



ROGER NEIST graduated from Albert Lea High School in 1966 and won 5 state championships in gymnastics. Neist began competing in gymnastics as a ninth grader when the sport was first started in Albert Lea. He competed in all events except pommel horse. As a junior he was first in the State Tournament on parallel bars, second on horizontal bar and all-around.

As a senior, Neist was first at the State Tournament on the rings, parallel bars, and horizontal bar and all-around. He was second on the floor exercise, and third in tumbling. He led the Tigers to the Team State Championship and scored 44 ½ of the teams of the teams 68 ½.

While at ALHS, Neist was also a four-year letter winner in track and field and broke the school record on the Pole Vault.

Neist attended the University of Iowa on a gymnastics scholarship. The team was Big 10 Champions and placed third at the NCAA tournament in 1968. In 1969, they were NCAA Division I Champions.