet

Feb. 22, 2002

The Falcon gymnastics team finished second in the WIAC Meet held Friday night at the Karges Center.

Tiffany Reber and Katie Mitchell each won events at the meet. Reber won the vault with a 9.35 and Mitchell tied for first on the beam with a 9.2. Kim Furan placed fifth in the floor exercise with a 9.25 and Mitchell was sixth in the event with a 9.175. Mitchell placed third in the all-around with a 36.975, Reber was fourth with a 35.65 and Angie Garin was sixth with a 35.35.

La Crosse won the team title with 179.075 points followed by the Falcons 175.95, Eau Claire 174.3, Whitewater 173.925, Oshkosh 173.9 and Stout 166.9. The Falcons' second place finish is the best since 1994 when the team placed second.

Friday the Falcons will be in action again when they travel to UW-Eau Claire for a 7 p.m. meet.

Falcons Lose at UWLC

Feb. 15, 2002

The Falcon gymnastics team lost a dual meet at UW-La Crosse Friday night, 175.475-168.225.

Tiffany Reber led the Falcons on the vault with a first place finish with a score of 9.225. Katie Mitchell led the Falcons in the all-around with a scored of 35.375. She placed second. Mitchell placed second on the beam with a score of 9.3. In floor exercise, Reber was second with a 9.45.

The Falcons will host the WIAC Championships on Friday at the Karges Center. Action starts at 7 p.m.

Falcons Finish Third

Feb. 8, 2002

The Falcon gymnastics team finished third with 171 points in a four-team meet Friday night at the Karges Center.

La Crosse won the meet with 177.8 followed by Oshkosh 172.55, UWRF 171 and Stout 170.3.

Katie Mitchell led the Falcons in the all-around with a 35.9 total and she was second overall. She led the Falcons on the beam with an 8.95, on the bars with an 8.325 and in the floor with a 9.4. Tiffany Reber led the team in the vault with a 9.3 and she won the event.

The Falcons will next compete at UW-La Crosse on Friday with action starting at 7 p.m..

Falcons Set Season High Team Score

Jan. 25, 2002

The Falcon gymnastics team recorded a season-high 179.175 points and finished fifth in the Cardinal Classic held Friday night in Muncie, Ind.

Bowling Green won the team title with 192.7 points followed by Illinois-Chicago 192.225, Ball State 191.625. North Carolina 190.55, RF 197.175 and Eau Claire 173.875. Four of the six teams competing were NCAA Div. I squads.

Katie Mitchell led the team on the beam with a 9.0 and in the floor exercise with a 9.425. She also led the Falcons in the all-around with a 36.2. In vaulting, Tiffany Reber led the Falcons with a 9.475. She was second for the Falcons in the all-around with a 35.8. Ashley Nelson led the team on the bars with an 8.75. Angie Garin was third for the Falcons in the all-around with a 35.675.

The Falcons will next compete at the La Crosse Invitational on Friday with action starting at 6 p.m.
Falcons Take Close Fourth

Jan. 18, 2002

The Falcons finished less than a tenth of a point behind UW-Whitewater to take fourth in the UW-Eau Claire Invite Friday night.

The Falcons topped all scores in the vault (45.1) and the floor exercise (44.45), but a low score in the bars (39.7) pulled them down.

Hamline finished the night on top with 173.100, followed by Winona State at 172.800, UW-Whitewater at 170.650, River Falls at 170.575, UW-Eau Claire at 166.525, and UW-Oshkosh at 163.750.


On the bars, Mitchell was the Falcons top finisher at eighth with a 8.500 score. Reber was next with 8.250 at 14th.

On the beam, Reber finished in a tie for sixth with a score of 8.900 while Mitchell came in next at 11th with a 8.650. Angie Garin was just behind her in 13th with a 8.550.

On the floor exercise, Mitchell topped all but one, taking second with a 9.225 score. Reber was seventh with 9.075, and Kim Furan was at 13th with 8.850.

In the all-around, Mitchell took a tie for second in the meet with a 35.575 behind winner Melissa Stanton of Hamline, who scored 36.875. Reber scored 35.500 and placed fourth. Garin was ninth with 33.975.

The Falcons travel to Ball State next for a Jan. 25 meet starting at 7 p.m.

Falcons Score Season-High 176.8 Points

Jan. 13, 2002

The Falcons gymnastics team scored a season-high 176.8 points Sunday afternoon in a three-team meet in Texas.

Texas Women's University won the meet with 186.2 followed by La Crosse, 181.05 and the Falcons.

Tiffany Reber led the Falcons in vaulting with a 9.475 and in floor exercise with a 9.6. Angie Garin led the team on the bars with a 9.1 and Katie Mitchell led the team on the beam with a 9.5. Mitchell also led the Falcons in the all-around with a 36.125 total.

The Falcons will next compete on Friday at the Eau Claire Invitational. Action stats at 7 p.m.

Falcons Win Meet With 170.075 Points

Dec. 14, 2001

The Falcons gymnastics team won a four team meet, scoring 170.075 points, Friday night at the Karges Center.

Following the Falcons were Whitewater 168.15, Hamline 167.35 and Stout 160.65.

Katie Mitchell finished second in the all-around with a score of 34.975. Tiffany Reber was fourth with a 34.5. The Falcons took the top three places on the beam. Kim Furan won the event with an 8.8. Reber was second with 8.775 and Mitchell was third with 8.75. Reber placed in a tie for second in vaulting with a 9.0. Mitchell placed third in floor exercise with a 9.2. Mitchell also led the Falcons on the bars with an 8.2.

The Falcons will not compete again until Jan. 19 at the Eau Claire Invitational. Action stats at 1 p.m.

Falcons Open Season at Gustavus Adolphus

Dec. 7, 2001

The Falcons gymnastics team opened its 2001-2002 season with a 169.475-166.07 loss at Gustavus Adolphus Friday night.

Katie Mitchell led the Falcons in vaulting with a third place finish with a score of 9.0. On the bars, Erin Holly led the team with a score of 7.75. On the beam, Mitchell paced the team with a second place finish with a score of 8.725. In floor exercise, Tiffany Reber led the team with a third place finish with an 8.825.

The Falcons will next host Stout, Whitewater and Hamline on Dec. 14 at the Karges Center. Action starts at 7 p.m.