

BAYLOR®

Acrobatics & Tumbling | Ferrell Center | Waco, Texas | @BaylorAcroTumb | BaylorBears.com

7-STRAIGHT NCATA CHAMPIONSHIPS: 2015, 2016, 2017, 2018, 2019, 2021, 2022

BAYLOR HIGH SCORES IN 2023

COMPULSORY - Total:	39.00
Heat 1 (Acro):	9.75, 3x
Heat 2 (Pyramid):	9.95, 2x
Heat 3 (Toss):	10.00
Heat 4 (Tumbling):	9.50
ACRO - Total:	29.75
Heat 1 (5 Element):	9.95, 3x
Heat 2 (6 Element):	9.90
Heat 3 (7 Element):	9.90, 3x
PYRAMID - Total:	29.85
Heat 1 (Inversion):	10.00, 4x
Heat 2 (Synchronized):	10.00
Heat 3 (Open):	9.95, 4x
TOSS - Total:	29.60
Heat 1 (450 Salto):	9.85
Heat 2 (Synchronized):	9.85
Heat 3 (Open):	9.90
TUMBLING - Total:	58.025
Heat 1 (Duo):	9.70
Heat 2 (Triple):	9.40
Heat 3 (Quad):	9.50
Heat 4 (Aerial):	10.000
Heat 5 (6 Element):	9.925
Heat 6 (Open):	9.950
TEAM -	98.80
MEET TOTAL:	284.200

Meet #7



#1 Baylor (6-0) vs. #2 Oregon (3-1)

Saturday, April 1, 2023

5 p.m. CT

Ferrell Center | Waco, Texas

Series History: BU leads 20-13

Neutral: BU leads 3-1 | Home: BU leads 11-5 | Away: UO leads 7-6

Last Meeting: 3/8/23 at Oregon, W 283.305 - 278.910

Television/Live Stream: ESPN+ (John Morris & Ashley Echelberger)

Live Stats: <https://baylorbea.rs/3LtBDGr>

Live Updates on Twitter: @BaylorAcroTumb



STORYLINES

- The Bears are coming off back-to-back wins in one week against Frostburg and Quinnipiac to face the Ducks.
- Saturday is Senior Night as well as Fill the Ferrell, with \$1 tickets.
- Oregon has not had a meet since they faced Baylor on March 8 in Eugene.
- Baylor is on a 22-meet winning streak, dating back to 3/27/21.
- BU has had seven 10.0 scores so far this season, the majority coming in Pyramid. Listed on page 5!
- The Bears have earned the Specialist of the Week award from the NCATA after each week of competition this season. More on page 2!
- The Bears were named preseason favorite for the eighth season in a row on Feb. 1 in the NCATA Preseason Poll. They earned their ninth No. 1 ranking all time on Wednesday in the first Championship Ranking from the NCATA.

2023 SCHEDULE & RESULTS

6-0 | HOME 4-0 | AWAY 2-0 | NEUTRAL 0-0

DATE	OPPONENT	LOCATION	RESULT/TIME (CT)
Feb. 5	#15 West Liberty	WACO	W 267.050 - 238.510
Feb. 11	at Trine	Angola, Ind.	W 284.200 - 236.045
Feb. 19	#14 Presbyterian	WACO	W 274.055 - 243.375
Mar. 8	at Oregon	Eugene, Ore.	W 283.305 - 278.910
Mar. 22	Frostburg State	WACO	W 283.210 - 273.510
Mar. 25	Quinnipiac	WACO	W 280.495 - 266.770
Apr. 1	Oregon	WACO	5pm
Apr. 9	at Hawaii Pacific	Honolulu, Hawaii	5pm
Apr. 27-29	NCATA Championships	Wheeling, W.Va.	

**NOTABLES****BEST IN THE BIZ**

The Bears swept the NCATA weekly awards in the second week (2/15) of the season, with Kam Kitchens (Athlete), Jordan Gruendler (Specialist) and Gianna Cameron (Freshman). It's the fourth time BU has swept the awards, doing so twice in 2021 and once in 2018. BU has earned the Specialist award after each week of competition so far this season, each with a different student-athlete until Gruendler earned it a second time in week six (3/15) and again in week eight (3/29).

ALL HAIL

BU A&T alumna Hailey Cowan-Brennan ('14) earned a UFC contract in 2022 through Dana White's Contender Series. She is looking toward her debut bout after it being canceled and then postponed, now fighting on April 29 in Vegas. The Waco native is the first female fighter from Central Texas to earn a UFC Contract. She was a base and tumbler for Baylor.

GIMME GIMME MORE

The sport of acrobatics & tumbling is growing at a super fast rate with 52 teams sponsoring it as of March 2023 with Moorehead State joining. The sport started with just six in 2009. There are 13 teams currently in the recruiting process, and once there are 40 teams with 1) at least 18 members on a squad and 2) compete in six or more meets, NCAA Championship status will be triggered and it will go to legislation. Fittingly, the 50th school to announce the addition of A&T to their institution came during the 50th anniversary of Title IX.

HOME SWEET (PERMANENT) HOME

As the Foster Pavilion begins to take shape as the new home of Baylor's men's and women's basketball, A&T looks to move into Ferrell as its permanent home sometime in 2024, sharing with the volleyball program.

(MORE) NEW TRICKS

The Bears will continue to roll out new elements this season just as they did in the last, taking inspiration from acrobatic gymnastics. Jordan Gruendler and Bayley Humphrey will compete most of the elements once again. In 2021, they debuted two new hand-to-hand elements in acro – split one-handed handstand and a one-handed handstand. They also debuted a new pyramid with Gruendler as the top and Humphrey as the main base. None of these elements had previously been performed in A&T.

BRANCHING OUT

The coaching tree for Felecia Mulkey continues to gain new branches. The most recent Bear to find herself in a coaching position is Courtney (Pate) Oates who returned to BU as an assistant, with 2022 grad Raffaella Scotto taking over the UMHB program. 2021 grad Camryn Bryant was named the head coach of the Texas Lutheran squad on February 14, 2022. TLU is one of the newest programs, and Bryant is its inaugural A&T head coach. Both Bryant and Scotto have Bears as assistants - Sophia Ranni at TLU and Kate Puentes at UMHB.

JUST WIN

Baylor head coach Felecia Mulkey has won all eleven NCATA National Championships since the sport's first postseason championship in the 2011 season. Mulkey won four titles while coaching at Oregon from 2009-2014, and has won the last seven as head coach of the Bears from 2015-2022, all in a row. It is said to be the longest active streak in collegiate sports. There was no championship in 2020 due to the COVID-19 pandemic.

ON THE MIC

This season on the broadcasts for ESPN+, 'Voice of the Bears' John Morris is joined by alumna Ashley Echelberger to provide color commentary. Ashley graduated in 2019 and is a CPA in Austin.

