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### 1987-1988 Team Guide, Women's Gymnastics

State University of New York College at Cortland

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**CORTLAND STATE  
1987-88  
WOMEN'S  
GYMNASTICS**



**STATE UNIVERSITY OF NEW YORK  
COLLEGE AT CORTLAND**

# 1987-88 CORTLAND STATE WOMEN'S GYMNASTICS ROSTER

Name <i>Hometown</i>	Yr. Events <i>High School</i>
Jennifer Byrd <i>Clifton Park</i>	Fr. BB, FX, V <i>Shenendehowa</i>
Karen Clyne <i>Oswego</i>	So. All-Around <i>Oswego</i>
Jeanne Cutillo <i>Vestal</i>	Jr. BB, FX, V <i>Vestal</i>
Cortney Day <i>Rochester</i>	Jr. BB, FX <i>Greece-Athena</i>
Sheila Gaul <i>Middletown</i>	Sr. FX <i>Guilderland</i>
Sarah Jenkins <i>Cedar Grove, N.J.</i>	So. All-Around <i>Memorial</i>
Chrissy Kent <i>Rutland, VT</i>	Fr. BB, FX, V <i>Rutland</i>
Stefanie Krauss <i>Jamaica</i>	So. BB <i>Martin Luther King</i>
Laurie Moon <i>Greenlawn</i>	Fr. All-Around <i>Haborfields</i>
Dawn Nichols <i>Blue Point</i>	So. All-Around <i>Bayport-Blue Point</i>
Christina Sagel <i>Melville</i>	Fr. All-Around <i>Walt Whitman</i>
Nicole Sherman <i>Syracuse</i>	So. All-Around <i>Nottingham</i>
Stephanie Sholtes <i>Altamont</i>	Fr. All-Around <i>Guilderland</i>
Sonny Stearns <i>Rochester</i>	Jr. All-Around <i>Greece-Athena</i>
Michelle Stelling <i>Canaan</i>	Fr. All-Around <i>Chatham</i>
Pattye Tobase <i>Plainview</i>	Jr. UB, BB <i>John F. Kennedy</i>
Colleen Woods <i>Poughkeepsie</i>	So. All-Around <i>F. D. Roosevelt</i>
<b>Head Coach:</b>	Susan Rayl (3rd Year) (Univ. of Arizona '79)
<b>Captains:</b>	Pattye Tobase, Sonny Stearns
<b>Trainer:</b>	Jody Krause

# 1987-88 CORTLAND OUTLOOK

Third-year head coach Susan Rayl sees her 1987-88 unit improving on its sixth place finish at NCGA Division Nationals last season. In fact, the Cortland mentor believes her current edition has the makings of the best Red Dragon unit in a decade.

"My goal for the team is to finish in the top three in the country," said Rayl. "My main goal always is for the team to be a team, to be able to get along and work together, and to help learn from each other. As an entire team, this is the best since I have been here. It could be the best Cortland team because of our numbers and overall depth in the last 10 years."

Spearheading the Cortland charge this winter will be returning All-America Nicole Sherman and co-captains Pattye Tobase and Sonny Stearns.

As a freshman last winter, Sherman earned All-America status in all-around competition. The Syracuse Nottingham High School product also added four New York State titles to her impressive credentials, winning on floor exercise, balance beam, uneven bars and in all-around. Among the top-ranked all-around gymnasts throughout most of the 1986-87 season, Sherman was hampered at nationals with falls on bars and beam and finished fifth.

"I expect great things from Nicole this year," Said Rayl. Nationals was a learning experience for her last year. Nicole has taken on the challenge of becoming a better gymnast. Every event looks good for her, and she will be one solid performer for us. There is no question she will be an All-America."

Sherman is not the only Red Dragon All-America on the squad. Co-captain Stearns earned All-America honors in vaulting, uneven bars and in all-around two seasons ago. Stearns chances at another All-America shot will hinge upon her balance beam efforts as well as a new floor routine. Meanwhile, Tobase, a junior, returns for her third season and should be a force on the uneven bars and balance beam. Rayl considers Tobase a national contender in both events.

"Pattye probably has the best bar routine on the team as of now," added Rayl. "Consistency will be a main factor."

Junior Cortney Day, an All-America on floor exercise two years ago, joins the team in the second semester and could win nationals honors again. Transfer Karen Clyne has made a quick impact on the squad during pre-season. Clyne, an all-around competitor, returns to the sport after a year's hiatus while attending Oswego State..

Talent and depth provide the Red Dragons with thier greatest strengths this year. Coach Rayl has 17 team members, including 11 all-arounders and seven freshmen. Sheila Gaul, who spent the fall semester studying in Switzerland, returns to the lineup as the team's lone senior. She will add depth on uneven bars and floor exercise. Returning sophomores Colleen Woods and Sarah Jenkins are top vaulting and uneven bar performers. Woods should also help on balance beam, as should Dawn Nichols and Stefanie Krauss.

