

For Immediate Release: January 24, 2012

Contact: Darren Preston

2012 MOUNTAIN PACIFIC SPORTS FEDERATION
 WOMEN'S GYMNASTICS UPDATE # 3

SPU BREAKS 190; UCD WINS DUAL

SEATTLE PACIFIC Sherah Veron won floor (9.875) and placed second on a career vault (9.775), as the Falcons posted a season-high team score (190.300) in a dual meet at No. 19 San Jose State last Friday. Veron's floor score was the highest for any Falcon, and tied for the highest amongst all MPSF Gymnasts on any event since her own 9.90 on floor at the 2010 MPSF Championships.

UC DAVIS claimed a home dual over Air Force last Sunday, 191.450-185.750, as Madeline Kennedy posted career-highs on vault (9.725), bars (9.575) and floor (9.750) to help tally a team -high. Her vault finished 2nd behind teammate Katie Yamamura (9.825), as did her floor routine behind teammate Taryn West (9.80). Yamamura shared the bars crown (9.725) en route to an all-around title (38.425).

ALASKA-ANCHORAGE placed third of three last Friday at Maryland with a team score of 185.900. Melissa Doucette was third all-around with a career-high (38.375), fourth on vault (9.75), and fifth on floor (9.775). The Seawolves posted a season-best floor (47.950). Doucette then posted another third place and career all-around at Towson (38.400), helping in a win over William & Mary with 187.875.

AIR FORCE received a pair of titles from Linnaea Hance on bars (9.725), and on a career beam routine (9.775) in the dual at UC Davis. Alexandra Stych placed third on bars (9.55), while Jessica Hanner shared the bronze on beam (9.60). Jennifer Larsen finished the meet third all-around (37.275).

DOUCETTE, VERON MPSF GYMNASTS OF THE WEEK



Alaska sophomore **Melissa Doucette** (Rochester, NH) posted career and UAA season-high all-arounds (38.375, 38.400) in consecutive meets at No. 23 Maryland and Towson, helping the Seawolves to a win over William & Mary. She set or tied career-highs on bars (9.65 at Towson), floor (9.775 at Maryland) and beam (9.375 at Towson) both days.



Seattle Pacific senior **Sherah Veron** (Broken Arrow, OK), in a dual at No. 19 San Jose State, displayed the top routine for any Falcon (9.875, 1st) and tied for the highest amongst all MPSF Gymnasts on any event since her own 9.90 on floor at the 2010 MPSF Championships. Additionally, Veron's career vault (9.775, 2nd) lifted SPU above 48 on that event, a feat not achieved in the last two years.

Nominated: Madeline Kennedy (UCD); Linnaea Hance (AFA)

WOMEN'S GYMNASTICS
 REGIONAL RANKING

Jan. 24, 2012–
 By Total Season Average

West Region

| Rank | Team | Avg | Reg | High | RQS |
|------|-----------------|---------|-----|---------|-----|
| 1 | UCLA | 196.775 | W | 197.575 | - |
| 2 | Oregon State | 195.675 | W | 196.525 | - |
| 3 | Stanford | 195.413 | W | 195.925 | - |
| 4 | Boise State | 195.288 | W | 196.175 | - |
| 5 | Washington | 194.108 | W | 195.725 | - |
| 6 | San Jose State | 193.725 | W | 194.300 | - |
| 7 | California | 192.308 | W | 194.050 | - |
| 8 | UC Davis | 190.908 | W | 191.450 | - |
| 9 | Sac State | 190.650 | W | 191.575 | - |
| 10 | Seattle Pacific | 189.363 | W | 190.300 | - |
| 11 | Alaska | 187.463 | W | 188.125 | - |

North Central Region

| | | | | | |
|---|-----------|---------|----|---------|---|
| 9 | Air Force | 186.975 | NC | 188.200 | - |
|---|-----------|---------|----|---------|---|

| 2012 MPSF GYMNASTS OF THE WEEK | | |
|--------------------------------|------------------|----------|
| Week | Student-Athlete | School |
| Jan. 24 | Melissa Doucette | Alaska |
| Jan. 24 | Sherah Veron | SPU |
| Jan. 17 | Michelle Ho | UC Davis |
| Jan. 10 | Katie Yamamura | UC Davis |

THIS WEEK'S SCHEDULE
(All Times Local to Site)

Fri, Jan. 27
Seattle Pacific at UC DAVIS (w/California) 7pm

Sat, Jan. 28
Air Force at DENVER (w/Centenary) 6pm

LAST WEEK'S RESULTS
(Home Team in CAPS)

Sun, Jan. 22
1) UC DAVIS (191.450)
2) Air Force (185.750)