QUICK FACTS**UNIVERSITY**

Location:	Waco, Texas
Chartered:	1845, by Republic of Texas
Enrollment:	20,709
President:	Dr. Linda A. Livingstone
Faculty Representative:	Dr. Carson Mencken
Director of Athletics:	Mack Rhoades IV
Sport Administrator:	Maybrie Hermann
SWA:	Felecia Mulkey
Conference:	Big 12
Nickname:	Bears
Mascot:	Judge Sue "Lady" Sloan (live Black Bear)
Colors:	Green (PMS 560) & Gold (PMS 1235)
Facility:	Ferrell Center (6,000)

ACROBATICS & TUMBLING INFORMATION

2022 Overall Record:	11-0
Final Ranking:	No. 1
Letterwinners Returning:	28
Newcomers:	14

COACHING STAFF

Head Coach:	Felecia Mulkey
Alma Mater, Year:	Kennesaw State, 1997
Career NCATA Record (years):	106-4 (12)
Record at Baylor (years):	73-2 (8)
Assistant Coach:	Kelsey Rowell
Alma Mater (Year):	Oregon, 2012
Assistant Coach:	Courtney Oates
Alma Mater (Year):	Baylor, 2016
Director of Operations:	Treasure Fields
Alma Mater (Year):	Concordia (Wisc.), 2016

ATHLETIC COMMUNICATIONS

Associate AD, Communications:	Brent Ingram
Associate Director/A&T Contact:	Madelon Allen
Cell Phone:	254-252-7168
E-mail:	Madelon_Allen@Baylor.edu
Office Mailing Address:	1500 S. University Parks Dr. Waco, TX 76706
Official Athletics Website:	www.BaylorBears.com
Official Athletics Twitter Feed:	@BaylorAthletics
Official A&T Twitter, Instagram Feed:	@BaylorAcroTumb

PROGRAM HISTORY

First Season:	2011
All-Time NCATA Record (thru 2022 season):	82-23
All-Time NCATA Championships Record:	22-4
NCATA Appearances:	11 (2011-19, 21-22)
NCATA Titles:	6 (2015-19, 21-22)
*no Championship held in 2020 due to the COVID-19 pandemic	

THE EVENTS

COMPULSORY – Each team competes identical pre-determined set of skills with a pre-determined starting value of 10.0. There are four heats that include acro, pyramid, toss and tumbling. Each heat can score up to a perfect 10, with the total combined event score of 40 points.

ACRO – In the acro event, teams compete in three different heats of 5, 6, and 7 element acro skills. In the acro event, teams of typically 2-4 athletes will compete acrobatic movements demonstrating great strength, balance, technique and core from both the bases and tops. Each heat may score up to a perfect 10 with a total combined score in this event up to 30 points.

PYRAMID – In this event, teams compete in three individual heats of pyramids valued at up to 10 points per heat for a maximum of 30 points for the event. Teams want to use as few athletes as possible to create the most unique and difficult pyramid. Each heat has a different requirement: inverted top, synchronized and open.

TOSS – The toss event is a high-flying event with four athletes tossing a fifth athlete (top) high in the air, while completing flipping and/or twisting forward or backward. Two of the three heats are solo tosses while one heat is a synchronized toss. Each of the three toss heats may score up to 10 points each for a total maximum score for the event of up to 30 points.

TUMBLING – The tumbling event shows the sheer power of each team. Six heats construct the Tumbling Event with 10 points each for a maximum of 60 points for the event. Athletes may compete in both the synchronized portion and in one solo pass. In this event, tumbling combinations will feature difficulty, multiple flips and twists in various passes with athletes tumbling both forward and backward.

TEAM – In this event, athletes perform synchronized choreographed skills in a 2 1/2 minute routine set to music. Each team competes up to 24 athletes. Routines are composed to showcase all skill sets that have been competed in the previous five events. This event has a maximum of 110 points, making it extremely crucial to the outcome of the meet.

2023 NCATA WEEKLY AWARD WINNERS

Riley Chimwala – Specialist of the Week (2/8)

Bayley Humphrey – HM Athlete of the Week (2/8)

Gianna Cameron – HM Freshman of the Week (2/8)

Kamryn Kitchens – Athlete of the Week (2/15)

Jordan Gruendler – Specialist of the Week (2/15)

Gianna Cameron – Freshman of the Week (2/15)

Bayley Humphrey – Specialist of the Week (2/22)

Kamryn Kitchens – HM Athlete of the Week (2/22)

Savanna Cecil – HM Freshman of the Week (2/22)

Kamryn Kitchens – Athlete of the Week (3/15)

Jordan Gruendler – Specialist of the Week (3/15)

Kamryn Kitchens – Athlete of the Week (3/29)

Jordan Gruendler – Specialist of the Week (3/29)

OTHER ACCOLADES

Big 12 Dr. Gerald Lage Academic Achievement Award 2023

Grayson Moore & Emily Tobin



2023 BAYLOR ACROBATICS & TUMBLING ROSTER

NO.	NAME	POSITION	CLASS	HOMETOWN/PREVIOUS SCHOOL
1	Kristen McCain	Top	JR	Cypress, Texas/Cypress Woods HS
2	Charlyze Hemby	Top/Tumbler	FR	San Antonio, Texas/San Antonio Christian Schools
5	Camryn Yarbrough	Top/Tumbler	FR	La Porte, Texas/Deer Park HS
7	Emily Tobin	Top/Tumbler	SR	Templeton, Calif./Templeton HS
8	Gianna Vaiarelli	Tumbler	SO	Delran, N.J./Delran HS
9	Kamryn Kitchens	Top	SR	Kennesaw, Ga./Mount Paran Christian School
11	Brennah Cotner	Top	JR	Katy, Texas/Seven Lakes HS
14	Adelaide Vezzosi	Top	SO	Briok, N.J./Donovan Catholic HS
15	Maggie Smith	Tumbler/Top	SO	Katy, Texas/Tompkins HS
16	Sara Weber	Top/Tumbler	SR	Bryant, Ark./Bryant HS
17	Ally Joswick	Top/Tumbler	JR	Plainfield, Ill./Benet Academy
19	Talia De La Cruz	Tumbler	SO	Clermont, Fla./Lake Minneola HS
20	Alyiah Thomas	Top/Tumbler	FR	Moosic, Pa./Riverside JR/SR HS
21	Cassie Karnbach	Base	FR	Arnold, Md./Broadneck HS
22	Keri Collins	Top/Tumbler	SR	Houston, Texas/Stratford HS
23	Vanelda Modé	Tumbler	FR	Coppell, Texas/Coppell HS
24	Mariah Polk	Base/Tumbler	JR	Dallas, Ga./Harrison HS
26	Catie Wilkins	Tumbler/Top	SO	Huntsville, Utah/Morgan HS
27	Gianna Cameron	Base/Tumbler	FR	South Charleston, Ohio/Wayne HS
28	Carleigh Bruno	Base	FR	Harrison City, Penn./Penn-Trafford HS
31	Savanna Cecil	Top/Tumbler	FR	Crossville, Tenn./Christian Academy of the Cumberland
32	Zoë Collins	Base	JR	Newark, Del./Sanford HS
33	Addi Grandy	Base	SO	Niceville, Fla./Niceville HS
34	Sophia Neylon	Top/Tumbler	FR	Houston, Texas/Episcopal HS
36	Nova Schmidt	Base/Tumbler	FR	Lincoln, Neb./Lincoln HS
37	Riley Chimwala	Base	JR	Plano, Texas/Plano Senior HS
38	Jordan Gruendler	Top	SO	San Antonio, Texas/Pearson Online Academy
39	Kaitlyn Burns	Base	FR	Coral Springs, Fla./Marjory Stoneman Douglas
41	Grayson Moore	Base	SR	Cedar Park, Texas/Cedar Park HS
42	Alayja Reynolds	Top/Base	SR	Maricopa, Ariz./Maricopa HS
43	Layla Alexander	Tumbler/Base	SO	Waco, Texas/Homeschool
45	Bayley Humphrey	Base	JR	Chandler, Ariz./Hamilton HS
46	Morgan Brown	Base	SO	Charlotte, N.C./Charlotte Christian
47	Ellie LaNeve	Base	FR	Allen, Texas/Lovejoy HS
48	Katie Shiffer	Base/Tumbler	JR	Fairfax, Va./Robinson Secondary School
49	Meredith Wells	Base/Tumbler	FR	Highland Village, Texas/Founders Classical Academy
50	Kensey Schilhab	Base	FR	Pearland, Texas/Pearland HS
51	Rakel Jeffries	Tumbler/Top	SO	Canton, Ohio/Perry HS
52	Emi Nelson	Base/Tumbler	SO	Pittsburgh, Pa./Norwin HS
53	Bailey Baughn	Base	SO	Austin, Texas/Lake Travis HS
54	Aliyah Kaloostian	Tumbler	SO	Phoenix, Ariz./Pinnacle HS

