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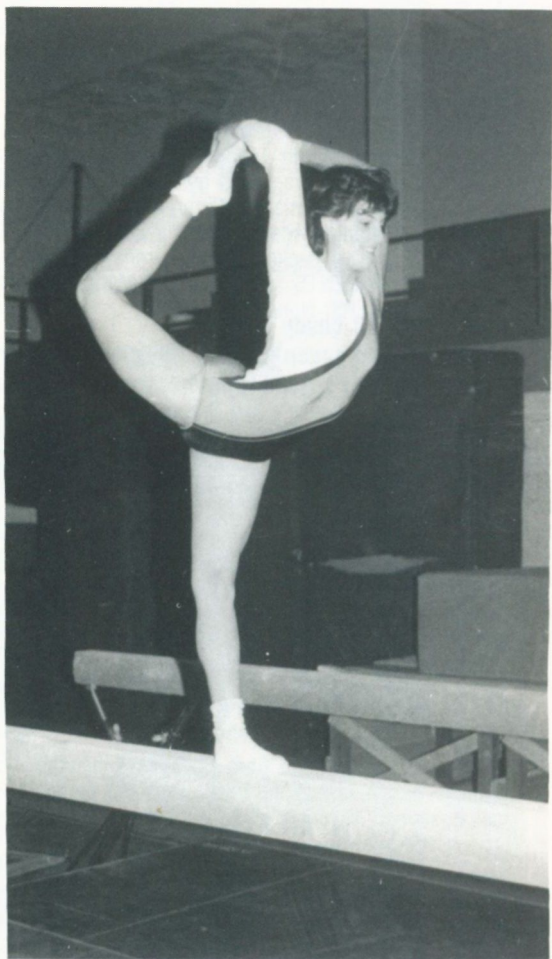
1986

1986-1987 Team Guide, Women's Gymnastics

State University of New York College at Cortland

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**CORTLAND STATE
RED DRAGONS**



**1986 - 87
WOMEN'S GYMNASTICS**

HEAD COACH SUSAN RAYL

Beginning her second season as the Cortland State head coach, Susan Rayl will again be accentuating the positive and fostering team spirit among her Red Dragon gymnasts.

"I believe in a positive approach to gymnastics," said Rayl, a former University of Arizona gymnast and current U.S. Olympic Committee Educational Division member. "It has to be fun — something gymnasts want to do."

"The most important element in collegiate gymnastics, though, is the team element, working together as a unit," added Rayl. "I'm convinced that this is the key to success and winning at this level of gymnastics. At Cortland, we stress the team philosophy. The attitude of the girls is important — to do the best they can. The top college teams in the country are not necessarily the best physically, but when it comes to group cohesion and mental toughness they have their act together."



In the gymnasium, Rayl views a solid skills foundation as the starting point for her gymnasts.

"My main emphasis is a clean routine that the gymnast feels comfortable performing," said the Cortland coach. "I believe in the basics and in progressions.

Everyone goes through the fear of learning new skills, but with a solid foundation of the basics these skills are easier to perform. Gymnastics is very much a mental game. Gymnasts need to learn how to use in a positive way the stress anxiety that's part of the sport. If you can be in the right state of mind, the other aspects of gymnastics will be easy, provided you have the athletic skill."

A native of Evansville, Indiana, Rayl earned her bachelor and master degrees from the University of Arizona, where she competed for four years in gymnastics. Rayl is a Class I nationally-ranked USGF official. She has coached gymnastics in both Arizona and Texas. Rayl owned and co-directed the Eagle Gymnastics Club in Tucson with University of Arizona head coach Jim Gault, the author of the 1985-89 USGF Compulsory Bars Routines and the 1987 World University Games Coach.

In 1985, Rayl was one of five delegates from the United States selected to attend the International Olympic Academy in Olympia, Greece.

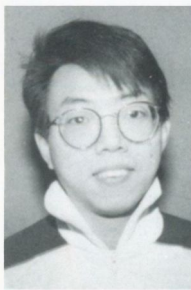
For further information on the Cortland State women's gymnastics program, call or write: Susan Rayl, Head Women's Gymnastics Coach, Cortland State, P. O. Box 2000, Cortland, N.Y. 13045. (607) 753-5713.

