

BAYLOR®

Acrobatics & Tumbling | Ferrell Center | Waco, Texas | @BaylorAcroTumb | BaylorBears.com
 8-STRAIGHT NCATA CHAMPIONSHIPS: 2015, 2016, 2017, 2018, 2019, 2021, 2022, 2023

BAYLOR HIGH SCORES IN 2024

COMPULSORY - Total:	38.20
Heat 1 (Acro):	9.60
Heat 2 (Pyramid):	9.90
Heat 3 (Toss):	9.85
Heat 4 (Tumbling):	8.85
ACRO - Total:	28.55
Heat 1 (5 Element):	9.80
Heat 2 (6 Element):	9.35
Heat 3 (7 Element):	9.40
PYRAMID - Total:	29.35
Heat 1 (Inversion):	9.95
Heat 2 (Synchronized):	9.60
Heat 3 (Open):	9.80
TOSS - Total:	27.00
Heat 1 (450 Salto):	9.20
Heat 2 (Synchronized):	9.05
Heat 3 (Open):	8.75
TUMBLING - Total:	55.275
Heat 1 (Duo):	9.550
Heat 2 (Triple):	8.500
Heat 3 (Quad):	7.750
Heat 4 (Aerial):	9.800
Heat 5 (6 Element):	9.925
Heat 6 (Open):	9.750
TEAM -	96.95
MEET TOTAL:	275.325



Meet #2

Baylor (1-0) vs. UMHB (0-0)

February 11, 2024

3 p.m. CT

Ferrell Center | Waco, Texas

Series History: BU leads 4-0

Neutral: 0-0 | Home: 2-0 | Away: 2-0

Last Meeting: BU W 279.460 - 257.725 3/5/22

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

Live Scoring: BaylorBears.com/Acro

Live Updates on Twitter: @BaylorAcroTumb



STORYLINES

- The UMHB meet will be Baylor's Mental Health Awareness meet.
- UMHB is coached by former Bear Raffaella Scotto (2019-2022). She took the Cru to a DIII Tournament title last season. The team was formerly coached by Courtney Oates, another former Bear, who is now a BU assistant coach. Many elements will also be Super Bowl themed as the game will be later that night.
- D'ahni Branch's dad, Deion Branch, won two Super Bowls as a wide receiver with the New England Patriots (Super Bowl XXXVIII & XXXIX) and was MVP of his second.
- BU started the season 1-0 with a 100+ point win over Texas Lutheran.
- Baylor continues to debut new elements in their meets - this year it's the boomerang in acro! See more on page 2.
- The Bears were named preseason favorite for the ninth season in a row on Feb. 1 in the NCATA Preseason Poll.
- Baylor is on a 28-meet winning streak, dating back to 3/27/21.

2024 SCHEDULE & RESULTS

1-0 | HOME 0-0 | AWAY 1-0 | NEUTRAL 0-0

DATE	OPPONENT	LOCATION	RESULT/TIME (CT)
Feb. 3	at Texas Lutheran	Seguin, Texas	W 275.325 - 165.290
Feb. 11	UMHB	FERRELL CENTER	3 p.m.
Feb. 25	Oregon	FERRELL CENTER	3 p.m.
Mar. 3	at Iona	New Rochelle, NY	3 p.m.
Mar. 5	at LIU	Brooklyn, NY	5 p.m.
Mar. 16	Gannon	FERRELL CENTER	5 p.m.
Mar. 23	at Augustana	Sioux Falls, SD	7 p.m.
Apr. 5	at Oregon	Eugene, Ore.	8 p.m.
Apr. 25-28	NCATA Championships	Fairmont, W.V.	

**NOTABLES****WINNINGEST BEAR**

BU head coach Felecia Mulkey has over 80 wins with the Bears, recording her 80th against Oregon last season on April 1 at home.

COACHING TREE

The Bears will face only one team this year that isn't coached by a former athlete of Mulkey's - Oregon. The Ducks' head coach was recruited by her but she came to Baylor before coaching her. The rest of the coaches Baylor faces this year were either her Bears or Ducks.