Head Coach: Felecia "Fee" Mulkey (Kennesaw State, 1997), ninth season at Baylor

Assistant Coach: Kelsey Rowell (Oregon, 2012), seventh season at Baylor

Assistant Coach: Courtney Oates (Baylor, 2016), first season at Baylor

Director of Operations: Treasure Fields (Concordia [Wis.], 2016), fourth season at Baylor

Student Manager: Taylor Belger, Junior, second season

Student Manager: Lauren LaBorde, Junior, first season

PRONUNCIATIONS

Riley CHIMWALA.....	Chim-wall-uh
Jordan GRUENDLER.....	Grend-ler
CHARLYZE Hemby.....	SHAR-lease
ALIYAH KALOOSTIAN.....	Uh-lee-uh Cuh-loo-stee-an
Ellie LaNEVE.....	Luh-NEEVE
ALAYJA Reynolds.....	Uh-LAY-juh
Kensey SCHILAB.....	Shill-ub
ALYIAH Thomas.....	Uh-LEE-uh
Adelaide VEZZOSI.....	Veh-zoh-zee
Gianna VAIARELLI.....	VYE-uh-rell-ee

Voice recordings of student-athletes saying their names can be found on the online roster at BaylorBears.com/acro

**THE LAST TIME BAYLOR...**

Won at Home	3/25/23 vs. Quinnipiac (280.495 - 266.770)
Lost at Home	4/12/14 vs. Azusa Pacific (280.880 - 277.960)
Won Away	3/8/23 at Oregon (283.305 - 278.910)
Lost Away	3/6/21 at Oregon (281.635 - 280.660)
Won Neutral Meet	4/30/22 vs. Gannon (273.685 - 268.965)
Lost Neutral Meet	4/26/14 vs. Oregon (286.600 - 280.295)
Won by Less Than 1 Point	3/18/14 at Azusa Pacific (281.370 - 281.100)
Won by 1-2 Points	3/31/16 at Oregon (282.025 - 280.180)
Won by 2-5 Points	3/8/23 at Oregon (283.305 - 278.910)
Won by 5-10 Points	3/22/23 vs. Frostburg State (283.210 - 273.510)
Won by 10 or More Points	3/25/23 vs. Quinnipiac [13.725] (280.495 - 266.770)
Lost by Less Than 1 Point	3/6/21 at Oregon (2801.635 - 280.660)
Lost by 1-2 Points	N/A
Lost by 2-5 Points	4/12/14 vs. Azusa Pacific (280.880 - 277.960)
Lost by 5-10 Points	2/25/17 at Oregon (285.025 - 277.900)
Lost by 10 or More Points	3/4/12 at Oregon (287.115 - 267.220)
Largest Margin of Victory	124.190, 3/9/20 vs. St. Leo^ (275.940 - 151.750)
Largest Margin of Loss	19.895, 3/4/12 at Oregon (287.115 - 267.220)
Most Recent Win Streak	21 in a row (3/27/21 to 3/22/23)
Most 10pt Scores in a Meet	4 at Oregon (3/12/15) / 4 vs. Azusa Pacific* (4/25/15)

^ Tri Meet * NCATA Championship Meet

NCATA Championship Rankings #1 (3/29)

1. Baylor
2. Oregon
3. Azusa Pacific
4. Quinnipiac
5. Gannon
6. Frostburg State
7. Fairmont State
8. Hawaii Pacific
9. Limestone
10. Belmont Abbey

* Top 8 teams in final ranking will qualify for 2023

NCATA National Championship

** Results as of 3/26/23 considered in this week's rankings

*** Next set of rankings will be released on Wednesday, April 5, 2023

PERFECT 10's IN 2023

Compulsory: Toss vs. FSU (3/22)

Acro:

Pyramid: Heat 1 vs. WLU (2/5) / Heat 1 at Trine (2/11) / Heat 2 vs. PC (2/19) / Heat 1 vs. FSU (3/22) / Heat 1 vs. QU (3/25)

Tumbling: Aerial vs. QU (3/25)

ALL-TIME PERFECT 10s^**COMPULSORY**

Acro –
Pyramid – 5
Toss – 12
Tumbling –

PYRAMID

Heat 1 – 8
Heat 2 – 9
Heat 3 – 7

TUMBLING

Duo –
Trio –
Quad –
Aerial – 7
6 Element – 8
Open – 2

TOSS

Heat 1 –
Heat 2 –
Heat 3 – 1

ACRO

Heat 1 – 4
Heat 2 – 1
Heat 3 – 4

TOTAL: 66

^ since 2014

COACHES

**FELECIA MULKEY**

HEAD COACH | NINTH SEASON
KENNESAW STATE, 1997

A transcendent leader on the forefront of the growing sport of acrobatics and tumbling, Felecia Mulkey has won all 11 of the National Collegiate Acrobatics and Tumbling Association (NCATA) championships offered and boasts a career record of 106-4 over 12 seasons as a head coach of acrobatics and tumbling.

