



# MPSF NEWS

MOUNTAIN PACIFIC SPORTS FEDERATION

PO Box 850 • Woodland, CA 95776-0850

530.669.7600 • Fax 530.669.7627 • [abeaird@mpsports.org](mailto:abeaird@mpsports.org), [kaiahedlund@msn.com](mailto:kaiahedlund@msn.com)

FOR IMMEDIATE RELEASE: Tuesday, March 28, 2006

Contact: Kaia Hedlund

## 2006 MOUNTAIN PACIFIC SPORTS FEDERATION WOMEN'S GYMNASTICS WEEKLY UPDATE #9

**MPSF WOMEN'S GYMNASTICS CHAMPIONSHIP RECAP-** The MPSF Women's Gymnastics Championship was held March 24 at the United States Air Force Academy in Colorado Springs. It was close with the top three teams battling it out and ending up with only a .700 gap between the final scores. Seattle Pacific won the title with a score of 191.700 followed by UC-Davis with a 191.025, Alaska Anchorage with a 190.950 and Air Force with a 184.200. For complete results, see the Falcons' website at <http://www.airforcesports.com/>

### **AIR FORCE ACADEMY, 2-16:**

AIR FORCE hosted the Championship placing fourth with 184.200. **Lauren Robison, Christine Powers, Katie Donnell** and **Sashonna Iwaniec** led the Falcons to their best score 184.200 of the season.

### **SEATTLE PACIFIC, 5-14:**

SEATTLE PACIFIC took home the MPSF Crown with a winning score of 191.700. **Jaynie Reynolds**, and **Kristin Bryant** tied for second in the vault 9.750 and **Reynolds** followed up with a win on the bars and a second in the all-around. **Sarah Sullivan** notched a second place on the beam with a 9.700 followed by teammate **Ashley Domres** with a 9.650 tie for third. The NCAA announced that **Jaynie Reynolds** qualified for the NCAA West Regionals to be held April 8 at Stanford. Seattle Pacific wraps up their season at the USAG Collegiate National Championships at Cornell.

### **UC DAVIS, 2-11:**

UC DAVIS finished second in the Championship with a score of 191.025 highlighted by **Julia Richard's** individual title in the balance beam and **Brandi Forte's** second place finish in the uneven parallel bars. Head Coach **Ray Goldbar** was selected as MPSF Coach of the Year. The Aggies finish their season at the USAG Collegiate National Championships.

### **ALASKA ANCHORAGE, 5-9:**

ALASKA ANCHORAGE finished the Championship in third place by less than a tenth of a point with a score of 190.950. **Jessica Portlock** won the vault, floor and all-around and was selected at MPSF Gymnast of the Year. The NCAA announced that **Jessica Portlock** and **Lauren Agostino** have qualified as individual all-around competitors for the NCAA Division I West Regional Championships, to be held on the campus of Stanford University, April 8. The Seawolf pair earned their spots by virtue of finishing among the top five all-arounders in the region who were not on qualifying teams. Portlock, a sophomore from Anchorage, was the No. 1 qualifier with a 38.730 regional qualifying score, while Agostino, a freshman from Virginia Beach, Va., was No. 3 at 38.515.

-MPSF-

## GymInfo WOMEN'S REGIONAL RANKING

March 27, 2006 – by Total Season Average

### West Region

Rank	Team	Avg	Reg	High	RQS
1	Stanford	195.682	W	197.100	196.290
2	UCLA	195.444	W	196.800	196.230
3	Oregon State	194.679	W	196.550	195.530
4	Boise State	192.662	W	194.775	194.295
5	Sacramento State	192.806	W	195.325	194.030
6	San Jose State	192.354	W	193.625	193.305
7	Washington	191.833	W	193.675	193.170
9	Cal State Fullerton	191.380	W	193.025	192.235
8	California	191.473	W	194.275	192.170
10	UC Davis	189.770	W	193.075	191.085
11	Seattle Pacific	190.167	W	191.850	190.785
12	Alaska Anchorage	188.943	W	191.850	190.520

### North Central Region

10	Air Force	177.642	NC	184.200	180.445
----	-----------	---------	----	---------	---------

### MPSF GYMNAST OF THE YEAR

**March 28 – Jessica Portlock, Sophomore, University of Alaska at Anchorage** was selected as the MPSF Gymnast of the Year by a vote of the conference coaches. Portlock, a three time MPSF Gymnast of the Week won the vault, floor and all-around at the MPSF Championships.

### MPSF COACH OF THE YEAR

**March 28 – Ray Goldbar, UC Davis** was selected by his fellow coaches as MPSF Coach of the year to cap off an outstanding career as Head Coach at UC Davis.

