

Woodland, Calif. – MPSF Executive Director, Al Beaird today announced the 2008 MPSF Women's Gymnast and Coaches of the Year honorees as voted by the Federation's head coaches. Beaird also announced the All-MPSF Women's Gymnastics Team as determined by the top RQS averages.

2008 MPSF Women's Gymnasts of the Year



MICHELLE KULOVITZ - Senior, UC Davis – Anaheim Hills, CA – Mater Dei HS
Senior Michelle Kulovitz, the last UC Davis gymnast to win a USAG collegiate national title, capped her career by earning a share of the MPSF Gymnast of the Year award. The Aggie team co-captain tied for first place on vault, tied for third on floor exercise and second in the all-around at the MPSF Championship Friday. A native of Anaheim Hills, Calif. and an alumna of South Coast Gymnastics, Kulovitz has been the Aggies' most active gymnast during the 2008 season, competing on vault and bars in all 13 meets, floor exercise in 12, and all-around and balance beam in six. She will join teammates Tanya Ho and Lida Gehlen as part of the UC Davis contingent at the NCAA West Regional on April 12, as she qualified as the region's individual at-large competitor on floor.

ABIGAIL ROGERS - Junior, Air Force – Pittsburgh, PA – Seneca Valley HS



Abbey Rogers continues to be the backbone of the Air Force women's gymnastics program. She currently leads the team on every event, while guiding the Falcons to some of their top team scores in nearly three years. A two-time MPSF Gymnast of the Week, Rogers has accounted for 13 first-place finishes on the year. Although she didn't compete as a freshman due to injuries, Rogers made an immediate impact on the team as a sophomore and continues to shine during her junior year. She holds the top Regional Qualifying Score in the

Mountain Pacific Sports Federation on the floor exercise and in the all-around. In addition, Rogers paced the Falcons at the MPSF Championships with third-place finishes in the all-around and floor exercise.

2008 MPSF Women's Gymnastics Coach of the Year



JOHN LAVALLEE – 2nd year – UC Davis

In just his second season, UC Davis head coach John Lavalley has definitely established his mark on the women's gymnastics program. During his inaugural season he earned MPSF Coach of the Year honors and sent two student-athletes to individual at-large berths at the NCAA West Regional. This season, Lavalley guided his Aggies to perhaps their strongest season finish in program history. The team scored a 194.275 in the penultimate meet, a home quadrangular with Stanford, San Jose State and Sacramento State. Later in the week, UC Davis won its first-ever MPSF title, scoring a school-record 194.700. During the 2008 season, Lavalley mentored the UC Davis vault squad to two of the top three scores in school history. His team captured at least a share of all four event titles at the MPSF Championship, including the all-around title. Lavalley will send three gymnasts - Tanya Ho, Lida Gehlen and Michelle Kulovitz - to the NCAA West Regional at Oregon State in April.

2008 MPSF Assistant Gymnastics Coach of the Year



TERRY LAVALLEE – 2nd Year – UC Davis

Three-time All-American and member of Alaska Anchorage's Seawolf Hall of Fame, Teri Lavalley was selected as the MPSF Assistant Coach of the Year in her second season with the Aggies. Lavalley, wife and longtime coaching partner of Aggie head coach John Lavalley, works primarily with the balance beam and floor exercise squads. Both events figured greatly in UC Davis' strong finish to the regular season. The beam team posted scores of 48.150 and 48.525 during the last two meets of the year, while the floor squad hit 48.625 and 48.775 in the final week.