In the 2021-22 season, she was in her eighth year as the head coach at Baylor University and has completely changed the program since arriving in Waco in June of 2014. After winning four-straight NCATA titles at the University of Oregon, she has led the Bears to six-straight NCATA championships with a 65-2 seven-year record in Waco and compiled a 38-meet win streak (2017-21) as she has tutored 19 NCATA-All-Americans in seven seasons.

The 2022 season saw three individual national titles for the Bears and the seventh-straight NCATA National Championship, Mulkey's 11th-straight title in her career. Mulkey saw BU gain two yearly NCATA awards, with Emily Tobin being named Most Outstanding Athlete of the Year and Bayley Humphrey being named Specialist of the Year. The Bears had three named NCATA All-Americans in Tobin, Humphrey and Riley Chimwala. Baylor got it done on the mats and in the classroom, with Kamryn Kitchens named All-Academic and 26 other student-athletes named to the NCATA Academic Honor Roll. Six newcomers were named to the 2022 Academic All-Big 12 Rookie Team for Baylor, and 27 student-athletes were named to the Academic All-Big 12 At-Large Team.

Mulkey won her 10th-career national championship and sixth-straight while at the helm at Baylor in 2021 as the No. 2 seed in the 2021 NCATA National Championships hosted inside the Ferrell Center. The Bears first defeated No. 3 seed Oregon in the semifinal, before downing No. 1 seed Azusa Pacific in the championship meet. Baylor finished the season with a 6-1 record, while earning a number of individual honors at the end of the season. For the fourth-consecutive time, a Baylor student-athlete was named the NCATA Most Outstanding Athlete as Emily Tobin earned the honor, while Riley Chimwala was named the NCATA Freshman of the Year. Tobin, Chimwala and Kam Kitchens all earned All-America honors, while Maddie McNamee was named the Louise Goodrum Academic Award winner.

In 2020, Mulkey's Bears were ranked No. 1 nationally, 6-0 and had won four meets to start the season before it was cancelled due to COVID-19.

In 2019 she guided the Bears to an unprecedented fifth-straight NCATA title, winning a program-record 14 meets as the Bears went 14-0 on the year to finish with a 278,400-271,725 victory over Oregon in the NCATA team final in front of the home fans at the Ferrell Center. Ashley Echelberger was named the NCATA Most Outstanding Athlete, becoming the third-straight Bear to win the title and the fourth such honor under Mulkey's leadership. Top Joie Hensley was named NCATA Specialist of the Year and four Bears (Kaylee Adams, Hope Bravo, Ceara Gray and Echelberger) were named NCATA All-Americans.

In 2018, the Bears went 11-0, the third undefeated season in four years en route to winning the program's fourth-straight NCATA title. Mulkey was named NCATA Coach of the Year for the second time in her career. The Bears defeated Quinnipiac, 283,360-274,650, while winning all six events. Ceara Gray earned Most Outstanding Player and Kaylee Adams Specialist of the Year. Gray, Adams and Lauren Sturm earned All-America honors.

In 2017, Mulkey's squad went 9-1 and finished the season with eight straight wins to secure the program's third straight NCATA national title. When it was all said and done, the Bears had three NCATA All-Americans (Kiara Nowlin (NCATA Most Outstanding Player), Kaelyn Cowan and Lauren Sturm) for the second consecutive year and third time since 2013, five NCATA individual event titles, 15 Academic All-Big 12 At-Large honorees and a then-program-record four NCATA Player of the Week awards.

During the 2016 season, Mulkey led Baylor to a second straight perfect record (10-0) en route to claiming the 2016 NCATA national championship. Along the way, Kiara Nowlin, Shayla Moore and Kaelyn Cowan earned NCATA All-American honors.

After guiding the Oregon Ducks to four consecutive NCATA national championships in five years,

Mulkey, in her first season as Baylor's head coach, guided the Bears to the program's first NCATA national championship, defeating the defending champion Oregon Ducks three times en route to the crown. The Bears posted a program-best 11-0 record. Sophomore Kiara Nowlin, freshman Shayla Moore and senior Keegan Johnson received 2015 NCATA All-America honors and the Bears claimed eight event titles. In addition, Nowlin was named the 2015 NCATA Most Outstanding Player and Moore earned Freshman of the Year recognition.

Mulkey was the head coach at the University of Oregon from 2009 through 2014, first at the helm of the competitive stunts and gymnastics team and that evolved into acrobatics and tumbling and the inaugural season of the NCATA in 2011. At the helm of the Ducks, Mulkey boasted a 43-2 overall record while winning four national championships, 30 event titles, 11 All-America honors, two Athlete of the Year accolades, a Newcomer of the Year honor and a Coach of the Year award.

In her 12 seasons as a head coach of acrobatics and tumbling, Mulkey, a native of Atlanta, Ga., has an overall record of 106-4 while winning 11 national titles, 64 event titles, coached 33 student-athletes to All-America honors with seven earning Athlete of the Year awards.

Off the mat, Mulkey works tirelessly in growing the sport of acrobatics and tumbling. She continues to play a key role in the progression of acrobatics & tumbling's effort to gain NCAA sport status. Prior to the 2010-11 season, Mulkey was a catalyst in developing the scoring format that is currently in practice in acrobatics and tumbling meets. She currently serves as the Director of Expansion for the NCATA (National Collegiate Acrobatics and Tumbling Association), acting as the liaison between the sport and athletic directors looking to add the sport as A&T pushes into becoming an NCAA emerging sport. It currently has been adopted as an emerging sport by Divisions II and III, with Division I expected to follow suit in the coming months.

She has also influenced many of her former student-athletes to give back to the sport that has given them so much, as 10 of them are currently head coaches of collegiate acrobatics & tumbling programs at universities and colleges around the country. With 33 active programs entering the 2021 season, that accounts for almost a third of the head coaches nationally.

Prior to her stint at Oregon, Mulkey built the Kennesaw State competitive cheer program into a national powerhouse. She was also the The Owls finished fourth in the 2008 All-Women's Division I Collegiate Championships after capturing national titles in 2004 and 2005.

Mulkey, a 1998 Kennesaw State health and exercise science graduate, oversaw the development of a program that finished no worse than third nationally from 2001 through 2007. Her success resulted in the program ascending to the Division I level in 2006. Her dedication to her alma mater led her to being inducted into the Kennesaw State Athletics Hall of Fame in the fall of 2019.

Prior to transferring and taking over the head coaching reins at the Kennesaw, Ga., school in May 1997, Mulkey cheered for two years at Southern Union State (Wadley, Ala.), and led the Bison to an eighth-place national finish in 1995.

In addition to directing the Owls' spirit and competitive programs, Mulkey served as the school's sports operations director from 2007-2008 as well as the sports marketing and promotions director from 2000-06.