# PLAYER PROFILES

## Jennifer Byrd

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**Freshman**

**Vault, Balance Beam, Floor**

**Clifton Park, New York**

**Major: Physical Education**

Jennifer is one of six freshmen on the squad...An honor roll student at Shenendehowa High School...Lettered in gymnastics and cheerleading...Captained the gymnastics her senior year...**COACH RAYL:** "Jennifer has learned so much already this year...She's a vaulting, beam and floor competitor. I predict her best event will probably be floor. She's a hard worker, very dedicated, one of those kids who surprises you every day in the gym. She is also an asset to the team very team oriented."

**PARENTS:** Paul and Mary Jane Byrd **BROTHERS/SISTERS:** Derrick, Dana.

## Karen Clyne

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**Sophomore**

**All-Around**

**Oswego, New York**

**Major: Physical Education**

A transfer from SUNY Oswego...Denise has been an impressive all-rounder in pre-season...Returns to the sport after a year hiatus...Lettered in swimming and gymnastics at Oswego High School...A two-time team MVP and all-county gymnastics performer...**COACH RAYL:** "Karen is my top all-rounder. She will definitely be an All-America this year. Her bar routine is beautiful, her scores should be in the 9.0's. she has an aerial cartwheel and an illusion on balance beam. She's a good tumbler - throws Arabians and full's on floor exercise." **PARENTS:** Michael and Marilyn Clyne **BROTHERS/SISTERS:** Brian.

## Jeana Cutillo

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**Junior**

**Balance Beam, Vault, Floor**

**Vestal, New York**

**Major: Elementary Education**

Jeana begins her first year on the Red Dragon squad...Performed scholastically at Vestal High School under Cortland graduate Sam Scelsi...Also a member of the Southern Tier Gymnastics Academy... **COACH RAYL:** "Jeana is a balance beam and floor exercise performer. She will probably help us the most on floor exercise. She does full's on floor and back handsprings on beam." **PARENTS:** Joseph and Jane Cutillo **BROTHERS/SISTERS:** Joey, Joeana.

## **Cortney Day**

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**Junior**  
**Floor Exercise, Balance Beam**  
**Rochester, New York**  
**Major: Communications**

An All-America on floor exercise two years ago...Cortney returns to the Red Dragon line-up after a year's hiatus...Attended Greece-Athena High where she was a gymnast and a cheerleader...Also competed in gymnastics at Monroe CC...COACH RAYL: "She has the potential to repeat as an All-America in floor exercise. She's been working out with a club program and is ready to compete." PARENTS: Robert and Linda Day BROTHERS/SISTERS: Lisa, Kurtis.

## **Sheila Gaul**

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**Senior**  
**Floor Exercise**  
**Middletown, New York**  
**Majors: Spanish/Communications**

Sheila is the only senior on the team...Spent the fall semester studying in Switzerland...Has also studied in Spain...Active with EOP and the International Student Association on campus... Competed scholastically in track, cross-country and swimming at Guilderland High School.COACH RAYL: "Sheila can really help the team out on floor. She bring with her the experience of three years as a competitor. A very consistent performer on floor." PARENT: Rosalie Gaul BROTHERS/SISTERS: Kevin, Matthew, Clare, Mary, Jeff, Jim, Bill.

## **Sarah Jenkins**

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**Sophomore**  
**All-Around**  
**Cedar Grove, New Jersey**  
**Major: Psychology**

Sarah returns for her second season as a Red Dragon gymnast...She will be concentrating on vaulting and the uneven bars...A graduate of Memorial High School in New Jersey...Lettered in softball and cheerleading...Captained the cheerleading squad her senior year. .COACH RAYL: "Sarah has really come along way on bars. Her bar routine should be at least a point better this year. She's a lot more consistent and has incorporated a clear-hip handstand on her bar routine. She is starting to perform half-on full-off vaults." PARENTS: Janet and Charles Jenkins BROTHERS/SISTERS: William, Brian

## **Chrissy Kent**

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**Freshman**  
**Balance Beam, Floor, Vault**  
**Rutland, Vermont**  
**Major: Undecided**

A Dragon newcomer, comes to Cortland from Rutland High School in Vermont...Lettered in gymnastics and track...Was a student council representative for three years...A member of state championship outdoor track team her freshmen year...A competitor at the track and gymnastics state championships... COACH RAYL: "She has a very unusually choreographed floor routine. She has tremendous potential, especially on floor and vaulting. She will be a help to us those two events." PARENTS: Mr. and Mrs. Edward Kent BROTHERS/SISTERS: Lisa, Karen

