



MPSF NEWS

MOUNTAIN PACIFIC SPORTS FEDERATION

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FOR IMMEDIATE RELEASE: March 28, 2006

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2006 MOUNTAIN PACIFIC SPORTS FEDERATION WOMEN'S GYMNAST & COACH OF THE YEAR, ALL-MPSF TEAM

2006 MPSF Women's Gymnast of the Year

JESSICA PORTLOCK - Sophomore, Univ. of Alaska Anchorage - Anchorage, AK, Dimond HS
ALASKA ANCHORAGE sophomore **Jessica Portlock** capped a stellar regular season by winning the all-around with a 38.900 at the Mountain Pacific Sports Federation Championships, Mar. 24 in Colorado Springs. Portlock was also voted MPSF Gymnast of the Year by the league's coaches after claiming the vault and floor (tie) titles as well. The Anchorage native was a 3- time MPSF Gymnast of the Week and has posted three of the top six all-around scores in school history this season, including her career-high and school No. 2 38.925 in an upset win at Western Michigan (Feb. 26). Portlock is the top individual qualifier (among schools not sending full squads) in the all-around for the upcoming NCAA Div. I West Regional Championship, April 8 in Stanford, Calif. As a rookie in 2005, Portlock produced one of the top freshman performances in UAA history as she became the second gymnast to post scores of 9.45 or higher in all four events and was rewarded as the Seawolves MVP for 2005. Jessica, who began this season as an undeclared major, is a native of Anchorage and the daughter of James and Andy Portlock.

2006 MPSF Women's Gymnastics Coach of the Year

RAY GOLDBAR - 17th year - UC Davis

UC DAVIS head coach, **Ray Goldbar** was voted 2006 MPSF Women's Gymnastics Coach of the Year by a vote of his peers. Coach Goldbar will be retiring at the conclusion of this season after 17 years at the helm of the Aggies' women's gymnastics program. During his tenure, Goldbar has mentored UC Davis to eight third-place finishes at the USAG or USGF Collegiate Nationals, a pair of second-place showings and the national team title in 1999. Additionally, he was selected as USAG Coach of the Year that season. A veteran of four decades of gymnastics coaching, Ray Goldbar started men's and women's varsity programs upon his arrival at UC Davis in 1974, elevating them from club status. He briefly coached both teams, then handed the women's team over to assistant Pete Gibson in the late 1970s. In his tenure as men's coach, Goldbar guided the Aggies to a pair of third-place finishes at the NCAA Div. II Championships. In 1987, men's gymnastics was discontinued at UC Davis and Goldbar took over the women's team the following year. Goldbar retires having coached eleven USAG or USGF national champions, 37 All-Americans for 115 awards and five members of the Cal Aggie Athletics Hall of Fame. Goldbar graduated from Sacramento State in 1964 with a degree in physical education. His wife, Molly, is also active in gymnastics and has served as meet director at Aggie home events.

2006 MPSF Assistant Co-Coaches of the Year

TAMI MONETTE - 11th Year - Alaska Anchorage

Coach Monette was voted her second-consecutive MPSF Assistant Coach of the Year award by MPSF head coaches, attesting to her value to the Seawolves' program and gymnastics in the Mountain Pacific Sports Federation. Monette has an extensive background as a competitor, head coach, compulsory judge and club owner. She has served two stints as head coach for the Anchorage Gymnastics Association, and currently serves as an age-group director at the state level.

RON MANARA - 5th Year - UC Davis

Coach Manara enters his fifth year at UC Davis after a diverse career as a coach, athlete, proprietor and state-rated judge. He works primarily with uneven bars, where the Aggies captured two USAG All-America awards in 1991 and **Nicole Doherty** won a USAG title. Manara is a respected clinician who has coached extensively at UC Irvine and Cal State Fullerton, as well as having owned the Irvine School of Gymnastics for 23 years.

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2006 MPSF Women's Gymnastics All-Conference Teams

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

FIRST-TEAM

Vault: Lauren Robison, Air Force
Lauren Agostino, Alaska Anchorage
Kristin Bryant, Seattle Pacific
Carrie Lujan, UC Davis

Uneven Bars: Lauren Robison, Air Force
Jessica Portlock, Alaska Anchorage
Jaynie Reynolds, Seattle Pacific
Brandi Forte, UC Davis

Balance Beam: Christine Powers, Air Force
Jessica Portlock, Alaska Anchorage
Sarah Sullivan, Seattle Pacific
Julia Richards, UC Davis

Floor Exercise: Lauren Robison, Air Force
Jessica Portlock, Alaska Anchorage
Jaynie Reynolds, Seattle Pacific
Julia Richards, UC Davis

All-Around: Lauren Robison, Air Force
Jessica Portlock, Alaska Anchorage
Jaynie Reynolds, Seattle Pacific

SECOND-TEAM

Vault: SaShonna Iwaniec, Air Force
Jessica Portlock, Alaska Anchorage
Jaynie Reynolds, Seattle Pacific
Brandi Forte, UC Davis

Uneven Bars: Christine Powers, Air Force
Dominique Ingram, Alaska Anchorage
Sarah Sullivan, Seattle Pacific
Arianne Furman, UC Davis

Balance Beam: Lauren Robison, Air Force
Lauren Agostino, Alaska Anchorage
Jaynie Reynolds, Seattle Pacific
Megan Nakagawa, UC Davis

Floor Exercise: SaShonna Iwaniec, Air Force
Dominique Ingram, Alaska Anchorage
Sarah Sullivan, Seattle Pacific
Megan Nakagawa, UC Davis

All-Around: SaShonna Iwaniec, Air Force
Lauren Agostino, Alaska Anchorage
Sarah Sullivan, Seattle Pacific