COACHES



KELSEY ROWELL

ASSISTANT COACH | SEVENTH SEASON
OREGON, 2012

After spending two seasons as an assistant coach at Oregon and the 2016 season as a volunteer assistant at Baylor, former Oregon All-American Kelsey Rowell is in her seventh season as an assistant coach of the Baylor acrobatics and tumbling team in 2022-23.

In her six seasons as an assistant coach, Rowell has helped the program win its seventh-straight NCATA title (five under her tenure) in 2022.

The 2022 season saw three individual national titles for the Bears and the seventh-straight NCATA National Championship. Rowell also saw BU gain two yearly NCATA awards, with Emily Tobin being named Most Outstanding Athlete of the Year and Bayley Humphrey being named Specialist of the Year. The Bears had three named NCATA All-Americans in Tobin, Humphrey and Riley Chimwala. Baylor got it done on the mats and in the classroom, with Kamryn Kitchens named All-Academic and 26 other student-athletes named to the NCATA Academic Honor Roll. Six newcomers were named to the 2022 Academic All-Big 12 Rookie Team for Baylor, and 27 student-athletes were named to the Academic All-Big 12 At-Large Team.

For the fourth-consecutive time, a Baylor student-athlete was named the NCATA Most Outstanding Athlete in 2021 as Emily Tobin earned the honor, while Riley Chimwala was named the NCATA Freshman of the Year. Tobin, Chimwala and Kam Kitchens all earned All-America honors, while Maddie McNamee was named the Louise Goodrum Academic Award winner.

Baylor won another nine individual event titles in 2019, as she has coached three NCATA All-Americans, including the NCATA Most Outstanding Athlete, Ashley Echelberger and the Specialist of the Year Joie Hensley.

The Bears won six NCATA individual event titles in 2018 and she coached three NCATA All-Americans, including the Most Outstanding Athlete (Ceara Gray) and Specialist of the Year Kaylee Adams.

In her first season as assistant coach, Rowell played a large role in guiding Baylor to its third straight NCATA national title and five NCATA individual event titles. She also helped coach three NCATA All-Americans.

Rowell, in her role as a volunteer assistant with the Bears, helped lead Baylor to the 2016 NCATA national championship, the program's second straight crown.

Rowell, a member of the Oregon acrobatics and tumbling team from 2009-2012 while coach Mulkey was the Ducks' coach, helped lead Oregon to the 2011 and 2012 NCATA National Championships. She earned several individual tumbling event national titles and was honored as an NCATA All-American as a senior.

Rowell (rhymes with towel), an Oregon native, has 12 years of all-around experience in gymnastics, competing nationally in Oregon, California and Texas before joining the Oregon squad 2009. Prior to competing collegiately, she was a 2001 Level IX Western National Qualifier and a Level 10 National Qualifier in 2002 and 2003. She garnered regional championship titles on floor, beam and vault.

After graduating from Oregon in 2012 with a degree in sociology and prior to entering the coaching ranks, Rowell worked at Vircon Inc., in Portland, Ore., as a consultant relations manager in the human resources department.



COURTNEY OATES

ASSISTANT COACH | FIRST SEASON
BAYLOR, 2017

Courtney (Pate) Oates joined her alma mater as an Assistant Coach for the Baylor Acrobatics & Tumbling program in July of 2022.

Oates comes to Baylor after spending three seasons in her hometown of Belton, serving as the head coach of the A&T program at UMHB.

"The sport of acrobatics & tumbling continues to impact my life in such large ways," said Oates. "I'm incredibly grateful for the path it's led me on. Baylor University has forever held a special place in my heart. I'm beyond honored to have the privilege to work with such a profound program of athletes and staff while being back on Baylor ground."

Oates was hired by the University of Mary Hardin-Baylor in February of 2019 to start and build the UMHB Acrobatics and Tumbling program. The Cru Acrobatics & Tumbling program began competition in the spring of 2020. UMHB hosted four-time defending National Champion Baylor University in its inaugural meet, and the Cru earned the program's first victory in its next meet at East Texas Baptist.

UMHB finished with a 1-1 record after that inaugural season was cut short and cancelled in March. Oates went on to guide the Cru to 3-3 records each of the last two seasons. They swept the NCATA's Division III awards in 2022 and placed 23 student-athletes on the NCATA academic honor roll.

She has twice had the opportunity to start an Acrobatics and Tumbling program in her young coaching career. Before joining UMHB, she spent two years at West Virginia Wesleyan College as that school's inaugural coach. Oates was hired in January of 2017 and spent a year recruiting to the program before guiding the Bobcats to a 4-4 record in their first season of competition in the spring of 2018. Oates also spent one semester as a volunteer assistant coach at Baylor University. She is a Belton native, and her father, Jerry Pate, served as an athletic trainer for UMHB and Baylor.

Oates is a 2016 graduate of Baylor University with a degree in studio art with a concentration in photography. She was a four-year letter winner for the Baylor Athletics and Tumbling program and won two Team National Championships with the Bears (2015, 2016). Oates also won three individual National Championships during her time at Baylor.

She was a three-time Academic All-Big 12 selection and was also named to the Academic All-Big 12 Rookie Team as a freshman. Oates was an eight-time Big 12 Commissioners Honor Roll and Dean's List selection during her collegiate career. She is also a graduate of Belton High School, where she was a four-time All-American cheerleader and a Regional Qualifier as a pole vaulter.

Courtney (formerly Pate) and her husband, Gabe, were married in December of 2020. She is the daughter of Jerry and Vicki Pate. Her brother, Tyler, is a UMHB graduate and played soccer for the Cru. Her younger sister, Cassidy, is a graduate of Baylor.



STAFF



TREASURE FIELDS

DIRECTOR OF OPERATIONS | THIRD SEASON
ALDERSON BROADDUS, 2017

Entering the 2020-21 campaign, Treasure Fields is in her second season as the Director of Operations for the program.

Fields was previously named West Liberty's first Acrobatics and Tumbling coach in December 2016 and quickly hit the recruiting trail in preparation for the Hilltoppers' varsity debut in March 2018. The hard work and attention to detail paid off in 2018 as WLU posted the first tri-meet sweep in school history and produced the program's first MEC Athlete of the Week along with four All-MEC selections.

In 2019, Fields coached the Hilltoppers to victories over Concordia and Davis & Elkins College, while coaching four student-athletes to All-Mountain East Conference honors. Fields' programs didn't just succeed in the gym but also in the classroom, with nine Hilltoppers being named to the NCATA Academic Honor Roll.

A native of Richmond, Va. who was an Acrobatics & Tumbling standout at Concordia (Wis.), Fields had been serving as a graduate assistant coach at Concordia before coming to the hilltop. The Hilltopper coach was a Dean's List student at Concordia and graduated with a degree in Justice and Public Policy.

A key member of the Concordia team, Fields competed in every meet as a base during her two seasons with the Falcons. Fields earned national recognition as a senior when she was named to the National Collegiate Acrobatics and Tumbling Association (NCATA) Honor Roll for the week of Feb. 19.

