



AIR FORCE WOMEN'S GYMNASTICS

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2012 GYMNASTICS SCHEDULE

Jan. 14	at Texas Woman's University	L, 188.200-191.450
Jan. 22	at UC Davis	L, 185.750-191.450
Jan. 28	at Denver Tri-Meet	2nd of 3 (190.925)
	at No. 18 Denver	L, 190.925-195.400
	vs. Centenary	W, 190.925-187.250
Feb. 3	at Seattle Pacific	L, 188.925-192.575
Feb. 12	at Alaska-Anchorage	W, 190.875-189.300
Feb. 18	UC Davis	W, 191.625-190.925
Feb. 25	at Rutgers Quad Meet	4th of 4 (190.950)
	vs. Bridgeport	L, 190.950-193.875
	vs. Eastern Michigan	L, 190.950-193.125
	at Rutgers	L, 190.950-192.400
Mar. 2	Seattle Pacific	L, 191.100-192.475
Mar. 5	Air Force Tri-Meet	3rd of 3 (193.025)
	vs. Denver	L, 193.025-196.050
	vs. Western Michigan	L, 193.025-193.450
Mar. 10	at Eagle Invitational	2nd of 4 (192.250)
	at Eastern Michigan	L, 192.250-193.850
	vs. Northern Illinois	W, 192.250-192.075
	vs. Temple	W, 192.250-190.725
Mar. 16	at Arizona Quad Meet	4th of 4 (192.175)
	at No. 18 Arizona	L, 192.175-196.525
	vs. Bridgeport	L, 192.175-193.525
	vs. Utah State	L, 192.175-192.975
Mar. 24	at MPSF Championships	3rd of 4 (189.125)
	at UC Davis	L, 189.125-193.675
	vs. Seattle Pacific	L, 189.125-191.150
	vs. Alaska-Anchorage	W, 189.125-188.300
Apr. 7	at NCAA Regional Championships	Salt Lake City, Utah
Apr. 12-14	at USAG Championships	Bridgeport, Conn.

Home meets in **bold** will be at Cadet West Gym.



USAG COLLEGIATE NATIONAL CHAMPIONSHIPS

Thursday, April 12, 2012 | Team Prelims | 1 p.m./6 p.m. | Hubbell Gym
Friday, April 14, 2012 | Team Finals | 7 p.m. | Webster Bank Arena
Saturday, April 15, 2012 | Event Finals | 1 p.m. | Hubbell Gym
Bridgeport, Conn. | Hosted by the University of Bridgeport

The Air Force women's gymnastics team concludes the 2012 season this weekend at the USA Gymnastics Collegiate National Championships in Bridgeport, Conn. The three-day meet, which will be held at Hubbell Gymnasium (team prelims/event finals) and Webster Bank Arena (event finals), will run from Thursday-Saturday (April 12-14).

MEET INFORMATION

Air Force will compete in the first preliminary session, which is slated to begin at 1 p.m., on Thursday, April 12. Joining the Falcons in the opening session will be Centenary, Texas Woman's and William & Mary. The second preliminary session will begin at 6 p.m., and feature host Bridgeport, Pennsylvania, Seattle Pacific and Temple. The top two teams from each session will advance to the team finals on Friday, April 13 (6 p.m.), while the top individual from both sessions of Thursday's competition will advance to the individual event finals at 1 p.m., on Saturday, April 14. Competition on Thursday and Saturday will take place at Hubbell Gymnasium, while Saturday's meet will be held at Webster Bank Arena.

USAG RANKINGS (BASED ON RQS)

1.	Bridgeport	194.650
2.	Texas Woman's	194.065
3.	Pennsylvania	192.310
4.	William & Mary	191.695
5.	Seattle Pacific	191.645
6.	Air Force	191.620
7.	Temple	191.590
8.	Centenary	191.335

LAST TIME WE MET

Air Force has faced two of its three first-round opponents this season, defeating Centenary 190.925-187.250 and falling to Texas Woman's 191.450-188.200. The Falcons have also faced three of the four teams in the second session, including Bridgeport (L, 193.875-190.950; L, 193.525-192.175) and Seattle Pacific (L, 192.575-188.925; L, 192.475-191.100) twice. Air Force also competed against Centenary this season, defeating the Ladies 190.925-187.250.

