



FEAR THE TURTLE

2006 MARYLAND GYMNASTICS

HEAD COACH BOB NELLIGAN

**28TH SEASON AT MARYLAND • MASSACHUSETTS '72
1999 NCAA SOUTHEAST REGION COACH OF THE YEAR**



Bob Nelligan enters his 28th season at the helm of the Maryland gymnastics program. In that time, Nelligan has been the driving force behind the Terps' success. His love for the sport and for his athletes is unique in today's world of gymnastics and has earned him the respect of the gymnastics world and his pupils.

With a lifetime coaching record of 443-376-4, Nelligan has witnessed and adapted to the numerous changes that collegiate gymnastics has undergone.

As gymnasts have gotten stronger, so has Nelligan's recruiting of the top gymnasts in the country. During Nelligan's career with the Terps, they have qualified for the NCAA Southeast Region Championships 14 times, including six consecutive times from 1983-89 and four consecutive times from 1998-2001.

Prior to the Terps' entrance into the Southeast Region in the 1983-84 season, the Terps competed in the East Region and qualified for the championships four of the seven seasons they were members.

Nelligan has the respect of all of his colleagues at Maryland and nationwide, and is recognized as one of the top gymnastics coaches in the country. In 1999 Nelligan was acknowledged for his contributions to collegiate gymnastics when he was honored as both the East Atlantic Gymnastics League Coach of the Year and Southeast Region Coach of the Year, the first such awards he had received in a prestigious career.

Maryland's level of success is only achieved through a strict regiment of training and conditioning, which Nelligan implements on a year-round basis. Nelligan is constantly striving to be the best and expects his gymnasts to do the same, both in athletics and academics. Last season, in addition to having two All-EAGL first team selections and four All-EAGL second team selections, Maryland had 12 gymnasts earn All-EAGL academic honors. Nelligan is responsible for ensuring that this level of success is constantly maintained. He is the Maryland Terrapin team leader and the dedication and enthusiasm of the Terrapin gymnasts is a direct reflection of Nelligan's attitude and work ethic.

Even though his work with the gymnastics team consumes most of his time throughout the year, Nelligan still finds time to focus his energies on several other projects. He assists the director of the Maryland

Gymkana Troupe, the only touring exhibitional gymnastics troupe in the country. They perform nationwide and have become a main attraction on the Maryland campus. Nelligan is also the co-founder of the Maryland Gymkana Camp and on numerous occasions has been a guest lecturer in the College of Health and Human Performance Department. He is also a director and master staff member at the Woodward Gymnastics Camp in Woodward, Pa., and is a member of the National Association of Collegiate Gymnastics Coaches, the U.S. Elite Coaches Association and the University of Massachusetts Alumni Association. Nelligan has also taught numerous classes regarding athletics and is striving to take athletics to another level through his pioneering of a wellness program for all of the varsity athletes at Maryland. This program is currently in the process of being implemented to each varsity sport and will ensure that athletes achieve their highest potential through the best means possible.

Originally from Braintree, Mass., Nelligan has more than 30 years of gymnastics

experience. Prior to accepting the position of head coach at Maryland for the 1978-79 season, Nelligan worked in various capacities at the Masters School in Dobbs Ferry, N.Y. From 1973-78 he was a physical education instructor at the Masters School and also coached several teams, including gymnastics, lacrosse and softball. In addition to these responsibilities, Nelligan was named the Chairman of the Physical Education Department in 1975 for the Masters School. From 1972 -73 Nelligan was the head instructor and coach at the Marvateens Gymnastics School in Rockville, Md., and before that was an instructor and coach at the Weymouth South School in Weymouth, Mass. Nelligan received his B.S. in physical education from the University of Massachusetts in 1971.

Nelligan and his wife, Chris, have two children; Brett and Kelsey.