She spent the first two years of her collegiate journey at Old Dominion University, which does not have an Acrobatics and Tumbling program, before transferring to the Wisconsin school to pursue her passion with the Falcons' fledgling A&T program.

Fields developed her skills through a lifetime of dedication and hard work fueled by more than 15 years of competitive cheerleading experience while growing up in Richmond. The highlight of Fields' competitive cheerleading career came during her high school years when she competed as a member of the prestigious Fame All-Stars Super Seniors team in Midlothian, Va.

Fields honed her leadership skills by helping lead the Virginia squad to three consecutive Top 10 finishes in the United States All Star Federation (USASF) World Championships in Orlando, Fla.



TAYLOR BELGER

STUDENT MANAGER | SECOND SEASON
JUNIOR | BUSINESS, ACCOUNTING, MANAGEMENT
HOUSTON, TEXAS



LAUREN LABORDE

STUDENT MANAGER | FIRST SEASON
JUNIOR | HEALTH, KINESIOLOGY & LEISURE STUDIES
FRIENDSWOOD, TEXAS



2023 SEASON SCORES

DATE	BU RANK	RESULT	OPPONENT	SCORE (BU - OPP)	ATT.	W/L BY #POINTS
2/5/23	#1	W	#15 WEST LIBERTY	267.050 - 297.800	855	W BY 28.54
2/11/23	#1	W	@ Trine	284.200 - 236.045	--	W BY 48.155
2/19/23	#1	W	#14 PRESBYTERIAN	274.055 - 243.375	569	W BY 30.68
3/8/23	#1	W	@ #5 Oregon	285.305 - 278.910	1151	W BY 4.395
3/22/23	#1	W	#12 FROSTBURG STATE	283.210 - 273.510	233	W BY 9.7
3/25/23	#1	W	#5 QUINNIPIAC	280.495 - 266.770	672	W BY 13.725
4/1/23			OREGON			
4/9/23			@ Hawaii Pacific			
4/27-29			NCATA Championships – Wheeling, W.Va. ‡			

SEASON AVERAGES AND HIGH SCORES

EVENT	AVERAGE	SEASON HIGH	10 SCORES
COMPULSORIES	38.54	39.00	1 - TOSS
ACRO	29.46	29.75	
PYRAMID	29.78	29.85	5 - HEAT 1 (4), HEAT 2
TOSS	28.84	29.60	
TUMBLING	57.363	58.000	1 - AERIAL
TEAM EVENT	94.782	98.80	
FINAL SCORE	278.886	284.200	

TOTAL SCORES	COMPULSORIES		ACRO		PYRAMID		TOSS		TUMBLING		TEAM EVENT		TOTAL
OPPONENT	SV	SCORE	SV	SCORE	SV	SCORE	SV	SCORE	SV	SCORE	SV	SCORE	
VS WEST LIBERTY (2/5)	40.0	38.25*	30.0	28.95*	30.0	29.70*	29.9	28.05*	59.8	54.650*	108.10	87.45*	267.050*
AT TRINE (2/11)	40.0	39.00*	30.0	29.75*	30.0	29.80*	29.8	29.10*	59.8	57.750*	108.15	98.80*	284.200*
VS PRESBYTERIAN (2/19)	40.0	38.40*	30.0	29.60*	30.0	29.70*	29.8	29.10*	59.8	57.525*	108.18	89.73*	274.055*
AT OREGON (3/8)	40.0	38.95*	30.0	29.50*	30.0	29.80*	39.9	29.60*	59.8	57.975*	108.08	97.48*	283.305*
VS FROSTBURG ST. (3/22)	40.0	38.55*	30.0	29.35*	30.0	29.85*	29.9	29.05*	59.8	58.000*	108.10	98.41*	283.210*
VS QUINNIPIAC (3/25)	40.0	38.10*	30.0	29.60*	30.0	29.80*	29.8	28.15*	59.8	58.025*	107.86	96.82*	280.495*
VS OREGON (4/1)	40.0												
AT HPU (4/9)	40.0												
NCATAS (4/27-29‡)	40.0												

COMPULSORIES	ACRO		PYRAMID		TOSS		TUMBLING		TOTAL
OPPONENT	SV	SCORE	SV	SCORE	SV	SCORE	SV	SCORE	
VS WEST LIBERTY (2/5)	10.0	9.75*	10.0	9.80*	10.0	9.95*	10.0	8.75*	28.95*
AT TRINE (2/11)	10.0	9.65*	10.0	9.95*	10.0	9.90*	10.0	9.50*	39.00*
VS PRESBYTERIAN (2/19)	10.0	9.35*	10.0	9.75*	10.0	9.85*	10.0	9.45*	38.40*
AT OREGON (3/8)	10.0	9.75*	10.0	9.85*	10.0	9.95*	10.0	9.40**	38.95*
VS FROSTBURG ST. (3/22)	10.0	9.75*	10.0	9.95*	10.0	10.0*	10.0	8.85*	38.55*
VS QUINNIPIAC (3/25)	10.0	9.65*	10.0	9.75*	10.0	9.95*	10.0	8.75*	38.10*
VS OREGON (4/1)	10.0		10.0		10.0		10.0		
AT HPU (4/9)	10.0		10.0		10.0		10.0		
NCATAS (4/27-29‡)	10.0		10.0		10.0		10.0		

ACRO	HEAT 1		HEAT 2		HEAT 3		TOTAL
OPPONENT	SV	SCORE	SV	SCORE	SV	SCORE	
VS WEST LIBERTY (2/5)	10.0	9.85*	10.0	9.35*	10.0	9.75*	28.95*
AT TRINE (2/11)	10.0	9.95*	10.0	9.90*	10.0	9.90*	29.75*
VS PRESBYTERIAN (2/19)	10.0	9.90*	10.0	9.85*	10.0	9.85*	29.60*
AT OREGON (3/8)	10.0	9.85*	10.0	9.75*	10.0	9.90*	29.50*
VS FROSTBURG ST. (3/22)	10.0	9.95*	10.0	9.65*	10.0	9.75*	29.35*
VS QUINNIPIAC (3/25)	10.0	9.95*	10.0	9.75*	10.0	9.90*	29.60*
VS OREGON (4/1)							
AT HPU (4/9)							
NCATAS (4/27-29‡)							

PYRAMID	HEAT 1		HEAT 2		HEAT 3		TOTAL
OPPONENT	SV	SCORE	SV	SCORE	SV	SCORE	
VS WEST LIBERTY (2/5)	10.0	10.0*	10.0	9.85*	10.0	9.85*	29.70*
AT TRINE (2/11)	10.0	10.0*	10.0	9.85*	10.0	9.95*	29.80*
VS PRESBYTERIAN (2/19)	10.0	9.85*	10.0	10.0*	10.0	9.85*	29.70*
AT OREGON (3/8)	10.0	9.95*	10.0	9.90*	10.0	9.95**	29.80*
VS FROSTBURG ST. (3/22)	10.0	10.0*	10.0	9.90**	10.0	9.95*	29.85*
VS QUINNIPIAC (3/25)	10.0	10.0*	10.0	9.85*	10.0	9.95*	29.80*
VS OREGON (4/1)							
AT HPU (4/9)							
NCATAS (4/27-29‡)							