CORTLAND STATE RED DRAGONS

Name	Yr.	Events	Hometown	High School
Lynn Dombrowski	So.	BB, FX	Alden	Alden
Sheila Gaul	Jr.	FX	Middletown	Guilderland
Sarah Jenkins	Fr.	All-Around	Cedar Grove, NJ	Memorial
Stefanie Krauss	Fr.	UB, FX	Jamaica	Martin Luther
Meryl Mintz	Sr.	All-Around	Wheatley Heights	Half Hollow Hills West
Dawn Nichols	Fr.	All-Around	Blue Point	Bayport
Nicole Sherman	Fr.	All-Around	Syracuse	Nottingham
Sonny Stearns	So.	All-Around	Rochester	Greece Athena
Pattye Tobase	So.	BB, UB	Plainview	John F. Kennedy
Colleen Woods	Fr.	UB, V	Poughkeepsie	F.D. Roosevelt
Tracey Yaphe	Fr.	All-Around	Congers	Clarkstown North

Head Coach: Sue Rayl
 Assistant Coach: Dan Yen
 Trainer: Sue Armstrong

ASSISTANT COACH DAN YEN



A former member of the Hong Kong Gymnastics Team which competed at the Ninth Asian Games in 1982, Dan Yen will assist coaching the Cortland State women gymnasts while pursuing a physical education degree at the College. The 25-year-old native of Hong Kong attended Springfield College for a year before transferring to Cortland last autumn.

Yen, in addition to being the top gymnast for the Chinese YMCA Gymnastics Team in Hong Kong in the late 1970's, has helped coach the Hong Kong Junior National Boys Team.

PARK CENTER GYMNASTICS ARENA FEATURES

- Brunner spring floor
- Elevated 8-foot by 40-foot power tumbling platform
- AMF vaulting horse/AMF 8-coil springboard
- Three high beams (Spieth-Anderson, AMF, Porter)
- Two low beams
- Trampoline and mini-tramp
- Video-tape equipment
- AMF Reflex IV uneven parallel bars



(Front row, l. to r.) Dawn Nichols, Nicole Sherman, Michelle Connor, Sarah Jenkins, Tracey Yaphe, Sonny Stearns. (Back row) Head coach Sysan Rayl, Colleen Woods, Meryl Mintz, Pattye Tobase, Lynn Dombrowski, trainer Sue Armstrong, assistant coach Dan Yen.

1987 RED DRAGON GYMNAST PROFILES

Lynn Dombrowski Bars/Beam/Floor

Alden, New York
Junior

Lynn was an accomplished diver at Alden High...Placed sixth at the ECIC Finals in 1984...List for two years in Who's Who Among High School Students...First-year Dragon gymnast...Majoring in physical education and minoring in management...Member of the Student Activities Board at Cortland...Coach Rayl: "Lynn's an extremely hard worker. She's working everything but vault this year." PARENTS: John and Karen Dombrowski BROTHERS/SISTERS: Randy.

Sheila Gaul Bars/Floor

Middletown, New York
Junior

A Red Dragon veteran gymnast...Sheila is majoring in both Spanish and communications and minoring in French...Active with EOP and the International Student Association on campus...Studied in Spain...Attended Guilderland High, where she competed in track, cross country and swimming...Coach Rayl: "I'm amazed with Sheila. She spend last semester in Spain but has returned alot stronger. She should be in the low 8.0's on floor by the end of the season." PARENTS: Rosalie Gaul BROTHERS/SISTERS: Kevin, Matthew, Clare, Mary, Jeff, Jim, Bill.

Sarah Jenkins All-Around

Cedar Grove, New Jersey
Freshman

Sarah attended Memorial High in Cedar Grove...Competed in softball and was a cheerleader...Won Most Dedicated Gymnast Award working out with her local YMCA team...Coach Rayl: "Sarah's had alot of problems this year with her ankle. She's an all-rounder but will probably just compete on bars and vault. Her strongest events are beam and floor. This is kind of a red-shirt year for her even though she's competing. Healthy, she has All-America potential." PARENTS: Charles and Jane Jenkins BROTHERS/SISTERS: Brian, Will.

Stefanie Krauss Bars/Floor

Jamaica, New York
Freshman

Stefanie attended Martin Luther High in Queens...Participated in volleyball, track and gymnastics...Active with the Programming Assistance Committee on campus...Coach Rayl: "Stefanie's working on her basics this year. She doesn't have alot of background in gymnastics, but is a hard worker." PARENTS: Johannes and Marianne Krauss BROTHERS/SISTERS: None.

Meryl Mintz All-Around

Wheatley Heights, New York
Senior

Meryl captained last year's Red Dragon squad...A vaulting All-America in 1985...Attended Half Hollow Hills High West in Dix Hills, where she was named MVP on her scholastic gymnastics squad...Majoring in elementary education and minoring in English...Coach Rayl: "Meryl's one of the few gymnasts at the school to have participated all four years. That takes alot out of any collegiate gymnast. But I think this is Meryl's year. She's getting alot more consistent. Bars and floor are her best events She should definitely go All-America this year." PARENTS: Terry and Leony Mintz BROTHERS/SISTERS: Scott, Brian.