AROUND THE CONFERENCE

Air Force leads the Mountain Pacific Sports Federation on the uneven bars with a Regional Qualifying Score of 48.300. Individually, Jessica Wallander (vault, 9.785), Linnaea Hance (uneven bars, 9.745) and Jessica Hanner (balance beam, 9.730) are all ranked second in their respective events, while Katie Hawthorne is ranked third on the uneven bars with a RQS of 9.730. In addition, Hance is also ranked third in the all-around (38.185) and fifth on the beam (9.700), while Wallander is ranked sixth on the floor exercise (9.735).

HANCE FINISHES 14TH AT NCAA REGIONAL

With an all-around score of 38.225, Linnaea Hance finished 14th at the NCAA Regional Championships on April 7. Her best individual placement came on the uneven bars, where she tied for 16th with a 9.700. She also finished 34th on the balance beam (9.475), 35th on the floor exercise (9.550) and 39th on the vault (9.500).

DID YOU KNOW?

Linnaea Hance's 14th-place finish at the NCAA Regional Championship marked the best regional all-around finish by an Air Force gymnast since Jessa Liegl placed 12th in 2005.

SIX FALCONS CLAIM ALL-MPSF HONORS

Six gymnasts combined for 11 all-conference awards from the Mountain Pacific Sports Federation. Linnaea Hance (uneven bars, balance beam, all-around), Jessica Wallander (vault, floor exercise), Jen Larsen (vault, all-around) and Katie Hawthorne (uneven bars, all-around) all claimed multiple distinctions, while Samantha Jones and Jessica Hanner were named all-MPSF on the uneven bars and balance beam, respectively.



2012 GYMNASTICS ROSTER

Table with columns: NAME, YR, HT, HOMETOWN, HIGH SCHOOL, CLUB, PRONUNCIATION. Lists gymnasts and their details.

Head Coach: Doug Day | Assistant Coach: Lumi Garcy | Assistant Coach: Kyle Georges | Athletic Trainer: Lisa Smith | Officer Representative: Lt Col John Martin

ACADEMY QUICK FACTS

AIR FORCE ACADEMY

Location USAF Academy, Colo.
Founded1954
Enrollment4,000
Colors Blue and Silver
NicknameFalcons
Affiliation NCAA Division I
Conference Mountain Pacific Sports Federation
Gymnasium Cadet West Gym
Superintendent..... Lt Gen Michael Gould
Director of Athletics Dr. Hans Mueh

TEAM INFORMATION

Head Coach Doug Day
Season at Air Force Sixth
Alma Mater New Mexico (1977)
Assistant Coach Lumi Garcy
Season at Air Force Second
Alma Mater Natl Academy of Sport
Assistant Coach Kyle Georges
Season at Air Force Second
Alma Mater New Mexico (2011)
Athletic Trainer Lisa Smith
Team Captain Sammi Jones
Home Facility Cadet West Gym

2011 RECAP

MPSF FinishSecond (2nd)
USAG FinishThird (3rd)
NCAA Final Ranking n/a
Letterwinners R/L 7/5
USAG All-Americans R/L 5/2

GYMINFO NATIONAL RANKINGS

9 April (national qualifying score*)

Table with columns: RK, TEAM, RQS. Lists national rankings for various states and teams.

* NQS is Regional Meet Finish+Final RQS
Teams advancing to the NCAA Championships

GYMINFO USAG DIVISION RANKINGS

2 April (regional qualifying average)

Table with columns: RK, TEAM, RQS. Lists USAG division rankings for various teams.

Teams advancing to USAG Championships

GYMINFO CONFERENCE RANKINGS

2 April (regional qualifying average)

Table with columns: RK, TEAM, RQS. Lists conference rankings for various teams.