## **Stefanie Krauss**

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**Sophomore**  
**Balance Beam**  
**Jamaica, New York**  
**Major: Undecided**

A second year Dragon performer...Should be a force on the balance beam this season with her added experience.. .Competed scholastically in track at Martin Luther King High School...COACH RAYL: "Stefanie has put together a beam routine. She has become a lot more consistent since her freshmen year." PARENTS: Johannes and Marianne Krauss

## **Laurie Moon**

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**Freshman**  
**All-Around**  
**Greenlawn, New York**  
**Major: Elementary Education**

A Harborfields High School graduate...Gymnastics team captain two years...Was awarded the NYSPHERD award for outstanding achievement in physical education...COACH RAYL: "Laurie has a tremendous amount of talent, but is also plagued with injuries. She will probably work vaulting and beam for us. She could go All-America in either or both events, an extremely talented gymnast. She performs a full-on vault and does a round-off back handspring on the beam." PARENTS: James and Carmel Moon BROTHERS/SISTERS: Jim.

## Dawn Nichols

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**Sophomore**  
**All-Around**  
**Blue Point, New York**  
**Major: Biology**

Dawn is beginning her second season with the Dragon unit...Has been hampered by injuries in pre-season...Lettered in cheerleading, gymnastics and track at Bayport-Blue Point High School...Gymnastics team captain and MVP her senior year...An all-conference gymnastics selection her senior year...A member of the Nu Sigma Chi Sorority at Cortland...COACH RAYL: "Dawn was plagued with a stress fracture in her foot earlier in the season, but has gained a lot more strength, confidence and consistency on bars and beam. Beam would be the event she would compete on. She is also working on a back handspring on beam." PARENTS: Carmen and Mary Pittinaro BROTHERS/SISTER: Danielle, Dave, Justin.

## Christina Sagel

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**Freshman**  
**All-Around**  
**Melville, New York**  
**Major: Physical Education**

A talented gymnastics performer at Walt Whitman High School in Huntington Station...Christina was team captain and MVP her junior and senior year...A three-time all-conference and all-county selection...All-New York State as a junior... COACH RAYL: "Chris has to be the most positive gymnast I've ever worked with, she is a joy to coach. An all-arounder who will compete in bars, beam and floor. She does a standing back tuck and a Corbett back handspring on beam. Has the potential to be an All-America." PARENTS: Walter and Marie Sagel BROTHERS/SISTERS: Erika

## Nicole Sherman

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**Sophomore**  
**All-Around**  
**Syracuse, New York**  
**Major: Physical Education**

Nicole enjoyed a sensational freshmen season...A returning All-America in the all-around...A New York State champion in floor exercise, balance beam and uneven bars...Set a Cortland record last year in the all-around with a 34.45...Tied the schools balance beam record with an 8.95 score...A three-time gymnastics team captain and MVP at Nottingham High School in Syracuse... COACH RAYL: "Nicole should repeat as an All-America in all-around. She has accepted the challenge by learning new skills. She now includes a Comenici dismount off bars. She's also learned a gainer flip dismount off beam. Also on floor she has incorporated a triple somi pass into her routine. She is learning a round-off vault. A team leader." PARENT: Sharon Sherman BROTHERS/SISTERS: Rene.

## **Stephanie Sholtes**

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**Freshman**  
**All-Around**  
**Altamont, New York**  
**Major: Secondary Education**

The name Scholtes is a familiar one when it comes to Cortland women's gymnastics...Stephanie's older sisters Beth and Lori were solid performers on past Cortland teams...Lettered in Gymnastics at Guilderland High School...Captained the team her junior and senior year...Team captured sectional championship her junior year...Named team MVP five straight seasons...An All-New York State performer on bars...COACH RAYL: "Stephanie has a beautiful handspring vault. Also has a consistent bar set. She's one of our top people in vaulting and bars. She has the potential to be an All-America performer." PARENTS: Allan and Joanne Sholtes BROTHERS/SISTERS: Beth, Lori, Michele, Stacy.

## **Sonny Stearns**

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**Junior**  
**All-Around**  
**Rochester, New York**  
**Major: Physical Education**

A Dragon co-captain this season...Sonny earned all-america status in the all-around, vaulting and the uneven bars two seasons ago...Was a member of the 1986 Cortland women's soccer team which finished third in the nation...Lettered in gymnastics and soccer at Greece Athena High School.Gymnastics team captain and MVP...A five-time All-County gymnastics performer...Earned all-state honors three years...A two-time all-county soccer selection... COACH RAYL: "Sonny has been invaluable to me in both her leadership and athletic ability. She has a beautiful bar set and has also become a lot more consistent on beam and floor, should repeat as an All-America." PARENTS: Dick and Marge Stearns BROTHERS/SISTERS: DeeDee, Jason, Jesse, Luke, Molly.

