



MPSF NEWS

MOUNTAIN PACIFIC SPORTS FEDERATION

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2005 MOUNTAIN PACIFIC SPORTS FEDERATION WOMEN'S GYMNASTICS UPDATE – Mar. 29

AIR FORCE ACADEMY: Six members of the AIRFORCE gymnastics team have been invited to compete in the 2005 NCAA North Central Regional Championships on Saturday, April 9, in Salt Lake City, Utah. Senior **Jessa Liegl** (Lincoln, Neb.), junior **Lauren Robison** (Garner, N.C.), sophomore **Sashonna Iwaniec** (Ligonier, Pa.) and freshman **Katie Donnell** (San Fe, N.M.) were all invited to participate in the all-around, while senior **Diane Godar** (Conroe, Texas) and freshman **Kelly Lewis** (Plano, Texas) will compete in individual events. Godar will perform on the beam; while Lewis will compete on the vault and floor.

ALASKA ANCHORAGE: ALASKA ANCHORAGE head coach **Paul Stoklos** has been named the Mountain Pacific Sports Federation's co-Coach of the Year for 2005, while UAA's **Tami Monette** was the league's Assistant Coach of the Year. The Seawolves' 21st-year mentor led his 2005 team to a school-record-tying nine dual victories, including its first-ever wins over Boise State and Texas Woman's, plus its first trip to the USA Gymnastics Collegiate Championships.

SACRAMENTO STATE, 15-8: Senior **Nirvana Zaher** won the all-around and tied for first place on the vault, freshman **Alexis Tsurumoto** won the individual title on bars and senior **Stefanie Aeder** finished first on floor to help lead the SACRAMENTO STATE gymnastics team to a first-place finish at the Mountain Pacific Sports Federation Championships. The Hornets scored a season-high 194.550. The victory gave the team its fourth conference championship in the last five years. The Hornets won the Western Independent Conference in 2000 and 2001 and added MPSF crowns in 2002 and 2003 before finishing second to San Jose State last season.

SAN JOSE STATE, 13-4: SAN JOSE STATE, the defending team champion, was second in the championship with a 192.025 team total. **Tiffany Parcasio** had an outstanding beam routine. **Jennifer Greene**, named 2005 MPSF Co-Gymnast of the year scored a 9.825 and **Michelle Minotti** scored a 9.775 on vault.

SEATTLE PACIFIC: Corrie McDaniel tumbled third place on floor exercise and **Debra Huss** finished third in the all-around competition as SEATTLE PACIFIC UNIVERSITY finished in fourth place at the MPSF Championships. Team-wise, Seattle Pacific went into the meet springing off a near-record team total of 193.650 in a home win over Anchorage last week. The Falcons struggled particularly on balance beam in Davis, hitting a season low 46.800 team tally. Seattle Pacific competes next as a team at the USA Gymnastics National Championships, Apr. 14-16 in Ithaca, N.Y.

UC DAVIS: UC DAVIS' **Tiffany Chen** matched a career-high 9.875 to claim the championship balance beam title. However, one of the Aggies' pleasant surprises came from Junior **Hanna Anderson**. Anderson, who had only surpassed the 9-point barrier once this season, matched her career best with a 9.825 to lead off that event. UC Davis also posted a 48.075 on vault, its second score of 48 or better this season. Chan led the Aggies with a 9.775 in the vault while sophomore **Joanne Pizzo** carded a 9.700.

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GymInfo WOMEN'S REGIONAL RANKING March 28, 2005 – by RQS

West Region

Rank / Team	RQS	Reg	Avg.	High
1 UCLA	197.090	W	195.977	197.850
2 Oregon State	195.715	W	194.833	195.975
3 Washington	195.030	W	194.061	195.325
4 Stanford	194.835	W	194.222	196.025
5 Boise State	194.290	W	193.144	195.950
6 Sacramento St.	193.455	W	193.127	194.550
7 San Jose St	192.960	W	192.341	194.325
8 CS Fullerton	192.370	W	191.070	193.600
8 Seattle Pacific	191.990	W	191.040	193.650
9 California	191.550	W	188.995	192.350
10 UC Davis	191.315	W	190.057	193.225
11 Alaska	191.000	W	190.025	191.575

North Central Region

9 Air Force	189.975	NC	188.950	191.325
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MPSF GYMNAST/COACH OF THE YEAR

MPSF GYMNASTS OF THE YEAR

Davis, CA. Sacramento State Senior **Nirvana Zaher** and San Jose State Senior **Jennifer Greene** were named co-MPSF Gymnasts of the Year.