TOP INDIVIDUAL MARKS

Table with columns: Event, Score, Gymnast, Date. Rows include Vault, Uneven Bars, Balance Beam, Floor Exercise, and All-Around.

AIR FORCE TAKES THIRD AT MPSF MEET

The Falcons scored 189.125 to finish third at the MPSF Championships on March 24. Linnaea Hance paced the team with fourth-place finishes on the uneven bars (9.600) and all-around (37.875).

DID YOU KNOW?

Air Force surpassed the 190-point mark in the last seven regular-season meets, while breaking the 192-point mark in the final three. In fact, Air Force broke the 191-point plateau during five of the last six regular season meets, while the sixth was just 0.050 off of that mark at 190.950.

FALCONS TAKE FOURTH IN REGULAR SEASON FINALE

Air Force surpassed the 192-point mark for the second straight road meet (192.175) to finish fourth at the Arizona Quad on March 16. Jessica Wallander collected the Falcons' best finish of the night, tying for fifth on the vault (9.775).

OH, WHAT A NIGHT

Kim McRobbie tallied a pair of career-best marks at Arizona's quad meet. The freshman scored a career-best 9.725 to tie with Jessica Hanner for the team lead on the balance beam, while adding a career-best 9.625 to tie with Jen Larsen on the vault.

AIR FORCE NETS SEASON-HIGH ROAD SCORE AT EMU

Air Force tallied its highest road score of the season (192.250) to finish second at the Eagle Invitational on March 10. That score, which was more than one point higher than the previous best road mark, is the second-best regular season road score and the fourth-best overall road score since 2007.

FALCONS SHINE ON BARS AT EAGLE INVITATIONAL

Air Force collected five of the top 10 scores on the uneven bars at the Eagle Invitational, en route to a season-high event score of 48.625. Linnaea Hance recorded a 9.800 to tie for first, while Sammi Jones finished fourth with a career-best matching 9.750.

PAIR CLAIMS EVENT TITLES

Linnaea Hance and Jessica Wallander each tallied a share of an event title, as the Falcons finished second at the Eagle Invitational. Hance scored a 9.800 to tie for first on the uneven bars, while Wallander shared the vault title behind a score of 9.750.

HANCE CLAIMS MPSF HONOR

Linnaea Hance was named the MPSF Gymnast of the Week on March 6, following strong meets over the March 2-5 weekend. Hance collected career marks on the beam (9.800), floor (9.775) and all-around (38.775) against Denver and Western Michigan on March 5, as the Falcons earned their second-highest team score in seven years.

ADDING THEM UP

Linnaea Hance is the third Air Force gymnast to earn the conference's weekly award, joining Katie Hawthorne (Feb. 14) and Jessica Wallander (Feb. 21).

FALCONS NET SEASON-HIGH

The Falcons collected a season-high score of 193.025 against Denver and Western Michigan on March 5 - marking the second-best score of the Doug Day era. Air Force, which shattered the previous 2012 season-high by nearly two points, now only trails the 2011 and 2010 squads that posted matching 193.300 scores against Denver during their respective years.

RECAPPING THE TRI-MEET

In addition to collecting their best team total of 2012, seven Falcons combined for 12 career-best marks and two additional season-high scores. As a team, Air Force set season-high scores on the uneven bars and floor. Jessica Hanner used a career-best 9.825 to place third on the balance beam, while Jessica Wallander and Alexandra Stych scored personal-best marks of 9.800 to tie for that placement on the floor.

LOOKING BACK AT THE DUAL WITH SPU

The Falcons surpassed the 191-point mark for the second time in three weeks during a 192.475-191.100 loss to Seattle Pacific on March 2. Air Force's score was a three-point improvement over its score during the first meet against its conference counterparts.

A GIANT PERFORMANCE

Air Force dominated the top half of the uneven bar standings against Seattle Pacific on March 2, claiming four of the top six spots. Linnaea Hance scored 9.775 to finish second, while Katie Hawthorne and Sammi Jones tied for fourth with matching marks of 9.725. Jessica Wallander rounded out the Falcons' top-six finishers, placing sixth with a mark of 9.625.

