



# MPSF NEWS

MOUNTAIN PACIFIC SPORTS FEDERATION

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## 2007 MOUNTAIN PACIFIC SPORTS FEDERATION WOMEN'S GYMNASTICS CHAMPIONSHIP RELEASE

**MPSF WOMEN'S GYMNASTICS CHAMPIONSHIP RECAP:** The MPSF Women's Gymnastics Championship was held at Seattle Pacific University at Brougham Pavilion on Friday, March 30, 2007. Seattle Pacific came from behind in the last two events to win the title with a score of 193.050 and become the first school to repeat since Sacramento State in 2002-03. Team Scoring: 1, Seattle Pacific 193.050; 2, UC Davis 192.825; 3, Alaska Anchorage 187.850; 4, Air Force 185.575

**AIR FORCE ACADEMY, 0-10:** With six top-10 finishes, the Air Force picked up a fourth-place finish at the MPSF Championships. Senior Christine Powers led the Falcons with a pair of top-10 marks, including a fourth-place score on the balance beam. As a team, the Falcons tallied a 185.575 to take fourth in the conference meet. Powers scored a 9.650 on the balance beam to take fourth - the best individual event finish of the night. In addition, Powers led the Falcons on the parallel bars, as she tallied a 9.575 to take ninth.

**ALASKA ANCHORAGE, 0-11:** Senior Rachael Lehmkuhl scored a career-high 38.100 all-around to help the Alaska Anchorage to a third-place showing at the MPSF Women's Gymnastics Championships. The Seawolves scored 187.850 points to finish third. UAA excelled on vault, where it earned its second-highest total of the season with 47.475 points. However the team struggled on bars and beam, having to count multiple falls on both events. Individually, Lehmkuhl placed third among the eight all-arounders, while freshman Courtney Williams was sixth at 36.725. Sophomore Lauren Agostino tied for fifth on vault with a 9.7, and junior Jessica Portlock placed fifth on bars with a 9.65. Lehmkuhl had the team's best scores on both beam (9.525, 8th) and floor (9.7, 9th).

**SEATTLE PACIFIC, 1-16:** Behind wins from Debra Huss on floor and Sarah Sullivan on beam, Seattle Pacific came from behind during the final two events to successfully defend its MPSF gymnastics championship. The Falcons hit a No. 5 all-time score of 193.050 to edge top-seeded UC Davis. Seattle Pacific surged past UC Davis while on floor and then quickly put the lock on the title by sticking five vaults, punctuated by Kristin Bryant's 9.825. That mark tied the Aggies' Tanya Ho for first on that event. Huss hit the meet's high score, earning a 9.900 on floor, a mark which ties for No. 3 all-time at SPU. Sullivan won beam with a 9.775. Huss and Sullivan were 1-2 in all-around.

**UC DAVIS, 8-10:** Freshman Lida Gehlen won the individual uneven parallel bars with a career-high 9.825 as UC Davis posted a second-place total of 192.825 at the MPSF Women's Gymnastics Championships. Gehlen had the lone event win for the Aggies. Her previous best was a 9.800 one week earlier in a home meet with Sacramento State, San Jose State and Cal. The Aggies opened the meet with a 48.200 on vault, the team's 12th score of 48-plus in as many meets this season. Freshman Tanya Ho scored a 9.825 in the anchor position to place second in the meet. Junior Carrie Lujan hit 9.775 to tie for third place. UC Davis enjoyed a season-best 48.825 in the fourth and final rotation of the meet, buoyed by career-high scores by Kulovitz (9.825) and senior Mari Inouye (9.850). Junior Andi Dolinsky hit a second-place 9.875 in the sixth slot of the lineup, good for a tie for second place in the meet.

### GymInfo WOMEN'S REGIONAL RANKING

April 2, 2007 – by Total Season Average

#### West Region

Rank	Team	RQS	Reg	Avg.	High
1	Stanford Univ.	196.855	W	196.416	197.275
2	UCLA	196.600	W	196.040	197.200
-	Oregon State	196.600	W	195.767	197.100
4	Washington, U. of	194.515	W	193.719	195.800
5	Sacramento State	194.145	W	192.829	195.275
6	California	193.775	W	192.932	196.500
7	San Jose State	193.675	W	192.894	195.300
8	Cal State-Fullerton	192.640	W	191.559	193.625
9	UC Davis	192.550	W	191.165	193.150
10	Boise State Univ.	192.535	W	191.594	193.975
11	Seattle Pacific	191.680	W	190.802	193.725
12	Alaska, U. of	187.900	W	186.508	190.275

#### North Central Region

9	Air Force Academy	185.560	NC	184.625	187.250
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#### MPSF GYMNAST OF THE YEAR

**Andi Dolinsky**, UC Davis (Jr., Grand Terrace, Calif.) – Qualified as an individual on floor exercise to the NCAA West Regional ... previously an All-MPSF second-team selection on floor exercise, posted some of her team's best scores on uneven bars (9.850) and balance beam (9.750) while earning a pair of MPSF Gymnast of the Week awards ... ranked among the West Region's top 20 for much of the season on the floor, finishing with an RQS of 9.825 in the event ... scored a career-high 9.875 in a home meet against Seattle Pacific on March 9, then matched that score to finish in a tie for second at the MPSF Championships.