MPSF COACH OF THE YEAR

Davis, CA. Alaska Anchorage's **Paul Stoklos** and Seattle Pacific's **Laurel Tindal** were named MPSF co-Coaches of the Year.

Alaska Anchorage's **Tami Monet** was named MPSF Assistant Coach of the Year.

UPCOMING MEETS

NCAA WOMEN'S REGIONAL CHAMPIONSHIPS – April 9

North Central: Jon M. Huntsman Center, Salt Lake City, Utah - Host: University of Utah,

West: Bank of America Arena, Seattle, Wash. - Host: University of Washington

NCAA WOMEN'S GYMNASTICS CHAMPIONSHIPS - April 21-23, 2005

Beard-Eaves Memorial Coliseum, Auburn, Ala. - Host: Auburn University

USA GYMNASTICS NATIONAL CHAMPIONSHIPS, Apr. 14-16 - Ithaca, N.Y.

2005 MPSF GYMNASTS OF THE WEEK

<i>Week</i>	<i>Gymnast</i>		<i>School</i>
Jan. 16	Tiffany Chan	Senior	UC Davis
	Jennifer Greene	Senior	San Jose State
Jan. 23	Greta Leach	Sophomore	San Jose State
Jan. 30	Greta Leach	Sophomore	San Jose State
Feb. 7	Lauren Robison	Junior	Air Force
Feb. 14	Dominique Ingram	Sophomore	Alaska
Feb. 21	Debra Huss	Sophomore	Seattle Pacific
Feb. 28	Stephanie Aeder	Senior	Sacramento
	Tiffany Chan	Senior	UC Davis
Mar. 7	Debra Huss	Sophomore	Seattle Pacific
Mar. 14	Stefanie Aeder	Senior	Sacramento State
Mar. 21	Debra Huss	Sophomore	Seattle Pacific
	Michelle Minotti	Freshman	San Jose State
<i>Mar. 28</i>	<i>Nirvana Zaher</i>	<i>Senior</i>	<i>Sacramento State</i>
	<i>Jennifer Greene</i>	<i>Senior</i>	<i>San Jose State</i>

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2005 MPSF WOMEN'S GYMNASTICS CHAMPIONSHIP MEET

For results visit the Aggies' website at www.ucdavisaggies.com/.

MPSF GYMNASTICS ON THE WEB

Midweek sports updates are available on the MPSF website at www.mpsports.org.

ALL-MPSF GYMNASTICS TEAM

VAULT - FIRST TEAM

Jessa Liegl (AFA), Dominique Ingram (UAA), Michelle Kulovitz (UCD), Nirvana Zaher (SAC), Michelle Minotti (SJSU), Kari Kelly (SPU)

VAULT - SECOND TEAM

Shanna Iwaniac (AFA), Amanda Kolosovsky (UAA), Tiffany Chan (UCD), Jessica Hoffman (SAC), Jennifer Greene (SJSU), Kristin Bryant (SPU), Sarah Sullivan (SPU)

UNEVEN BARS - FIRST TEAM

Jessa Liegl (AFA), Dominique Ingram (UAA), Brandi Forte (UCD), Alexis Tsurumoto (SAC), Greta Leach (SJSU), Debra Huss (SPU)

UNEVEN BARS - SECOND TEAM

Lauren Robinson (AFA), Jessica Portlock (UAA), Nicole Doherty (UCD), Meloney Greer (SAC), Kathy Spellacy (SJSU), Jaynie Reynolds (SPU)