GETTING THE WIN

In addition, Jessica Wallander won the vault against Seattle Pacific on March 2, tallying a score of 9.750.

HANCE WINS UNEVEN BARS AT RUTGERS

Linnaea Hance scored a career-best 9.850 to win the uneven bars at the Rutgers, while posting the Falcons' best score on the floor exercise (9.750).

DID YOU KNOW?

The Falcons' score of 190.950 at Rutgers was the program's best road score of the season.

RECAPPING THE RUTGERS QUAD

Backed by Linnaea Hance's victory on the uneven bars, the Falcons scored a 190.950 to finish fourth behind Bridgeport (193.875), Eastern Michigan (193.725) and Rutgers (192.400) on Feb. 25. Jessica Wallander was the runner-up on the vault with a 9.800, while Katie Hawthorne finished within the top six on the uneven bars (9.725, fifth).

TWO FOR TWO

Air Force has claimed the conference's gymnast of the week honors during each of the last two weeks. Katie Hawthorne claimed the honor on Feb. 14, while Jessica Wallander was honored on Feb. 21. It is the first time in five years that the Falcons have claimed back-to-back weekly honors from the MPSF.

WEEKLY AWARD WINNERS

Name, Award (Date)

Katie Hawthorne, MPSF Gymnast of the Week (2/14)
Jessica Wallander, MPSF Gymnast of the Week (2/21)
Linnaea Hance, MPSF Gymnast of the Week (3/6)

OTHER AWARD WINNERS

Name, Award (Event)

Linnaea Hance, All-Conference Honoree (V, UB, BB)
Katie Hawthorne, All-Conference Honoree (UB, AA)
Jen Larsen, All-Conference Honoree (V, AA)
Jessica Wallander, All-Conference Honoree (V, FX)
Jessica Hanner, All-Conference Honoree (BB)
Samantha Jones, All-Conference Honoree (UB)



TOP TEAM MARKS

Table with columns: Meet (Date), Score, Location. Rows include Vault, Uneven Bars, Balance Beam, Floor Exercise, and Team Total.

FIRST-PLACE FINISHES

Table with columns: Meet (Date), Score, Location. Rows include Linnaea Hance, Katie Hawthorne, and Jessica Wallander.

Events in parenthesis indicate a tie for first

WALLANDER EARNS MPSF HONOR

Jessica Wallander was named the MPSF Gymnast of the Week on Feb. 21. The freshman won the vault and claimed the team's top finishes on the floor exercise and uneven bar during the Falcons' win over UC Davis.

FALCONS WIN HOME OPENER

The Falcons made a splash in its home opener on Feb. 18, defeating Mountain Pacific Sports Federation leader UC Davis by a 191.625-190.925 margin.

DID YOU KNOW?

The Falcons scored a team score 191.625 to defeat UC Davis (190.925) on Feb. 18. It is Air Force's first victory over the Aggies since March 22, 2003.

TAKING IT TO THE FLOOR

Behind Jessica Wallander's second-place score of 9.750, the Falcons claimed four of the top five spots on the floor, en route to the best overall score of the season over Alaska.

HAWTHORNE EARNS MPSF HONOR

Katie Hawthorne was named the MPSF Gymnast of the Week on Feb. 14. The sophomore set or matched career-best scores in four events and the all-around.

DUO PACES FALCONS TO WIN OVER ALASKA

Backed by event titles from Linnaea Hance and Katie Hawthorne, the Falcons defeated Alaska in Anchorage on Feb. 12. The Falcons used their second-highest total of the season - 190.875 - to defeat the Seawolves (189.300) and claim their first MPSF win of the season.

DETAILS, DETAILS

With first-place scores of 9.725, Katie Hawthorne and Linnaea Hance paced the Falcons' entire uneven bars lineup to finishes within the top six.

RECAPPING THE SPU MEET

The Falcons tallied its second-highest team score of the season (188.925) during a loss to Seattle Pacific on Feb. 4. Jessica Hanner posted the squad's highest score of the night (9.725), to finish second on the balance beam.