1) TOWSON (193.000)
2) Alaska-Anchorage (187.875)
3) William & Mary (184.900)

Fri, Jan. 20
1) MARYLAND (193.950)
2) Bridgeport (192.600)
3) Alaska-Anchorage (185.900)

1) No. 19 SAN JOSE STATE (193.675)
2) Seattle Pacific (190.300)

2012 MPSF WOMEN'S GYMNASTICS
CHAMPIONSHIP

March 24, 2012; 6:00 pm (PT)
Host: University of California, Davis
The Pavilion
Davis, CA

2012 NCAA WOMEN'S GYMNASTICS
CHAMPIONSHIP

April 20-22, 2012
Gwinnett Center
Duluth, GA

GYMNASTICS ONLINE

MPSF Website:

<http://www.mpsports.org>

GymInfo:

<http://troester.com/gym>

MPSF RANKINGS – TOP 6
BY TOTAL SEASON AVERAGE

| TEAM SCORES: | Avg. | High | |
|----------------------------|-------------|-------------|------------|
| UC Davis | 190.908 | 191.450 | |
| Seattle Pacific | 189.363 | 190.300 | |
| Alaska-Anchorage | 187.463 | 188.125 | |
| Air Force | 186.975 | 188.200 | |
| VAULT: | Avg. | High | RQS |
| <i>UC Davis</i> | 47.775 | 48.550 | 0.000 |
| 1. Melissa Doucette (UAA) | 9.631 | 9.800 | 0.000 |
| 2. Shakea Sanders (UAA) | 9.588 | 9.675 | 0.000 |
| 3. Samantha Jones (AFA) | 9.625 | 9.625 | 0.000 |
| 4. Madeline Kennedy (UCD) | 9.617 | 9.725 | 0.000 |
| 5. Samantha Taylor (SPU) | 9.600 | 9.600 | 0.000 |
| 6. Anna Shumaker (UCD) | 9.592 | 9.700 | 0.000 |
| UNEVEN P-BARS: | Avg. | High | RQS |
| <i>UC Davis</i> | 47.600 | 48.350 | 0.000 |
| 1. Katie Yamamura (UCD) | 9.750 | 9.800 | 0.000 |
| 2. Texie Gregory (SPU) | 9.688 | 9.700 | 0.000 |
| 3. Sariaye Jensen (UAA) | 9.683 | 9.750 | 0.000 |
| 4. Linnaea Hance (AFA) | 9.638 | 9.725 | 0.000 |
| 5. Melissa Doucette (UAA) | 9.581 | 9.650 | 0.000 |
| 6. Tiana Montell (UCD) | 9.575 | 9.650 | 0.000 |
| BALANCE BEAM: | Avg. | High | RQS |
| <i>UC Davis</i> | 47.500 | 47.575 | 0.000 |
| 1. Stephanie Wagner (SPU) | 9.688 | 9.725 | 0.000 |
| 2. Kala DeFrancesco (UCD) | 9.608 | 9.650 | 0.000 |
| 3. Michelle Ho (UCD) | 9.600 | 9.650 | 0.000 |
| 3. Jessica Hanner (AFA) | 9.600 | 9.600 | 0.000 |
| 5. Aditi Kulkarni (SPU) | 9.588 | 9.600 | 0.000 |
| 6. Shannon Escarra (SPU) | 9.550 | 9.550 | 0.000 |
| FLOOR EXERCISE: | Avg. | High | RQS |
| <i>UC Davis</i> | 48.033 | 48.500 | 0.000 |
| 1. Taryn West (UCD) | 9.708 | 9.800 | 0.000 |
| 2. Melissa Doucette (UAA) | 9.706 | 9.775 | 0.000 |
| 3. Sherah Veron (SPU) | 9.675 | 9.875 | 0.000 |
| 4. Jessica Wallander (AFA) | 9.663 | 9.675 | 0.000 |
| 5. Madeline Kennedy (UCD) | 9.658 | 9.750 | 0.000 |
| 6. Stephanie Wagner (SPU) | 9.638 | 9.650 | 0.000 |
| ALL-AROUND: | Avg. | High | RQS |
| 1. Melissa Doucette (UAA) | 38.131 | 38.400 | 0.000 |
| 2. Michelle Ho (UCD) | 38.075 | 38.075 | 0.000 |
| 3. Katie Yamamura (UCD) | 38.008 | 38.725 | 0.000 |
| 4. Kala DeFrancesco (UCD) | 37.850 | 38.400 | 0.000 |
| 5. Sariaye Jensen (UAA) | 37.638 | 37.825 | 0.000 |
| 6. Jennifer Larsen (AFA) | 37.275 | 37.275 | 0.000 |