



# MPSF NEWS

MOUNTAIN PACIFIC SPORTS FEDERATION

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## 2007 MOUNTAIN PACIFIC SPORTS FEDERATION WOMEN'S GYMNAST & COACHES OF THE YEAR, ALL-MPSF

### *2007 MPSF Women's Gymnast of the Year*

**ANDI DOLINSKY** - Junior, UC Davis - Grand Terrace, CA, Loma Linda Academy  
Andi Dolinsky, an English major from Grand Terrace, Calif., recovered from an injury-plagued 2006 season to enjoy her best season to date as a junior. At the 2007 Mountain Pacific Sports Federation Women's Gymnastics Championship at Seattle Pacific University Dolinsky qualified as an individual on floor exercise to the NCAA West Regional next weekend. Previously an All-MPSF second-team selection on floor exercise, she 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. Floor continued to stand as Dolinsky's strong point as she ranked among the West Region's top 20 for much of the season, finishing with an RQS of 9.825 in the event. She 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 last weekend at the MPSF Championships. Dolinsky, a graduate of the Loma Linda Academy, was a three-time team captain and three-event Level 10 state and regional qualifier for Precision Gymnastics Club before arriving at UC Davis.

### *2006 MPSF Women's Gymnastics Coach of the Year*

**JOHN LAVALLEE** - 1st year - UC Davis

Former Yale assistant coach and Sterling Academy of Gymnastics owner John Lavallee has completed his first year as UC Davis' fourth head women's gymnastics coach. In June of 2006, he was named successor for longtime mentor Ray Goldbar, who had established the Aggie men's and women's varsity programs in 1974. Lavallee's inaugural UC Davis team had its best overall success on vault in 2007, posting seven of the school's top all-time scores in the event. The Aggies scored a school-record 48.875 in the season opener with San Jose State, then eclipsed the 48-point barrier in every meet this season. Lavallee also guided his team to dual meet wins over Boise State and Cal State Fullerton. On March 23, the Aggies scored a 193.150 in a tough quadrangular with Cal, San Jose State and Sacramento State - a mark that ranks eighth in school history. Lavallee previously served as top assist at Yale, helping head coach Barbara Tony guide the Bulldogs to at-large appearances at the NCAA Northeast Regional in 2005 and 2006. Before then, he spent 11 years as director and head coach of the Sterling Academy of Gymnastics, where he earned three USAG Service Awards for his contributions to his sport and served as a member of the USAG State Administrative Committee as Massachusetts' Junior Olympic representative.

### *2007 MPSF Assistant Coaches of the Year*

**KATHY SIWEK** - 7<sup>th</sup> Year - Seattle Pacific

Returning to the coaching staff for her seventh season is Kathy Siwek, former All-America and a key member of Seattle Pacific's 1997 USA Gymnastics Collegiate Championship squad. Siwek is also the assistant director of the Falcon Gymnastics Center. In 2006, Siwek was recognized as the national assistant coach of the year for NCAA Division II. Before returning to her alma mater, Siwek spent two years substitute teaching in the Peninsula School District and coaching at the Lakewood YMCA for Grace Gymnastics Center, winner of the 2000 YMCA National Gymnastics Championships. During her college career, Siwek was a two-time All-America, finishing ninth on floor exercise as a junior and seventh on vault in as a senior. Siwek, a native of Port Orchard who attended South Kitsap High School, graduated from SPU in 1999 with a degree in history and later earned her secondary teaching certificate and master's degree in athletic administration at Seattle Pacific. Siwek resides in Magnolia.

**RON MANARA** - 6<sup>th</sup> Year - UC Davis

Sixth-year assistant Ron Manara has captured his second straight MPSF Assistant Coach of the Year award in 2007. He shared the honor last season while serving under the helm of head coach Ray Goldbar. Manara's primary duties in the gym are with the uneven bars squad. This year's bars crew compiled a regional-qualifying score of 48.160 and a season high of 48.875, each of which led the MPSF. The Aggies also hit a 48.625 in their March 23 home quadrangular and a 48.225 in last weekend's MPSF Championships. Before embarking on his collegiate coaching career, Manara had served as head coach and owner of the Irvine School of Gymnastics for 23 years. He then served as an assistant at Cal State Fullerton and as head coach for the Titan Juniors youth program before his arrival at UC Davis in 2001. - MPSF -

## 2007 MPSF Women's Gymnastics All-Conference Teams

*Determined by Top-Two Regional Qualifying Scores per Team – In Alpha order by Team*

### FIRST-TEAM

**Vault:** SaShonna Iwaniec, Air Force  
Lauren Agostino, Alaska Anchorage  
Kristin Bryant, Seattle Pacific  
Tanya Ho, UC Davis

**Uneven Bars:** SaShonna Iwaniec, Air Force  
Jessica Portlock, Alaska Anchorage  
Debra Huss, Seattle Pacific  
Lida Gehlen, UC Davis

**Balance Beam:** Christine Powers, Air Force  
Lauren Agostino, Alaska Anchorage  
Debra Huss, Seattle Pacific  
Tanya Ho, UC Davis

**Floor Exercise:** Abigail Rogers, Air Force  
Rachael Lehmkuhl, Alaska Anchorage  
Debra Huss, Seattle Pacific  
Andi Dolinsky, UC Davis

**All-Around:** SaShonna Iwaniec, Air Force  
Courtney Williams, Alaska Anchorage  
Debra Huss, Seattle Pacific  
Tanya Ho, UC Davis

### SECOND-TEAM

**Vault:** Abigail Rogers, Air Force  
Rachael Lehmkuhl, Alaska Anchorage  
Sarah Sullivan, Seattle Pacific  
Carrie Lujan, UC Davis

**Uneven Bars:** Michelle Denise, Air Force  
Lauren Magiera, Alaska Anchorage  
Ashley Domres, Seattle Pacific  
Brandi Forte, UC Davis

**Balance Beam:** Kayla Kincade, Air Force  
Courtney Williams, Alaska Anchorage  
Sarah Sullivan, Seattle Pacific  
Julia Richards, UC Davis

**Floor Exercise:** SaShonna Iwaniec, Air Force  
Jessica Portlock, Alaska Anchorage  
Sarah Sullivan, Seattle Pacific  
Carrie Lujan, UC Davis

**All-Around:** Abigail Rogers, Air Force  
Rachael Lehmkuhl, Alaska Anchorage  
Michelle Kulovitz, UC Davis