ON THE ROAD AGAIN

The Bears will host just three home meets this season - UMHB, Oregon and Gannon. They will travel to many newer programs across the country: Augustana, Iona, Long Island and Texas Lutheran.

HOME SWEET (PERMANENT) HOME

As the Foster Pavilion continues 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.

GIMME GIMME MORE

The sport of acrobatics & tumbling is growing at lightning speed with 57 teams either already sponsoring the sport or adding it. A total of 44 will compete this season, the rest will be in their recruiting year. The sport started with just six in 2009.

(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 (top) and Bayley Humphrey (base) are largely involved the elements, but more have been learning. In 2022, they debuted two new hand-to-hand elements in acro - split one-handed handstand and a one-handed handstand. In 2023, they debuted the "pencil" and the "ring" for acro. This year, look out for the "boomerang" in seven-element acro.

JUST WIN

Baylor head coach Felecia Mulkey has won all 12 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 eight as head coach of the Bears from 2015-2023, 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.

BEST IN THE BIZ

Baylor swept the 2023 NCATA major awards and garnered many more - full list for last season on the next page!

PULL YOUR WEIGHT

BU A&T alumna and assistant coach Shayla (Moore) Hutchins has earned herself a spot on Team USA for the International Weightlifting Federation's World Cup, held from March 31-April 11 in Phuket, Thailand. She'll compete as a part of the 59kg category. It will be the last Olympic Qualifier before the Paris Olympic Games.

ALL HAIL

BU A&T alumna Hailey Cowan-Brennan ('14) earned a UFC contract in 2022 through Dana White's Contender Series. The Waco native is the first female fighter from Central Texas to earn a UFC Contract. She was a base and tumbler for Baylor.

QUICK FACTS**UNIVERSITY**

Location:	Waco, Texas
Chartered:	1845, by Republic of Texas
Enrollment:	20,824
President:	Dr. Linda A. Livingstone
Faculty Representative:	Dr. Carson Mencken
Director of Athletics:	Mack Rhoades IV
Sport Administrator:	Mabrie Hermann
SWA:	Felecia Mulkey
Conference:	Big 12
Nickname:	Bears
Mascot:	Judges Indy & Belle (live Black Bears)
Colors:	Green (PMS 560) & Gold (PMS 1235)
Facility:	Ferrell Center (6,000)

ACROBATICS & TUMBLING INFORMATION

2023 Overall Record:	11-0
Final Ranking:	No. 1
Letterwinners Returning:	33
Newcomers:	14

COACHING STAFF

Head Coach:	Felecia Mulkey
Alma Mater, Year:	Kennesaw State, 1997
Career NCATA Record (years):	117-4 (13)
Record at Baylor (years):	84-2 (9)
Assistant Coach:	Kelsey Rowell
Alma Mater (Year):	Oregon, 2012
Assistant Coach:	Courtney Oates
Alma Mater (Year):	Baylor, 2016
Assistant Coach:	Shayla Hutchins
Alma Mater (Year):	Baylor, 2018
Assistant Coach:	Cassandra Rowell
Alma Mater (Year):	Oregon State, 2010
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 2023 season):	93-23
All-Time NCATA Championships Record:	25-4
NCATA Appearances:	11 (2011-19, 21-23)
NCATA Titles:	6 (2015-19, 21-23)
*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.

2024 NCATA WEEKLY AWARD WINNERS

First awards released on 2/13!

OTHER ACCOLADES

COACHING STAFF

**FELECIA MULKEY**

HEAD COACH | TENTH SEASON
KENNESAW STATE, 1997

A transcendent leader on the forefront of the growing sport of acrobatics and tumbling, Felecia Mulkey has won all 12 of the National Collegiate Acrobatics and Tumbling Association (NCATA) championships offered and boasts a career record of 117-4 over 13 seasons as a head coach of acrobatics and tumbling in the NCATA.

In the 2022-23 season, she was in her ninth year as the head coach at Baylor 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 seven-straight NCATA championships with an 84-2 nine-year record in Waco and compiled a 26-meet win streak (2021-23) as she has tutored 26 NCATA-All-Americans in seven seasons.