NELLIGAN YEAR-BY-YEAR

Year	Record	Pct.
1979	11-7	.611
1980	11-14	.440
1981	9-7	.563
1982	19-6	.760
1983	10-13	.434
1984	19-14	.575
1985	17-22	.436
1986	12-17	.414
1987	18-10	.643
1988	17-12	.586
1989	20-11-1	.641
1990	6-7	.462
1991	15-17	.469
1992	11-24	.314
1993	20-12	.625
1994	13-24-1	.355
1995	23-14	.626
1996	25-24	.510
1997	11-19	.366
1998	22-18	.550
1999	29-13	.674
2000	19-12	.613
2001	19-10	.704
2002	21-9	.700
2003	15-12-1	.554
2004	13-16	.448
2005	18-12-1	.597
Total	443-376-4	.541

IN THE EAGL

Year	EAGL	Place/Score
1996	4-4	4th/189.900
1997	1-8	7th/191.775
1998	3-6	4th/192.675
1999	5-4	2nd/195.475
2000	4-1	3rd/195.050
2001	3-2	2nd/195.875
2002	6-1	3rd/194.825
2003	5-5	4th/195.775
2004	3-7	5th/196.025
2005	5-4	T-2nd/195.200
Totals	39-42	



FEAR THE TURTLE

2006 MARYLAND GYMNASTICS

COACHING STAFF

VICKI CHLISZCZYK

**ASSISTANT COACH
FIRST SEASON AT
MARYLAND
YORK '01**



Vicki Chliszczyk is the newest addition to Maryland gymnastics, joining head coach Bob Nelligan and assistant Brett Nelligan. A native of Canada, Chliszczyk brings valuable international experience to the Maryland squad this season.

Chliszczyk studied with the Ontario Gymnastics Federation and completed levels one and two of the National Coaching Certificate Program and has completed courses in the level three theory and technical components. The in-depth training system teaches coaches how to develop an athlete's skills and adequately spot them.

Coach Nelligan believes Chliszczyk's experience with the Canadian system will be an asset to the Maryland team. "The Canadian system of coaching certification is much more intensive than in the United States. You do not coach elite athletes without acquiring the proper training both practical and theoretical."

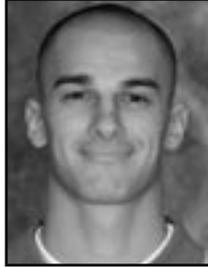
Chliszczyk was the Gymnastics Program Director at the prestigious Woodward Gymnastics camp for two years and has been part of the staff since 2001. She managed a gymnastics coaching staff of 30 coaches and over 200 gymnasts, including many on the elite level. Her spotting abilities will be a tremendous asset to Nelligan and his staff.

A 12-year member of the Milton Springers gymnastics club in Milton, Ontario, Chliszczyk competed in the Provincial Championships for 10 consecutive years (1989-2000). The Milton Springers Club dedicated an award in her name, "The Vicki Chliszczyk Award for Dedication", given at the end of the year to the most dedicated athlete.

A native of Ontario, Canada, Chliszczyk earned a bachelor's degree in Philosophy at York University in 2001. Her parents and brother (Chris) reside in Ontario, Canada.

BRETT NELLIGAN

**ASSISTANT COACH
THIRD SEASON
AT MARYLAND
MASSACHUSETTS '03**



Brett Nelligan is in his third season coaching the Maryland gymnastics team. A 2003 graduate of the University of Massachusetts with a degree in sport management, Brett Nelligan possesses a well-developed combination of knowledge and experience that will benefit the Terps in practice and in competition.

Nelligan's main duties include coaching vault and floor exercise which was Maryland's most consistent event last season. During his first season with the Terps, Nelligan helped coach the team to its highest team total ever (197.375 vs. Stanford), highest vault score (49.175 vs. Stanford) and second-highest floor total (49.525 vs. Stanford). His spotting abilities are also crucial to the team's success. Nelligan recently added recruiting to his responsibilities as he hit the road this summer to secure the Terps' 2006-07 incoming class.

Nelligan competed three years of gymnastics for the Minutemen, serving as co-captain one year. He was also an Academic All-American and aided his team in winning two ECAC Championships. A versatile athlete, he turned to diving after the UMass gymnastics program was cancelled, and witnessed the team achieve its third straight Atlantic-10 title.

In addition to his work as a student-athlete, Nelligan has compiled years of coaching experience from various gymnastics camps. He spent two years on the staff at Woodward Gymnastics Camp in Woodward, Pa., as well as four years at the University of Georgia's gymnastics camp and at the U.S. Gymnastics Training Center in Holyoke, Mass.

Nelligan has also served stints at the University of Rhode Island camp, the Gymini Gymnastics Camp in Reston, Va., and the University of Maryland Gymkana Gymnastics Camp.



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