Dawn Nichols All-Around

Blue Point, New York
Freshman

Dawn comes to Cortland from Bayport High, where she competed in gymnastics and track...Also was on the cheerleading squad...Majoring in biology at Cortland...Coach Rayl: "Dawn's a good gymnast who's working on her weaknesses. She has some potential and will provide depth this year. Beam is her best event. She has very good dance parts on floor." PARENTS: Carmen and Mary Pittinaro BROTHERS/SISTERS: Danielle, Dave, Justin.

Nicole Sherman All-Around

Syracuse, New York
Freshman

Nicole established a new Cortland State all-around record of 34.00 in one of her first meets...Attended Nottingham High in Syracuse, where she competed in gymnastics...A three-time MVP...Placed seventh in the state on beam as a senior and ninth in the state on bars as a junior...Majoring in physical education...Coach Rayl: "Nicole's an excellent gymnast. She's as good as any freshman gymnast we've

had at Cortland. She's a potential 35.00 all-rounder. Nicole can potentially score 9.0's on floor and beam and high 8.0's on vaulting and bars. She should be an All-America this year." PARENTS: Sharon Sherman BROTHERS/SISTERS: Rene.

Sonny Stearns All-Around

Rochester, New York
Sophomore

As a freshman last year, Sonny won All-America plaudits in vaulting, bars and as an all-rounder...Last semester, she played on the Cortland State women's soccer team which finished third in the nation in NCAA Div. III...Attended Greece Athena High in Rochester...Was a five-time all-county gymnast and member of the state team...Also earned all-county soccer recognition for two seasons...Majoring in physical education...Coach Rayl: "Sonny will no doubt repeat as an All-America this year. She's good in all the events but very strong on bars and beam. She has the potential to hit a 9.0 on bars. She's strong and has an excellent attitude." PARENTS: Dick and Marge Stearns BROTHERS/SISTERS: DeeDee, Jason, Jesse, Luke, Molly.

Pattye Tobase Beam, Bars

Plainview, New York
Sophomore

Pattye's freshman season was hampered by a knee injury...Attended John F. Kennedy High in Plainview...A Regents Scholar...Won School Service Award as a senior...Participated in School Government for three years...Majoring in biology...Dean's List at Cortland...Coach Rayl: "Pattye's come along way since last year. She's very strong. She does a planche on beam and clear hip handstands on bars. Pattye's much stronger both physically and mentally this year." PARENTS: Tamani and Mitsuye Tobase BROTHERS/SISTERS: Shuichi.

Colleen Woods Bars, Vault

Poughkeepsie, New York
Freshman

Colleen attended F.D. Roosevelt High in Hyde Park...Was an all-county athlete in both gymnastics and soccer...Won her school's Athletic Leadership Award as a senior...Coach Rayl: "Colleen has lots of potential. She's really doing well on bars this year. She will more than likely go all-around next year. She's really helped us with depth this season." PARENTS: Jerry Woods and Kathleen Woods BROTHERS/SISTERS: Bryan, Ryeane, Marie.

Tracey Yaphe All-Around

Congers, New York
Freshman

A graduate of Clarkstown North High in New City...Tracey competed in gymnastics and track...Coach Rayl: "Tracey's an all-rounder who won't compete all-around this year. Her strongest events are bars and beams. She's got the potential to be a pretty good college gymnast, but she's got to improve her body strength and gain more air sense." PARENTS: Mel and Dorothy Yaphe BROTHERS/SISTERS: David, Ken.

CORTLAND RECORDS

Vaulting

Amy Burns (1984)
8.95

Uneven Bars

Meryl Mintz (1985)
8.70
Sonny Stearns (1986)
8.70

Balance Beam

Kim Welsch (1984)
8.95

Floor Exercise

Cortney Day (1986)
9.25

All-Around

Nicole Sherman (1987)
34.00

RED DRAGONS SEEK ANOTHER NATIONAL FINISH IN 1987

The Cortland State women gymnasts posted their best national finish ever by placing fourth at the 1986 National Collegiate Gymnastics Association (NCGA) Division III Championships held in Wisconsin.

Some important cogs in last year's Red Dragon drive to the lofty national heights, however, are missing in 1987. All-Americas Corinne Bates and Josie Saturnino graduated, while another All-America, Cortney Day, must bypass the season to concentrate on academics.

"It's not totally a rebuilding year," admits Susan Rayl, who begins her second year as Cortland head coach. "But we're down a little bit from last year as far as points and scoring. Our depth isn't quite as big as it was last year. That's going to take some time. We've got some learning of basics to do this year."

Despite the personnel losses, the Dragons can hardly be counted out of the national picture in 1987. Sophomore Sonny Stearns, who earned All-America honors in vaulting, on uneven bars, and as an all-rounder, returns as perhaps the most consistent Red Dragon in the four events. Senior Meryl Mintz, a vaulting All-America two years ago, has demonstrated her ability to score 33.00-plus all-around marks in this her fourth year on the squad.