The Bears won their eighth-straight national championship in the 2023 season under the direction of Mulkey, continuing a 26-meet win streak originating in 2021. BU had another perfect 11-0 season and had a record five home meets in the Ferrell Center. Kamryn Kitchens earned four Athlete of the Week accolades en route to being named Most Outstanding Athlete of the Year, while Baylor captured six Specialist of the Week awards from the NCATA by Riley Chimwala, Jordan Gruendler and Bayley Humphrey; Gruendler being named Specialist of the Year. In addition, Gianna Cameron had one Freshman of the Week award and three honorable mention awards on her way to being named Freshman of the Year. Kitchens was also named to the All-Academic Team while 25 made the NCATA Honor Roll. Chimwala, Humphrey, Kitchens and Emily Tobin were all named NCATA All-America as well. In addition, Tobin and Grayson Moore earned the Big 12 Dr. Gerald Lage Academic Achievement Award. Mulkey's 80th Baylor win came against Oregon on April 1 and the Bears recorded 11 perfect 10.0 scores on the season, the most coming in the Pyramid event. BU won five individual event titles in the Six-Element Acro, Seven-Element Acro, Synchronized Pyramid, 450 Salto Toss and the Open Tumbling Pass with Kitchens.

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. In addition, BU had three individual event national champion titles with the Seven-Element Acro, Inversion Pyramid, and Briana Harris in the Open Tumbling Pass. 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.

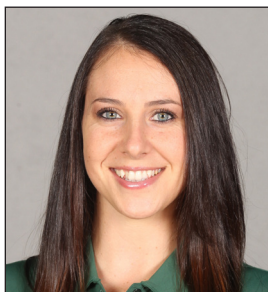
Mulkey, a 1998 Kennesaw State health and exercise science graduate, oversaw the development of a program that finished no worse than third nationally from 2001 through 2007. Her success resulted in the program ascending to the Division I level in 2006. Her dedication to her alma mater led her to being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

The Atlanta, Ga., native is married to Jeff Nunes and the couple have three dachshunds.

COACHING STAFF



KELSEY ROWELL

ASSISTANT COACH | EIGHTH 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 eighth season as an assistant coach of the Baylor acrobatics and tumbling team in 2023-24.

In her seven seasons as an assistant coach, Rowell has helped the program win its eighth-straight NCATA title (six under her tenure) in 2023.

BU had another perfect 11-0 season in 2023, winning the championship and had a record five home meets in the Ferrell Center. Kamryn Kitchens earned four Athlete of the Week accolades en route to being named Most Outstanding Athlete of the Year, while Baylor captured six Specialist of the Week awards from the NCATA by Riley Chimwala, Jordan Gruendler and Bayley Humphrey; Gruendler being named Specialist of the Year. In addition, Gianna Cameron had one Freshman of the Week award and three honorable mention awards on her way to being named Freshman of the Year. Kitchens was also named to the All-Academic Team while 25 made the NCATA Honor Roll. Chimwala, Humphrey, Kitchens and Emily Tobin were all named NCATA All-America as well. In addition, Tobin and Grayson Moore earned the Big 12 Dr. Gerald Lage Academic Achievement Award. Mulkey's 80th Baylor win came against Oregon on April 1 and the Bears recorded 11 perfect 10.0 scores on the season, the most coming in the Pyramid event. BU won five individual event titles in the Six-Element Acro, Seven-Element Acro, Synchronized Pyramid, 450 Salto Toss and the Open Tumbling Pass with Kitchens.

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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 | SECOND SEASON
BAYLOR, 2017

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

In her first season on staff in 2023, BU had a perfect 11-0 season, winning the championship and had a record five home meets in the Ferrell Center. Kamryn Kitchens earned four Athlete of the Week accolades en route to being named Most Outstanding Athlete of the Year, while Baylor captured six Specialist of the Week awards from the NCATA by Riley Chimwala, Jordan Gruendler and Bayley Humphrey; Gruendler being named Specialist of the Year. In addition, Gianna Cameron had one Freshman of the Week award and three honorable mention awards on her way to being named Freshman of the Year. Kitchens was also named to the All-Academic Team while 25 made the NCATA Honor Roll. Chimwala, Humphrey, Kitchens and Emily Tobin were all named NCATA All-America as well. In addition, Tobin and Grayson Moore earned the Big 12 Dr. Gerald Lage Academic Achievement Award. Mulkey's 80th Baylor win came against Oregon on April 1 and the Bears recorded 11 perfect 10.0 scores on the season, the most coming in the Pyramid event. BU won five individual event titles in the Six-Element Acro, Seven-Element Acro, Synchronized Pyramid, 450 Salto Toss and the Open Tumbling Pass with Kitchens.

