Summer 8-26-2014

EMU Women's Gymnastics: Shea Anderson Joins EMU Gymnastics Coaching Staff

Eastern Michigan University

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Shea Anderson Joins EMU Gymnastics Coaching Staff

Anderson will be the Eagles’ new volunteer assistant coach

YPSILANTI, Mich. (EMUEagles.com) – Eastern Michigan University Head Gymnastics Coach Jay Santos announced Tuesday, Aug. 26 that Shea Anderson has joined the EMU gymnastics coaching staff and will serve as a volunteer assistant coach. Anderson, a former gymnast at Iowa State University, will help coach the Eagles after spending two seasons as a graduate assistant strength coach at Creighton University.

"I am thrilled to have Shea joining our coaching staff; she is an intelligent and extremely hard working young woman," mentioned Coach Santos. "She started as walk-on at Iowa St but was a solid contributor on multiple events and went on to earn a scholarship. She understands the commitment it takes to compete for a Division I university and I have no doubt that the girls at EMU will benefit from Shea's knowledge and experience of competing at a Big 12 University."

While earning her master's degree in exercise science from the University of Nebraska at Omaha, Anderson was a graduate assistant strength coach at Creighton, where she oversaw women's rowing and cross country while also assisting with women's soccer, volleyball, softball as well as men's and women's basketball.

She got her start in strength and conditioning as an intern at South Dakota State University in 2012, following her graduation from Iowa State with a bachelor's degree in kinesiology and health. With the Jackrabbits, she worked with
both men's and women's basketball along with football and volleyball.

As a Cyclone gymnast, Anderson was a four-year letterwinner, competing in 44 meets throughout her career. In her final season at Iowa State, she competed on the floor in 11 meets, while making the beam and vault rotations during the year as well. She shined against the No. 1 ranked team in the country at the time, Nebraska, tying a career-high on vault with a 9.850, while also recording a then season-best 9.775 on floor. She eclipsed that mark on floor with a 9.800 against Minnesota on Senior Night before closing out her career in the vault, beam and floor lineups at both the Big 12 Championship and the NCAA Salt Lake Regional.

After being a solid contributor in her first two seasons at Iowa State, Anderson had a breakout season in 2011. Appearing in every meet on vault and floor, the Oakland, Iowa native earned the team's Most Improved Gymnast award. She was the Cyclones' top scorer in multiple meets in various events, including a victory on vault with a career-high-tying 9.850 against Missouri. Anderson also performed at a high level on a bigger stage, setting a new personal best of 9.750 on beam at the NCAA Regional in Ann Arbor.

At ISU, Anderson excelled not only in the gym, but in the classroom as well. She was a two-time ISU Scholar-Athlete, made the Dean's List once, and found herself on the Big 12 Commissioner's Honor Roll three times. As a sophomore, she earned a spot on the Academic All-Big 12 Second Team before making the conference's first team during her senior season.

The Shea Anderson File

Name:  Shea Anderson
High School:  Riverside H.S. - Oakland, Iowa
College:  Iowa State University - Bachelor's of Science in Kinesiology and Health - 2012
University of Nebraska at Omaha - Master's of Science in Exercise Science - 2014

Coaching/Playing Experience

<table>
<thead>
<tr>
<th>Year</th>
<th>School/Company</th>
<th>Position</th>
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<tbody>
<tr>
<td>2012-14</td>
<td>Creighton University</td>
<td>Graduate Assistant Strength Coach</td>
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<tr>
<td>2012</td>
<td>South Dakota State University</td>
<td>Strength and Conditioning Intern</td>
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<tr>
<td>2009-12</td>
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