#### MPSF COACHES OF THE YEAR

**Head Coach:** John Lavalee, UC Davis: 1<sup>st</sup> Year  
**Assistant Coaches:**  
Kathy Siwek, Seattle Pacific: 7<sup>th</sup> Year  
Ron Manara, UC Davis, 6<sup>th</sup> Year

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## The MPSF... Celebrating 15 Years of NCAA Championship Competition

### RECENT MEET RESULTS

*Home Team in Caps*

#### Sunday, March 18

- Ball State 192.75, ALASKA ANCHORAGE 190.275
- California 191.725 AIR FORCE 185.600

#### Saturday, March 23

- Washington 194.475, SEATTLE PACIFIC 193.725
- UC DAVIS vs. Cal, Sac. St., San Jose: 4th, 193.150

#### Monday, March 26

- Denver 196.525, AIR FORCE 187.250

#### Saturday, March 30

- MPSF Championships at Seattle Pacific:  
1. SPU, 2. UCD, 3. UAA, 4. AFA

### UPCOMING MEETS

#### April 14

- NCAA Regionals

#### April 19-21

- USA Gymnastics Championships

#### April 24-26

- NCAA Championships

### 2007 MPSF GYMNASTS OF THE WEEK

Week	Gymnast	School
Jan. 15	<b>Michelle Denise</b> , Freshman	Air Force
Jan. 22	<b>Debra Huss</b> , Senior	Seattle Pacific
Jan. 29	<b>Tanya Ho</b> , Freshman	UC Davis
Feb. 6	<b>Andi Dolinsky</b> , Junior	UC Davis
Feb. 13	<b>Debra Huss</b> , Senior	Seattle Pacific
Feb. 20	<b>Sarah Sullivan</b> , Senior	Seattle Pacific
Feb. 27	<b>Michelle Kulovitz</b> , Junior	UC Davis
March 6	<b>Andi Dolinsky</b> , Junior	UC Davis
March 13	<b>Debra Huss</b> , Senior	Seattle Pacific
March 20	<b>Abigail Rogers</b> , Sophomore	Air Force
March 27	<b>Sarah Sullivan</b> , Senior	Seattle Pacific

### MPSF GYMNASTICS ON THE WEB

Midweek sports updates are available on the MPSF website at [www.mpsports.org](http://www.mpsports.org).

### MPSF CONFERENCE RANKINGS – Top 6

By REGIONAL QUALIFYING SCORE

TEAM SCORES:	RQS	Avg.	High
1. UC Davis	192.550	191.165	193.150, 3/23 Quad Meet
2. Seattle Pacific	191.680	190.802	193.725, 3/23 vs. Wash.
3. Alaska, U. of	187.900	186.508	190.275, 3/18 vs. Ball State
4. Air Force Academy	185.560	184.625	187.250, 3/26 vs. Denver
VAULT:	RQS	Avg.	High
<b>UC DAVIS</b>	48.710	48.565	48.875
1. Tanya Ho, UCD	9.825	9.795	9.850
2. Carrie Lujan, UCD	9.800	9.760	9.825
- Kristin Bryant, SPU	9.790	9.761	9.850
- Michelle Kulovitz, UCD	9.780	9.715	9.800
5. Lauren Agostino, UAA	9.750	9.664	9.775
- Brandi Forte, UCD	9.715	9.677	9.775
UNEVEN BARS:	RQS	Avg.	High
<b>UC DAVIS</b>	48.160	47.567	48.875
1. Lida Gehlen, UCD	9.735	9.009	9.825
- Brandi Forte, UCD	9.705	9.565	9.850
3. Ashley Domres, SPU	9.680	9.409	9.775
4. Debra Huss, SPU	9.680	9.634	9.725
5. Andi Dolinsky, UCD	9.665	9.522	9.850
- Jessica Portlock, UAA	9.640	9.521	9.825
BALANCE BEAM:	RQS	Avg.	High
<b>UC DAVIS</b>	47.665	47.175	48.100
1. Debra Huss, SPU	9.745	9.643	9.800
2. Sarah Sullivan, SPU	9.715	9.552	9.775
3. Tanya Ho, UCD	9.690	9.441	9.825
4. Christine Tao, UCD	9.605	9.333	9.650
5. Lauren Agostino, UAA	9.580	9.436	9.825
6. Julia Richards, UCD	9.560	9.536	9.825
FLOOR EXERCISE:	RQS	Avg.	High
<b>SEATTLE PACIFIC</b>	48.580	48.184	49.025
1. Debra Huss, SPU	9.830	9.739	9.900
2. Andi Dolinsky, UCD	9.825	9.742	9.875
3. Sarah Sullivan, SPU	9.805	9.707	9.875
4. Kristin Bryant, SPU	9.760	9.632	9.875
5. Brianna Schwartz, SPU	9.740	9.567	9.825
- Carolyn Kampf, UCD	9.720	9.658	9.850
ALL-AROUND:	RQS	Avg.	High
1. Debra Huss, SPU	38.750	38.552	38.950
2. Sarah Sullivan, SPU	38.310	38.396	38.825
3. Tanya Ho, UCD	38.195	37.866	38.700
4. Michelle Kulovitz, UCD	38.030	38.086	38.775
5. Rachael Lehmkuhl, UAA	37.485	37.023	38.100
6. SaShonna Iwaniec, AFA	37.420	36.987	37.775

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