## **Michelle Stelling**

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**Freshman**  
**All-Around**  
**Canaan, New York**  
**Major: Physical Education**

Michele was hampered by a sprained ankle suffered in the pre-season...A national honor society student while attending Chatham High School...Captain of the gymnastics her junior and senior year...Was named team MVP five straight seasons...Gymnastic squad captured sectional and conference title...COACH RAYL: "Can help on floor exercise, which is her strong suit. She is a good tumbler and is working to improve her basic skills." PARENTS: "William and Jean Stelling BROTHERS/SISTERS: Michael, Donna, Ann.

## Pattye Tobase

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**Junior**

**Balance Beam, Uneven Bars**

**Plainview, New York**

**Major: Biology**

A Dragon co-captain this winter...Beginning her third year on the squad...Dean's list student at Cortland...Attended John F. Kennedy High in Plainview...A Regents Scholar...Won school service award as a senior...Was active in student government for three years...**COACH RAYL:** "Pattye has become a lot more consistent in her two events since last year. She probably has the top bar routine in the gym. She performs clear hip handstands. She has a back handspring series and planche on beam. Has great potential to become an All-America."

**PARENTS:** Tamaru and Mitsuye Tobase

**BROTHERS/SISTERS:** Shuichi.

## Colleen Woods

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**Sophomore**

**All-Around**

**Poughkeepsie, New York**

**Major: Undecided**

Colleen returns for her second season with the Red Dragons... Attended F.D. Roosevelt High School in Hyde Park...A three-time all-county gymnastics and soccer performer...Also lettered in cross-country...Won her school's Athletic leadership award as a senior...**COACH RAYL:** "Colleen should be a great help to the team in vaulting. She has learned a handspring full on vault and also a handstand on bars. Has become a lot more confident and consistent on bars, vaulting and beam." **PARENT:** Jerry Woods  
**BROTHER/SISTERS:** Bryan, Ryeann-Marie.

### 1987-88 WOMEN'S GYMNASTICS SCHEDULE

Dec. 5	at Brockport Invitational
Dec. 12	at East Stroudsburg
Jan. 16	at Brockport
Jan. 20	ITHACA
Jan. 23	WEST CHESTER
Jan. 27	CORNELL
Jan. 31	at Springfield
Feb 6	RED DRAGON INVITE
Feb. 13	at Towson St.
Feb. 20	at New York State WCAA
Feb. 27	ECAC Meet at Salem St.
Mar. 4-5	NCGA DIV. III CHAMPIONSHIPS

## 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  
Floor Exercise  
Sonny Stearns .....All-Around  
Vaulting  
Uneven Bars

### 1987

Meryl Mintz .....All-Around  
Nicole Sherman .....All-Around

## CORTLAND RECORDS

### Vaulting

Amy Burns (1984) 8.95

### Uneven Bars

Sonny Stearns (1987) 9.0

### Balance Beam

Kim Welsch (1984) 8.95  
Nicole Sherman (1987) 8.95

### Floor Exercise

Cortney Day (1986) 9.25

### All-Around

Nicole Sherman (1987) 34.45

### FINAL 1987 NCGA DIV. III STANDINGS

1. Gustavus Adolphus (MN) .....	135.90
2. Ithaca College .....	135.30
3. Wisconsin- Lacrosse .....	132.75
4. Hameline (MN) .....	132.65
5. Salem (MA) St.....	130.90
6. CORTLAND STATE.....	130.25
7. Wisconsin River Falls .....	128.95
8. Bryn Mawr .....	123.50

### FINAL 1986 NCGA DIV. III STANDINGS

1. Wisconsin-Lacrosse .....	132.85
2. Hameline .....	132.65
3. Gustavus Adolphus .....	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. Hameline.....	130.80
3. Wisconsin-Platteville .....	129.55
4. CORTLAND STATE .....	128.85
4. Wisconsin-Eau Claire.....	128.85
6. Wisconsin Stout.....	128.75
7. Wisconsin-Superior .....	119.00

## PARK CENTER GYMNASTICS ARENA FEATURES

- Brunner spring floor
- Elavated 8-foot by 40 foot power tumbling platform
- AMF vaulting horse/AMF 8-coil springboard
- Three high beams (Speith-Anderson AMF, Porter)
- Two low beams
- Trampoline and mini-tramp
- Video-tape equipment

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.

## HEAD COACH SUSAN RAYL

Beginning her third 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 the gymnasts want to do."

"The most important element in collegiate gymnastics is the team element, working together as a unit," stressed 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," added Rayl. "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 practice how they compete and to compete how they practice. If you can be in a competitive mindset during every routine in practice, actual competition will be easy."

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 Greece.