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 (néé 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.

**SHAYLA HUTCHINS****ASSISTANT COACH | FIRST SEASON
BAYLOR, 2018**

Hutchins, née Moore, returns to her alma mater as an assistant coach after serving as the head A&T coach at Emmanuel College, an NCAA Division II institution in Franklin Springs, Ga. She was the Lions' inaugural head coach and concurrently the first A&T coach in the state of Georgia.

"I'm thrilled to get Shayla back to Waco," said Mulkey in July of 2023. "She is a talented, knowledgeable coach and is a bundle of energy. She will be a huge asset to our staff. I can't wait for her to get on campus and meet the team."

The Atlanta, Ga., native was named head coach of the EC program in March of 2020 after the school announced the addition of A&T as a varsity sport in February of the same year. Hutchins coached the Lions to a 2-6 record in its inaugural season in 2022, defeating Mars Hill and Chowan University on their home mats to mark the first program wins. EC went 2-7 in the 2023 season, gathering wins over Chowan and Presbyterian College.

As a Baylor student-athlete, Hutchins was a four-time NCATA Champion and two-time NCATA All-American. She was the NCATA Freshman of the Year in 2015, helping the Bears to their first NCATA Championship title. A phenomenal tumbler, Hutchins earned multiple Event Finals Champion titles for BU in the duo, trio and quad tumbling passes. A tumbling specialist, she was additionally well-versed as a top, mid-level and main base positions. Hutchins earned event titles in the five-element and six-element acro events with the Bears.

Hutchins graduated from Baylor in 2018 with her bachelor's degree in Sociology and a minor in Forensic Science. Prior to BU, she had competed at the highest level of competition cheerleading for 15 years, including a World Champion team in 2010. Hutchins had a well-rounded background in cheerleading, gymnastics, trampoline and tumbling.

In addition to her coaching of A&T, Hutchins is a champion with Team USA Weightlifting. At the 2022 Pan American Championships in the 55kg competition, she earned gold in the Clean & Jerk with 110kg, fourth in the snatch at 83kg and gold in the total with 193kg. She was part of the 2022 IWF World Championships in Bogotá, Columbia, earning fifth in the total with 194kg with a sixth-place finish in the Snatch at 86kg and fourth in the Clean & Jerk with 108kg.

Shayla Moore was married to Coby Hutchins in May of 2021.

**CASSANDRA ROWELL****ASSISTANT COACH | FIRST SEASON
OREGON STATE, 2010**

Cassandra Rowell serves the Baylor Acrobatics and Tumbling team as a part-time assistant coach, joining the program in the Fall of 2023.

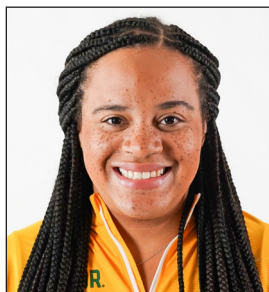
Rowell has spent the last 12 years as a gymnastics coach at The Gym-Nest in Hillsboro, Oregon. There, she helped develop the program and build competitive teams, recreational programs and other programming for the Gym. She spent the majority of her time there as the head competitive gymnastics coach. She spent her last three years as the owner operator while also coaching. She helped build the Gym-Nest into an all-inclusive, affordable program for all children aged 1-18 years old, working directly with the parents and children of the metropolitan area.

A competitive gymnast herself for 13 years, she competed at level nine in the Western National Championships for two years. She then competed at level 10 National Gymnastics Championships for five years in a row, representing both Region 2 and Region 3. During her gymnastics career, she also qualified and trained for Elite Gymnastics.