Freshman Nicole Sherman, who shattered the Cortland State all-around record with a 34.00 score in one of the first meets this season, rounds out the Red Dragon triumvirate of all-around talent.

Cortland's national hopes, however, will depend a great deal upon development of team depth. Sophomore Pattye Tobase should strengthen the Dragon balance beam scores, while Sheila Gaul, who spent the fall semester studying in Spain, can score well on floor exercise. Dawn Nichols, Tracey Yaphe, Colleen Woods and Sarah Jenkins will be counted on for team points as the 1987 campaign progresses.

With Coach Rayl, the emphasis remains on the team as a whole.

"My first goal this year is to have the team unity which so important to collegiate gymnastics," said the Red Dragon Mentor. Alot of the girls coming in have never experienced team unity before, so it's very new to them. They've always learned to do gymnastics for themselves. This year, they're learning to do gymnastics for a group of people. Really, it's a team sport in college. More valuable than any honor an individual gymnast can get is that team honor."

FINAL 1986 NCGA DIV. III STANDINGS

1. Wisconsin-Lacrosse	132.85
2. Hamline (MN)	132.65
3. Gustavus Adolphus (MN)	132.60
4. CORTLAND STATE	132.40
5. Wisconsin-River Falls	123.95
6. Wisconsin-Eau Claire	121.35
7. Wisconsin-Stout	118.55
8. Wisconsin-Whitewater	112.95

FINAL 1985 NCGA DIV. III STANDINGS

1. Gustavus Adolphus	135.05
2. Hamline	130.80
3. Wisconsin-Platteville	129.55
4. CORTLAND STATE	128.85
Wisconsin-Eau Claire	128.85
6. Wisconsin-Stout	128.75
7. Wisconsin-Superior	119.00

FINAL 1984 NCGA DIV. III STANDINGS

1. Gustavus Adolphus	133.20
2. Wisconsin-Lacrosse	131.75
3. Hamline	131.70
4. Wisconsin-Stout	129.55
5. Tarleton (TX)	125.80
6. Wisconsin-Superior	124.95
7. CORTLAND STATE	124.80
8. Wisconsin-Eau Claire	123.85





Red Dragon All-Americans Meryl Mintz and Sonny Stearns.

CORTLAND STATE ALL-AMERICAS

1984

Amy Burns	Floor Exercise
Kim Welsch	Balance Beam

1985

Amy Burns	Floor Exercise
Meryl Mintz	Vaulting

1986

Corinne Bates	All-Around Vaulting Balance Beam Floor Exercise
Cortney Day	Floor Exercise
Josie Saturnino	Vaulting
Sonny Stearns	Floor Exercise All-Around Vaulting Uneven Bars

STATE UNIVERSITY OF NEW YORK COLLEGE AT CORTLAND

FOUNDED: 1868

TYPE OF COLLEGE: A public four-year college of arts and sciences for men and women; a charter member of the State University of New York established in 1948.

MAIN CAMPUS: 191 acres; 30 major buildings, including 14 residence halls for approximately 3,000 students.

TOTAL ENROLLMENT: 5,500 Undergraduate; 600 Graduate.

ACADEMIC DEPARTMENTS: 23

FACULTY: 261 full-time, 103 part-time

INTERCOLLEGIATE VARSITY SPORTS: 24, 12 men's and 12 women's

SCHOOL COLORS: Red and White

NICKNAME: Red Dragons

ATHLETIC FACILITIES: (seating capacity) Park Center features a main gymnasium (3,500), an Olympic-size swimming pool (1,500), an ice arena (2,500), a gymnastics arena (500), a wrestling room, weight room and 14 racquetball and squash courts. Lusk Field House has a new tartan-textured indoor track. Davis Field (5,000) is home to the football and lacrosse teams. Holloway Field (1,000), amid the 50 acres of athletic fields, is home to the soccer teams.

1987 CORTLAND GYMNASTICS SCHEDULE

- Jan. 17 BROCKPORT/ALBANY
- Jan. 21 at Ithaca
- Jan. 28 at Cornell
- Jan. 31 SPRINGFIELD
- Feb. 7 EAST STROUDSBURG
- Feb. 11 at West Chester
- Feb. 14 at Vermont with Towson St.
- Feb. 18 ITHACA
- Feb. 21 at Towson Invitational
- Feb. 27 at NCGA Div. III Championships
at Bryn Mawr
- Mar. 7 NEW YORK STATE
WCAA CHAMPIONSHIPS
- Mar. 14 RED DRAGON INVITATIONAL
- Mar. 28 USGF NORTHEAST REGIONALS
(HOME MEETS IN CAPS)