- MPSF -

## MPSF CHAMPIONSHIP RESULTS

### Friday, March 24

- **MPSF Championships at Air Force**

1) Seattle-Pacific - 191.700 2) UC-Davis - 191.025\*, 3) Alaska-Anchorage - 190.950, (4) Air Force - 184.200

VAULT – 1) Portlock, UAA, 9.775; 2) (tie) Reynolds, Bryant, SPU, 9.750

UNEVEN BARS – 1) Reynolds, SPU, 9.850; 2) Forte, UCD, 9.825; 3) (tie) Portlock, UAA, Schwartz, SPU, 9.775

BALANCE BEAM – 1) Richards, UCD, 9.775; 2) Sullivan, SPU, 9.700; 3) (tie) Kulovitz, UCD, Domres, SPU, 9.650

FLOOR EXERCISE – 1) (tie) Portlock, Agostino, UAA, 9.75; 3) (tie) Ingram, UAA, Bryant, SPU, 9.700

ALL-AROUND – 1) Portlock, UAA, 38.900; 2) Reynolds, SPU, 38.675; 3) Agostino, UAA, 38.100

## POSTSEASON

### Saturday, April 8

- NCAA West Regional at Stanford

### Thursday-Saturday April 13-15

- USA Gymnastics Championships in Ithaca, New York

### Thursday-Saturday April 20-27

- NCAA Championship at Oregon State

## 2006 MPSF GYMNASTS OF THE WEEK

Week	Gymnast	School
Jan. 15	Lauren Agostino, Freshman	Alaska Anchorage
Jan. 22	Debra Huss, Junior	Seattle Pacific
Jan. 29	Sarah Sullivan, Junior	Seattle Pacific
Feb. 5	Sarah Sullivan, Junior	Seattle Pacific
Feb. 13	Lauren Robinson, Senior	Air Force Academy
Feb. 21	Jessica Portlock, Sophomore	Alaska Anchorage
Feb. 28	Jessica Portlock, Sophomore	Alaska Anchorage
Mar. 7	Hanna Anderson, Senior	UC Davis
Mar. 14	Jaynie Reynolds, Senior	Seattle Pacific
Mar. 21	Jaynie Reynolds, Senior	Seattle Pacific
Mar. 21	Jessica Portlock, Sophomore	Alaska Anchorage

## MPSF GYMNASTICS ON THE WEB

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

-MPSF-

## MPSF CONFERENCE RANKINGS – Top 6

### By TOTAL SEASON AVERAGE

TEAM SCORES:	Avg.	High	
UC Davis	189.770	193.075	3/17 vs. Sac St.
Seattle Pacific	190.167	191.850	1/20 vs. UAA
Alaska Anchorage	188.943	191.850	2/26 at W.Michigan
Air Force Academy	177.642	184.200	3/24 at Air Force
<b>VAULT:</b>	<b>Avg.</b>	<b>High</b>	<b>RQS</b>
<i>UC DAVIS</i>	47.993	48.650	48.205
1. Lauren Agostino (Fr, UAA)	9.675	9.850	9.790
2. Jessica Portlock (So. UAA)	9.539	9.775	9.745
3. Kristin Bryant (Jr, SPU)	9.692	9.750	9.730
4. Jaynie Reynolds (Sr, SPU)	9.571	9.750	9.720
5. Dominique Ingram (Jr, UAA)	9.575	9.800	9.715
6. Carrie Lujan (Jr, UCD)	9.602	9.850	9.705
<b>UNEVEN BARS:</b>	<b>Avg.</b>	<b>High</b>	<b>RQS</b>
<i>UC DAVIS</i>	47.866	48.775	48.350
1. Brandi Forte' (Sr, UCD)	9.652	9.850	9.775
2. Jessica Portlock (So. UAA)	9.484	9.775	9.715
3. Jaynie Reynolds (Sr, SPU)	9.465	9.850	9.685
4. Sarah Sullivan (Jr., SPU)	9.425	9.700	9.665
5. Arianne Furman (Sr. UCD)	9.355	9.700	9.645
6. Mei Ling Clark (Sr, UCD)	9.572	9.825	9.645
<b>BALANCE BEAM:</b>	<b>Avg.</b>	<b>High</b>	<b>RQS</b>
<i>SEATTLE PACIFIC</i>	47.375	48.150	47.775
1. Sarah Sullivan (Jr, SPU)	9.658	9.800	9.735
2. Jessica Portlock (So, SPU)	9.523	9.725	9.680
3. Lauren Agostino (Fr, UAA)	9.607	9.700	9.675
4. Julia Richards (Jr. UCD)	9.490	9.825	9.635
5. Jaynie Reynolds (Sr, SPU)	9.485	9.750	9.610
6. Ashley Domres (So. SPU)	9.448	9.725	9.605
<b>FLOOR EXERCISE:</b>	<b>Avg.</b>	<b>High</b>	<b>RQS</b>
<i>ALASKA ANCHORAGE</i>	47.646	48.600	48.135
1. Jessica Portlock (So, UAA)	9.667	9.825	9.730
2. Dominique Ingram (Jr, UAA)	9.556	9.800	9.710
3. Lauren Agostino (Fr, UAA)	9.577	9.775	9.705
4. Jaynie Reynolds (Sr, SPU)	9.569	9.750	9.685
5. Sarah Sullivan (Jr, SPU)	9.437	9.825	9.670
6. Kristin Bryant (Jr, SPU)	9.558	9.750	9.660
<b>ALL-AROUND:</b>	<b>Avg.</b>	<b>High</b>	<b>RQS</b>
<i>UC DAVIS</i>	189.770	193.075	191.085
1. Jessica Portlock (So, UAA)	38.237	38.925	38.730
2. Lauren Agostino (Fr, UAA)	37.996	38.825	38.515
3. Jaynie Reynolds (Sr, SPU)	38.090	38.825	38.510
4. Sarah Sullivan (Jr, SPU)	38.094	38.700	38.300
5. Lauren Robison (Sr, AFA)	37.371	38.100	37.685
6. Brianna Schwartz (Fr, SPU)	37.010	38.150	37.590

- MPSF -