Rowell received a full athletics scholarship for gymnastics at Oregon State University, where she competed until she had to retire due to injury. She spent her remaining collegiate years as a manager for the program, assisting with various tasks assigned by the coaching staff. She graduated from OSU in 2010 with her bachelor's degree in human development of family science with a focus in early childhood education and human services.

Rowell is the sister of current Baylor assistant coach Kelsey Rowell.

STAFF



TREASURE FIELDS

DIRECTOR OF OPERATIONS | FIFTH SEASON
CONCORDIA UNIVERSITY WISCONSIN, 2016

Entering the 2024 campaign, Treasure Fields is in her fifth 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 | THIRD SEASON
JUNIOR | BUSINESS, ACCOUNTING, MANAGEMENT
HOUSTON, TEXAS



LAUREN LaBORDE

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



2024 ROSTER

NO.	NAME	POSITION	CLASS	HOMETOWN/PREVIOUS SCHOOL
1	Kristen McCain	Top/Tumbler	SR	Cypress, Texas/Cypress Woods HS
2	Charlyze Hemby	Top/Tumbler	SO	San Antonio, Texas/San Antonio Christian Schools
3	Gabby Kaminski	Top	FR	Concord, N.C./Cox Mill HS
5	Gigi Rendino	Base/Tumbler	FR	Brookefield, Conn./Brookfield HS
7	Emily Bott	Top/Tumbler	FR	East Islip, N.Y./East Islip HS
8	Gianna Vaiarelli	Tumbler	SR	Delran, N.J./Delran HS
9	Payton Washington	Top/Tumbler	FR	Round Rock, Texas/Stony Point HS
10	Becca Moore	Base/Tumbler	FR	Holbrook, Mass./South Shore Christian Academy
11	Brennah Cotner	Top	SR	Katy, Texas/Seven Lakes HS
12	Ava Troy	Top	FR	Toms River, N.J./Toms River HS East
14	Adelaide Vezzosi	Top	JR	Briok, N.J./Donovan Catholic HS
15	Maggie Smith	Tumbler/Top	JR	Katy, Texas/Tompkins HS
16	Maddy Jenson	Top	FR	San Antonio, Texas/Reagan HS
17	Ally Joswick	Top/Tumbler	SR	Plainfield, Ill./Benet Academy
19	Talia De La Cruz	Tumbler	JR	Clermont, Fla./Lake Minneola HS
20	Alyiah Thomas	Top/Tumbler	SO	Moosic, Pa./Riverside JR/SR HS
21	Cassie Karnbach	Base	SO	Arnold, Md./Broadneck HS
22	Leah Fredericks	Base	FR	Carmel, Ind./Carmel HS
23	Vanelda Modé	Tumbler	SO	Coppell, Texas/Coppell HS
24	Mariah Polk	Base/Tumbler	JR	Dallas, Ga./Harrison HS
27	Gianna Cameron	Base/Tumbler	SO	South Charleston, Ohio/Wayne HS
28	Carleigh Bruno	Base	SO	Harrison City, Penn./Penn-Trafford HS
29	Dailyn Hopkins	Top/Tumbler	FR	Pittsburgh, Penn./Montour HS
31	Savanna Cecil	Top/Tumbler	SO	Crossville, Tenn./Christian Academy of the Cumberlands
32	Zoë Collins	Base	SR	Newark, Del./Sanford HS
33	Addi Grandy	Base	JR	Niceville, Fla./Niceville HS
34	Olivia Pesqueira	Tumbler	FR	Phoenix, Ariz./Desert Vista HS
35	Sophia Neylon	Top/Tumbler	SO	Houston, Texas/Episcopal HS
36	Nova Schmidt	Base/Tumbler	SO	Lincoln, Neb./Lincoln HS
37	Riley Chimwala	Base	SR	Plano, Texas/Plano Senior HS
38	Jordan Gruendler	Top	JR	San Antonio, Texas/Pearson Online Academy
39	Kaitlyn Burns	Base	SO	Coral Springs, Fla./Marjory Stoneman Douglas
40	Leavy McDonald	Base	FR	San Antonio, Texas/Antonian HS
41	Josie Sutter	Base	FR	Asheville, N.C./K12 Private Online
42	Sofia Criado	Tumbler	FR	San Antonio, Texas/Antonian HS
43	Layla Alexander	Tumbler/Base	JR	Waco, Texas/Homeschool
45	Bayley Humphrey	Base	SR	Chandler, Ariz./Hamilton HS
46	Morgan Brown	Base	JR	Charlotte, N.C./Charlotte Christian
47	Ellie LaNeve	Base	SO	Allen, Texas/Lovejoy HS
48	D'ahni Branch	Base	FR	Carmel, Ind./Carmel HS
49	Meredith Wells	Base/Tumbler	SO	Highland Village, Texas/Founders Classical Academy
50	Kensey Schilhab	Base	SO	Pearland, Texas/Pearland HS
51	Rakel Jeffries	Tumbler/Top	JR	Canton, Ohio/Perry HS
52	Emi Nelson	Base/Tumbler	JR	Pittsburgh, Pa./Norwin HS
53	Bailey Baughn	Base	JR	Austin, Texas/Lake Travis HS
54	Aliyah Kaloostian	Tumbler	JR	Phoenix, Ariz./Pinnacle HS