BALANCE BEAM - FIRST TEAM

Jessa Liegl (AFA), Jessica Portlock (UAA), Julia Richards (UCD), Melissa Genovese (SAC), Greta Leach (SJSU), Debra Huss (SPU)

BALANCE BEAM - SECOND TEAM

Shanna Iwaniac (AFA), Tiffany Staton (UAA), Andi Dolinsky (UCD), Jessica Hoffman (SAC), Casey Jay (SJSU), Corrie McDaniel (SPU)

FLOOR EXERCISE - FIRST TEAM

Jessa Liegl (AFA), Dominique Ingram (UAA), Tiffany Chan (UCD) Stephanie Aeder (SAC), Jennifer Greene (SJSU), Debra Huss (SPU)

FLOOR EXERCISE - SECOND TEAM

Lauren Robinson (AFA), Tiffany Staton (UAA), Andi Dolinsky (UCD), Jessica Hoffman (SAC), Casey Jay (SJSU), Corrie McDaniel (SPU)

ALL-AROUND - FIRST TEAM

Jessa Liegl (AFA), Dominique Ingram (UAA), Jennifer Greene (SJSU), Sarah Sullivan (SPU)

ALL-AROUND - SECOND TEAM

Lauren Robinson (AFA), Jessica Portlock (UAA), Nirvana Zaher (SAC), Greta Leach (SJSU), Debra Huss (SPU)

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MPSF CHAMPIONSHIP RESULTS

TEAM SCORES:

1. Sacramento State	194.550
2. San Jose State	192.025
3. UC Davis	191.400
4. Seattle Pacific	190.275
5. Air Force Academy	189.850
6. Alaska Anchorage	189.275

VAULT:

1T. Nirvana Zaher (Sr, SAC)	9.875
1T. Dominique Ingram (So, UAA)	9.875
3. Jennifer Greene (Sr, SJSU)	9.825
4T. Michelle Minotti (Fr, SJSU)	9.775
4T. Tiffany Chan (Sr, UCD)	9.775
6T. Kari Kelley (Sr, SPU)	9.750
6T. Casey Jay (Fr, SJSU)	9.750

UNEVEN BARS:

1. Alexis Tsurumoto (Fr, SAC)	9.900
2. Jessica Hoffman (Sr, SAC)	9.800
3. Brandi Forte, (So, UCD)	9.775
4T. Jennifer Greene (Sr, SJSU)	9.725
4T. Kimiye Narasaki, (Jr, SAC)	9.725
6T. Meloney Greer, (Sr, SAC)	9.700
6T. Lauren Robinson, (Jr, AFA)	9.700

BALANCE BEAM:

1. Tiffany Chan, (Sr, UCD)	9.875
2T. Stefanie Aeder, (Sr, SAC)	9.850
2T. Melissa Genovese, (Fr, SAC)	9.850
4T. Debra Huss, (So, SPU)	9.825
4T. Hanna Anderson, (Jr, UCD)	9.825
4T. Amberly Klein, (Jr, SJSU)	9.825

FLOOR EXERCISE:

1. Stefanie Aeder, (Sr, SAC)	9.800
2. Nirvana Zaher, (Sr, SAC)	9.775
3. Corrie McDaniel, (Sr, SPU)	9.725
4. Tiffany Chan, (Sr, UCD)	9.700
5. Michelle Minotti, (Fr, SJSU)	9.675
6T. Debra Huss, (So, SPU)	9.650
6T. Carrie Kinghorn, (Jr, SAC)	9.650
6T. Trista Condren, (Jr, SAC)	9.650

ALL-AROUND:

1. Nirvana Zaher, (Sr, SAC)	39.025
2. Michelle Minotti, (Fr, SJSU)	38.700
3. Debra Huss, (So, SPU)	38.650
4. Carrie Kinghorn, (Jr, SAC)	38.475
5. Jennifer Greene, (Sr, SJSU)	38.425
6. Jessica Portlock, (Fr, UAA)	38.250
7. Sashonna Iwaniec, (So, AFA)	38.125
8. Lauren Robison, (Jr, AFA)	38.050

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