THE ROAD WARRIORS

Air Force opens the 2012 season with five straight road meets, including trips to Texas, California, Washington and Alaska. During the season, the Falcons will also travel to New Jersey, Michigan, Arizona and Connecticut.

FALCONS NET SEASON-HIGH 190.925 AT DENVER

Backed by a second-place 9.825 on the vault from Jessica Wallander, the Falcons broke the 190-point mark for the first time in 2012. The Falcons, who tallied 190.925 points to finish second at 18th-ranked Denver's tri meet, also claimed their first victory of the season by defeating Centenary by nearly four points.

OH, WHAT A NIGHT

Jessica Wallander had a stellar night in Denver, accounting for a second-place finish on the vault behind a career-best, team-leading score of 9.825. She also tied with Alexandra Stych and Jen Larsen for the Falcons' top spot on the floor exercise with matching marks of 9.625.

HANCE TAKES TWO

Linnaea Hance claimed a pair of event titles at UC Davis on Jan. 22, winning the balance beam and tying for first on the uneven bars. Hance scored a career-best 9.775 on the beam, while recording a season-best 9.725 on the uneven bars.

RECAPPING THE MEET AT DAVIS

Despite claiming two of the four event titles, the Falcons dropped a 191.450-185.750 decision to UC Davis in Mountain Pacific Sports Federation action on Jan. 22. Air Force claimed three of the top four spots on the uneven bars.

FALCONS FALL IN SEASON OPENER

Air Force dropped a 191.450-188.200 decision to Texas Woman's University in the first meet of the 2012 season on Jan. 14, in Denton, Texas. With a score of 188.200, the Falcons improved their season-opening score by two points from the start of the 2011 season.

PACING THE FALCONS

Samantha Jones and Linnaea Hance tied for third on the uneven bars at TWU, with matching marks of 9.550, while Jessica Hanner tallied the same placement on the balance beam with a career-best score of 9.600.

THE YOUNG WILL LEAD

Air Force will be remarkably young in 2012. The Falcons welcomed five freshmen, including Elaina Cammarata, Lindsay Ebel, Kim McRobbie, Alexandra Stych and Jessica Wallander. The newcomers will join seven sophomores - Emily Bucher, Laura Fauss, Linnaea Hance, Jessica Hanner, Katie Hawthorne, Jen Larsen and Melanie Ortiz - and the lone senior, Sammi Jones.



TOP SCORES UNDER DOUG DAY

Scores from Day's arrival in 2007

SCORE.....	OPPONENT (DATE)
193.300.....	vs. Denver (Mar. 14, 2011)
193.300.....	at Denver (Mar. 22, 2010)
193.025	vs. Denver and WMU (Mar. 5, 2012)
192.500.....	at MPSF Championship (Mar. 26, 2010)
192.400.....	Bridgeport (Feb. 12, 2011)
192.275.....	at MPSF Championships (Mar. 29, 2008)
192.250	at Eastern Michigan (Mar. 10, 2012)
192.175	at Arizona (Mar. 16, 2012)
191.725.....	at Denver (Feb. 22, 2010)
191.625.....	vs. Denver (Mar. 24, 2008)
191.625	vs. UC Davis (Feb. 18, 2012)
191.500.....	at Minnesota (Jan. 29, 2011)
191.475.....	vs. Seattle Pacific (Jan. 22, 2011)
191.100	vs. Seattle Pacific (Mar. 2, 2012)

OH CAPTAIN, MY CAPTAIN

Samantha Jones, the lone senior on a roster that features 12 freshmen and sophomores, will serve as the captain of the 2012 women's gymnastics team.

ON THE SIDELINES

Doug Day returns for his sixth season as the Falcons' head coach. The two-time MPSF Coach of the Year and 2011 USAG Coach of the Year, will be joined on the sideline by second-year assistants Lumi Garcy (2011 USAG Assistant Coach of the Year) and Kyle Georges (2011 MPSF Assistant Coach of the Year).