Head Coach: Felecia Mulkey (Kennesaw State, 1997), 10th season at Baylor

Assistant Coach: Kelsey Rowell (Oregon, 2012), 8th season at Baylor

Assistant Coach: Courtney Oates (Baylor, 2016), 2nd season at Baylor

Assistant Coach: Shayla Hutchins (Baylor, 2018), 1st season at Baylor

Assistant Coach: Cassandra Rowell (Oregon State, 2010), 1st season at Baylor

Director of Operations: Treasure Fields (Concordia [Wisconsin], 2016), 5th season at Baylor

PRONUNCIATIONS

D'AHNI Branch dee-AH-knee
 Riley CHIMWALA Chim-wall-uh
 Sofia CRIADO cree-AH-doh
 TALIA de la Cruz tuh-LEE-uh
 Jordan GRUENDLER..... Grend-ler
 CHARLYZE Hemby SHAR-lease
 DAILYN Hopkins DAY-lynn
 ALYIAH KALOOSTIAN..... Uh-lee-uh Cuh-loo-stee-an

Ellie LaNEVE Luh-NEEVE
 LEAVY McDonald lee-vee
 Olivia Pesquiera Peh-SKAY-duh
 Kensey SCHILAB Shill-uh
 ALYIAH Thomas.....Uh-LEE-uh
 Adelaide VEZZOSI Veh-zoh-zee
 Gianna VAIARELLI..... VYE-uh-rell-ee
Listen on the online roster at BaylorBears.com/acro/



THE LAST TIME BAYLOR...

Won at Home	4/1/23 vs. Oregon (278.520 - 274.900)
Lost at Home	4/12/14 vs. Azusa Pacific (280.880 - 277.960)
Won Away	2/3/24 at Texas Lutheran (287.775 - 270.310)
Lost Away	3/6/21 at Oregon (281.635 - 280.660)
Won Neutral Meet	4/29/23 vs. Oregon (278.855 - 268.555)
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	4/1/23 at Oregon (278.520 - 274.900)
Won by 5-10 Points	4/28/23 vs. Quinnipiac (281.055 - 272.420)
Won by 10 or More Points	(110.235) 2/3/24 at Texas Lutheran (275.325 - 165.290)
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	28 in a row (3/27/21 to 2/3/24)
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 Preseason Rankings

1. Baylor (36) - 623
 2. Oregon (3) - 564
 3. Quinnipiac (3) - 556
 4. Gannon - 496
 5. Azusa Pacific - 460
 6. Frostburg State - 371
 - T7. Fairmont State - 363
 - T7. Limestone - 363
 9. Hawai'i Pacific - 263
 10. Belmont Abbey - 202
 11. Mary Hardin-Baylor - 177
 12. Coker - 145
 13. Augustana - 107
 14. Converse - 91
 15. Iona - 63
- (I) - First place votes

PERFECT 10's IN 2024

Compulsory:

Acro:

Pyramid:

Tumbling:

ALL-TIME PERFECT 10s^

COMPULSORY (18)	PYRAMID (26)	TUMBLING (17)
Acro –	Heat 1 – 8	Duo –
Pyramid – 6	Heat 2 – 9	Trio –
Toss – 12	Heat 3 – 9	Quad –
Tumbling –		Aerial – 7
	TOSS (1)	6 Element – 8
ACRO (11)	Heat 1 –	Open – 2
Heat 1 – 4	Heat 2 –	
Heat 2 – 2	Heat 3 – 1	
Heat 3 – 5		
		TOTAL: 73

full history in almanac

^ since 2014



2024 SEASON SCORES

DATE	BU RANK	RESULT	OPPONENT	SCORE (BU - OPP)	ATT.	W/L BY #POINTS
2/3/24	#1	W	TEXAS LUTHERAN	275.325 - 165.290	250	W BY 110.035

SEASON AVERAGES AND HIGH SCORES

EVENT	AVERAGE	SEASON HIGH
COMPULSORIES	38.20	38.20
ACRO	28.55	28.55
PYRAMID	29.35	29.35
TOSS	27.00	27.00
TUMBLING	55.275	55.275
TEAM EVENT	96.950	96.950
FINAL SCORE	275.325	275.325

TOTAL SCORES OPPONENT	COMPULSORIES SCORE/SV	ACRO SCORE/SV	PYRAMID SCORE/SV	TOSS SCORE/SV	TUMBLING SCORE/SV	TEAM EVENT SCORE/SV	TOTAL
TEXAS LUTHERAN (2/3)	38.20*/40.00	28.55*/30.00	29.35*/30.00	27.00*/29.80	55.275*/59.500	96.95*/108.11	275.325*/297.410

COMPULSORIES OPPONENT	ACRO SCORE/SV	PYRAMID SCORE/SV	TOSS SCORE/SV	TUMBLING SCORE/SV	TOTAL/SV
TEXAS LUTHERAN (2/3)	9.60*/10.00	9.90*/10.00	9.85*/10.00	8.85*/10.00	38.20*/40.00

ACRO OPPONENT	HEAT 1 SCORE/SV	HEAT 2 SCORE/SV	HEAT 3 SCORE/SV	TOTAL/SV
TEXAS LUTHERAN (2/3)	9.80*/10.00	9.35*/10.00	9.40*/10.00	28.55*/30.00

PYRAMID OPPONENT	HEAT 1 SCORE	HEAT 2 SCORE	HEAT 3 SCORE	TOTAL
TEXAS LUTHERAN (2/3)	9.95*/10.00	9.60*/10.00	9.80*/10.00	29.35*/30.00

TOSS OPPONENT	HEAT 1 SCORE/SV	HEAT 2 SCORE/SV	HEAT 3 SCORE/SV	TOTAL/SV
TEXAS LUTHERAN (2/3)	9.20*/9.90	9.05*/9.90	8.75*/10.00	27.00*/29.80

TUMBLING OPPONENT	DUO SCORE/SV	TRIPLE SCORE/SV	QUAD SCORE/SV	AERIAL SCORE/SV	SIX ELEMENT SCORE/SV	OPEN SCORE/SV	TOTAL/SV
TEXAS LUTHERAN (2/3)	9.550*/10.00	8.500*/10.00	7.750*/9.500	9.800*/10.000	9.925*/10.000	9.750*/10.000	55.275*/59.500

TEAM EVENT OPPONENT	SCORE/SV
TEXAS LUTHERAN (2/3)	96.95*/108.11

* - INDICATES EVENT/HEAT WIN
& - NCATA NATIONAL CHAMPIONSHIPS, FAIRMONT, W.VA.

** - INDICATES EVENT/HEAT TIE



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

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

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

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
29.75	Oregon	4/1/23
7. 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	Quinnipiac	3/25/23
29.80	Oregon	4/1/23
29.80	at Hawaii Pacific	4/9/23

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

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

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

Margin of Victory

MOV	Opponent	Date
1. 124.190	vs. Saint Leo	3/9/20
2. 120.23	at East Texas Baptist	2/9/19
3. 72.835	Adrian College	3/14/16
4. 69.65	at East Texas Baptist	2/16/22
5. 66.05	at East Texas Baptist	4/1/21



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.