2023 SEASON SCORES (cont.)

TOSS OPPONENT	HEAT 1		HEAT 2		HEAT 3		TOTAL
	SV	SCORE	SV	SCORE	SV	SCORE	
VS WEST LIBERTY (2/5)	9.90	9.35*	10.0	9.15*	10.0	9.55*	28.05*
AT TRINE (2/11)	9.90	9.60*	9.90	9.70*	10.0	9.80*	29.10*
VS PRESBYTERIAN (2/19)	9.90	9.60*	9.90	9.65*	10.0	9.85*	29.10*
AT OREGON (3/8)	9.90	9.85*	10.0	9.85*	10.0	9.90*	29.60*
VS FROSTBURG ST. (3/22)	9.90	9.60*	10.0	9.70*	10.0	9.75*	29.05*
VS QUINNIPIAC (3/25)	9.90	9.40*	9.90	9.25	10.0	9.50*	28.15*
VS OREGON (4/1)							
AT HPU (4/9)							
NCATAS (4/27-29§)							

TUMBLING OPPONENT	DUO		TRIO		QUAD		AERIAL		SIX ELEMENT		OPEN		TOTAL
	SV	SCORE	SV	SCORE	SV	SCORE	SV	SCORE	SV	SCORE	SV	SCORE	
VS WEST LIBERTY (2/5)	10.0	8.250*	10.0	8.850*	9.80	8.750*	10.0	9.325*	10.0	9.800*	10.0	9.675*	54.650*
AT TRINE (2/11)	10.0	9.550*	10.0	9.300*	9.80	9.200*	10.0	9.925*	10.0	9.875*	10.0	9.900*	57.750*
VS PRESBYTERIAN (2/19)	10.0	9.700*	10.0	9.250*	9.80	9.000*	10.0	9.900*	10.0	9.850*	10.0	9.825*	57.525*
AT OREGON (3/8)	10.0	9.500**	10.0	9.350*	9.80	9.350*	10.0	9.925*	10.0	9.925*	10.0	9.925*	57.975*
VS FROSTBURG ST. (3/22)	10.0	9.650*	10.0	9.150*	9.80	9.500*	10.0	9.925*	10.0	9.825*	10.0	9.950*	58.000*
VS QUINNIPIAC (3/25)	10.0	9.350	10.0	9.400*	9.80	9.450*	10.0	10.000*	10.0	9.900*	10.0	9.925*	58.025*
VS OREGON (4/1)													
AT HPU (4/9)													
NCATAS (4/27-29§)													

TEAM EVENT OPPONENT	SV	SCORE
VS WEST LIBERTY (2/5)	108.10	87.45*
AT TRINE (2/11)	108.15	98.80*
VS PRESBYTERIAN (2/19)	108.18	89.73*
AT OREGON (3/8)	108.08	97.48*
VS FROSTBURG ST. (3/22)	108.10	98.41*
VS QUINNIPIAC (3/25)	107.86	96.82*
VS OREGON (4/1)		
AT HPU (4/9)		
NCATAS (4/27-29§)		

* - INDICATES EVENT/HEAT WIN

§ - NCATA NATIONAL CHAMPIONSHIPS, WHEELING, W.VA.

** - INDICATES EVENT/HEAT TIE

BOLD INDICATES SEASON-HIGH

**PROGRAM RECORDS****Total Score**

Score	Opponent	Date
1. 290.650	Gannon	3/3/20
2. 289.745	Oregon	4/2/17
3. 288.310	at Arizona Christian/Hawaii Pacific (Tri Meet)	3/30/19
4. 287.915	Azusa Pacific (NCATA Championships)	4/25/15
5. 287.825	Gannon	3/26/17

Toss Score

Score	Opponent	Date
1. 29.95	at Azusa Pacific/vs. Hawaii Pacific	3/18/14
2. 29.70	at Arizona Christian/Hawaii Pacific (Tri Meet)	3/30/19
3. 29.60	at Oregon	3/8/23
4. 29.50	at Hawaii Pacific	3/12/19
29.50	Converse	3/26/19
6. 29.45	Oregon (NCATA Championships)	4/19/16

Halftime Score

Score	Opponent	Date
1. 98.85	Oregon	2/24/18
2. 98.75	Oregon	4/10/21
3. 98.55	Gannon	3/26/17
98.55	at Trine	2/11/23
5. 98.45	Oregon	4/10/22
6. 98.40	Gannon	3/3/20

Tumbling Score

Score	Opponent	Date
1. 58.900	Gannon	3/3/20
2. 58.875	Converse	3/26/19
58.675	Azusa Pacific (NCATA Championships)	4/25/15
4. 58.65	at Fairmont State	3/8/17
58.65	at Azusa Pacific	4/11/17

Compulsory Score

Score	Opponent	Date
1. 39.44	at Maryland	12/5/10
2. 39.25	Gannon	3/26/17
3. 39.15	Oregon	4/10/21
4. 39.12	Maryland/Azusa Pacific	2/24/11
5. 39.10	Gannon	3/3/20
39.10	Oregon	4/10/22

Attendance**Home Attendance**

Attendance	Opponent	Date
1. 2,346	Oregon	2/25/18
2. 2,163	Oregon (NCATA Championships)	4/19/16
3. 1,946	Oregon	2/23/20
4. 1,825	Oregon	2/27/22
5. 1,589	Oregon	4/7/19

Acro Score

Score	Opponent	Date
1. 29.90	Concordia/Quinnipiac	2/7/15
2. 29.85	Oregon	4/10/21
3. 29.80	Oregon	2/27/22
4. 29.75	Azusa Pacific (NCATA Championships)	4/23/21
29.75	at Trine	2/11/23
6. 29.70	Azusa Pacific	4/25/15
29.70	Gannon	3/3/20
29.70	at East Texas Baptist	4/1/21
29.70	at UMHB	3/25/22

Pyramid Score

Score	Opponent	Date
1. 30.00	at Oregon	3/12/15
2. 29.95	Oregon (NCATA Championships)	4/26/14
3. 29.90	at East Texas Baptist	2/16/22
4. 29.85	at Fairmont State/vs. Alderson Broaddus	3/28/15
29.85	Converse	3/26/19
29.85	Oregon	4/10/22
29.85	Frostburg State	3/22/23
7. 29.80	Azusa Pacific	3/28/15
29.80	Hawaii Pacific (NCATA Championships)	4/18/16
29.80	Oregon (NCATA Championships)	4/19/16
29.80	at Presbyterian/Saint Leo (Tri Meet)	3/9/20
29.80	Hawaii Pacific	4/2/22
29.80	at Trine	2/11/23
29.80	at Oregon	3/8/23
29.80	vs. Quinnipiac	3/25/23



NCATA MEET FORMAT

MEET STRUCTURE AND TEAM PARTICIPATION

Two to four teams compete at a meet. The typical duration is roughly two hours. A meet is made up of six events: Compulsory, Acro, Pyramid, Toss, Tumbling and Team Event. A halftime intermission will take place between Pyramid and Toss.

All event competition is in team rotation throughout each event. The rotation order is predetermined by the Head Official prior to the beginning of the meet, but the home team always performs last.

SCORING

Scoring is based upon pre-determined difficulty start values. Each skill performed is valued by the Officials of the NCATA prior to the meet. Teams submit their skill sequences 24 hours prior to the meet. Officials perform two primary functions at the meet:

1. Monitor the skills being performed to ensure that each element is correctly performed to equate to the posted start difficulty value.
2. Evaluate the execution and technique of the skills performed. Scores are posted immediately following the conclusion of the event and overall standings are displayed throughout the meet. The highest combined score after all events wins the meet. The maximum score in each meet is 300 points.

EVENT 1: COMPULSORY (40 POSSIBLE POINTS)

Four heats construct the Compulsory Event: acro, pyramid, toss, and tumbling. During each heat the teams perform the exact same skills, allowing the officials to compare the technique and execution of each team. No athlete crossover rules apply from the Compulsory to other events.

Acro Heat (10 possible points)

One preset sequence performed by two synchronized groups from each team. There must be a total of four athletes per acro group, eight for synchronized.

- Toss reverse hands from toe-pitch
- Back salto 360°
- Straight up to straddle hold
- 180° pop over to inverted non-handstand; top in straight body position
- 2nd inverted non-handstand position
- 180° pop-release dismount to ground
- Switch-up liberty
- Left leg extends downward to right foot as arms lower to side of body
- Extended left leg lifts backward, parallel to ground (at least 90°); Arms lift to T position. Chest position between 10:00 & 12:00
- 360° dismount with quarter turn to front

Pyramid Heat (10 possible points)

Two preset pyramids performed by two groups from each team. There must be a total of six athletes per pyramid group, 12 total athletes for synchronized.

- 2-1-1. One thigh stand group; mid-base standing on thighs arms extended overhead
 - Once thigh stand is set, the mid-base must use the top to mount onto the primary bases
 - Secondary catching base must be set to the right of the primary base
- Tossers: 1. Tossing base stands with both feet to the left of structure and in front of the primary bases back leg of the pyramid structure. Tossing base should be angled at a 45° or 90° angle of the structure.
 - Tossing base must be left of the structure
 - Tossing base must grab the right foot of the top
- Two catchers

Toss Heat (10 Points)

One preset basket toss performed by two synchronized groups from each team.

- Two synchronized back tuck tosses
- Four bases tossing, one top, two groups

Tumbling Heat (10 Points)

Four preset skills performed by eight athletes from each team.

- No changing athletes between compulsory skills
- Athletes must be positioned in windows
- Skills must be performed in the following order:
 - a. Standing tuck (to front);
 - b. Toe-touch tuck (to front);
 - c. Handspring tuck (to front);
 - d. Round-off handspring layout from left to right in two lines.

EVENT 2: ACRO EVENT (30 POSSIBLE POINTS)

Three heats construct the Acro Event where each team sends a maximum of four athletes to compete an acro sequence to counts in a maximum of 45 seconds. Athletes may compete in two heats, however no more than two athletes may crossover together from one heat to another. Timing begins with the first movement. Exceeding the 45 seconds will result in a time deduction. In each heat, teams must attempt all required number of elements in addition to the required skill. The required skill counts as an element.

- Heat 1: Sequence must contain five elements with a minimum of one inverted, one vertical and two elements C or above (10 pts)
- Heat 2: Two groups synchronized executing a sequence of six elements, with a minimum of one inverted, one vertical and three elements C or above (10 pts)
- Heat 3: Sequence must contain seven elements with a minimum of one inverted, one vertical, four elements C (or above) and one element D (or above) (10 pts)

EVENT 3: PYRAMID EVENT (30 POSSIBLE POINTS)

Three heats construct the Pyramid Event. Each team sends a maximum of 24 athletes and there is no crossover rule. Timing begins with the first movement. Exceeding 45 seconds will result in a time deduction. In each heat, teams must attempt the required skill while changing the pyramid structure or top plane from heat to heat.

- Heat 1: Inverted (10 pts)
 - a. Entry/dismount must contain a minimum of 180° twist
- Heat 2: Synchronized (10 pts)
- Heat 3: Open (10 pts)

EVENT 4: TOSS EVENT (30 POSSIBLE POINTS)

Three heats construct the Toss Event. Each heat has required elements. A maximum of four athletes may toss a single top. Athletes may crossover and compete in two heats, one of which must be the synchronized toss.

- Heat 1: Minimum 450 degree rotation in a single toss (10 pts)
- Heat 2: Two synchronized tosses (10 pts)
- Heat 3: Open-no skill requirements (10 pts)

EVENT 5: TUMBLING EVENT (60 POSSIBLE POINTS)

Six heats construct the Tumbling Event. Athletes may compete in the both the synchronized portion and in one single pass, but tumble a maximum of two times.

- Duo- Two athletes execute synchronized identical tumbling pass (10 pts)
- Trio- Three athletes execute synchronized identical tumbling pass (10 pts)
- Quad- Four athletes execute synchronized identical tumbling pass (10 pts)
- Aerial- single pass; must execute one flip before final flip in pass (10 pts)
- Six Element single pass; six elements including last skill (10 pts)
- Open single pass; no requirements (10 pts)

EVENT 6: TEAM EVENT (110 POSSIBLE POINTS)

One heat constructs the Team Event. Athletes perform synchronized choreographed skills set to music in a maximum of 2 minutes and 45 seconds using a minimum of 18 athletes and a maximum of 24 athletes combining required and optional skills. The required skills include:

- 30 acro elements (20 pts)
- Five tosses (20 pts)
- Four pyramids (2.5 high) (20 pts)
- 12 synchronized / 21 standing tumbling passes total (20 pts)
- 12 synchronized / 21 running tumbling passes total (20 pts)
- Additional scored categories:
 - a. Routine construction (5 pts)
 - b. Dance/Composition/Artistry - 50 percent of the team must perform two, eight counts

EXPANSION INFORMATION - THE ROAD TO NCAA CHAMP STATUS

- 40+ teams competing in a regular season should trigger next steps in NCAA Championship status.
- 900+ student-athletes are set to compete on an acrobatics & tumbling team this season, with 50 member institutions set to compete or engage in a recruiting year during the 2023 season
- 38 schools will be competing in the 2023 season, including four who will compete for the first time.
- 14 institutions are recruiting for the 2023 or 2024 season.
- The sport began in 2009 with only six teams.