

FOR IMMEDIATE RELEASE: January 21, 2008

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## **2008 MOUNTAIN PACIFIC SPORTS FEDERATION WOMEN'S GYMNASTICS WEEKLY UPDATE**

### **ABBEY ROGERS OF AIR FORCE NAMED GOW**

**AIR FORCE (0-2)** competed twice at home against Centenary last week. Air Force lost 189.275-186.100 on Jan. 18. Sophomore Michelle Denise led the Falcons, placing second in the vault, uneven bars and all-around, tallying 9.650 on the vault, 9.575 on the uneven bars and 37.300 in the all-around. Brittany Dutton scored a team-leading 9.700 on the balance beam to place third, while also adding a third-place mark on the uneven bars (9.475). Abigail Rogers scored a 35.625 in the all-around to place third. Rogers collected a pair of first-place finishes as the Falcons tallied a 188.400 to finish second to Centenary 190.625. Rogers garnered a 9.825 to win the floor exercise. She also won the all-around with a career-best of 38.225. Denise won the uneven bars with a score of 9.600. The Falcons' team score of 188.400 is the best-combined score in head coach Doug Day's tenure.

**ALASKA ANCHORAGE (0-2)** did not compete last week.

**SEATTLE PACIFIC (1-2)** placed third in its opening meet of the season against Sacramento, San Jose State and UC Davis. San Jose State took first, followed by UC Davis and Seattle Pacific (0-1) scored 183.875 to claim third ahead of Sacramento. The Falcons' strongest event on the night was the balance beam (47.250) as Ashley Domres posted a 9.575 landing her in second while fellow senior Christie Chinaka claimed third with a 9.550. Uneven bars also proved to be a strong event for the Falcons (47.150), as Chinaka placed fourth with a 9.650, followed by Domres in sixth (9.575).

**UC DAVIS (3-2)** placed second at 188.625 behind San Jose State and ahead of Seattle and Springfield. Tanya Ho was the Aggies' top finisher, scoring 9.700 to share third place on vault. Ho added a second-place 9.725 on bars and a fourth-place 9.625 on floor exercise. Nicolini also finished among the all-around leaders, compiling a third-place score of 37.575 in her four events. UC Davis and San Jose State battled to a close meet through two rotations. The Aggies added a 47.375 on bars to hold a 95.375 at the midway point. However, the Spartans broke away in the third rotation with a 48.300 on floor exercise, while UC Davis counted four falls in a disappointing 46.475 on beam.

### **2008 MPSF WOMEN'S GYMNASTICS CHAMPIONSHIP**

*March 28 at David, Calif.*

The MPSF champion will be determined at the championship meet hosted by UC Davis on March 28. For more information visit the UC Davis website at <http://ucdavisaggies.cstv.com/>

### **GymInfo WOMEN'S GYMNASTICS REGIONAL RANKING**

Jan. 21, 2008 – by Total Season Average

#### **West Region**

| Rank | Team                | Avg            | Reg      | High           | RQS          |
|------|---------------------|----------------|----------|----------------|--------------|
| 1    | UCLA                | 195.550        | W        | 196.125        | 0.000        |
| 2    | Stanford Univ.      | 195.375        | W        | 196.150        | 0.000        |
| 3    | Oregon State        | 194.750        | W        | 195.625        | 0.000        |
| 4    | Boise State Univ.   | 192.625        | W        | 192.625        | 0.000        |
| 5    | California          | 192.137        | W        | 192.525        | 0.000        |
| 6    | San Jose State      | 191.700        | W        | 192.350        | 0.000        |
| 7    | Washington, U. of   | 190.950        | W        | 191.425        | 0.000        |
| 8    | Sacramento State    | 190.787        | W        | 192.575        | 0.000        |
| 9    | Cal State-Fullerton | 190.125        | W        | 191.025        | 0.000        |
| 10   | <b>UC Davis</b>     | <b>188.987</b> | <b>W</b> | <b>189.350</b> | <b>0.000</b> |
| 11   | Alaska, U. of       | 187.725        | W        | 187.725        | 0.000        |
| 12   | Seattle Pacific     | 183.875        | W        | 183.875        | 0.000        |

#### **North Central Region**

|   |                   |         |    |         |      |
|---|-------------------|---------|----|---------|------|
| 7 | Air Force Academy | 187.250 | NC | 188.400 | 0.00 |
|---|-------------------|---------|----|---------|------|

### **MPSF GYMNAST OF THE WEEK**

*Woodland, Calif.* – Abbey Rogers of Air Force has been named this week's MPSF women's gymnast of the week. She claimed two first-place finishes in the Falcons' dual meet with Centenary...won the all-around (38.225) and floor exercise (9.825)...the 9.825 on the floor was the highest score given by the judges on any event...all-around and floor scores were career-best marks...also tallied personal-best marks on the balance beam (9.450) and uneven bars (9.350)...missed career-best mark on the vault by just .050...scored a 9.600 to finish third in that event...increased all event scores by at least .300 from Friday night's season opener...led the Falcons in three of four events...helped the Falcons to a team total that surpassed the season-best score from all of last year.

## UPCOMING MEETS

|                                  |      |  |
|----------------------------------|------|--|
| <b>Fri, Jan. 25</b>              |      |  |
| Seattle Pacific at SOUTHERN UTAH | 6 pm |  |
| UC Davis at ALASKA ANCHORAGE     | 7 pm |  |
| <b>Sun, Jan. 27</b>              |      |  |
| Air Force at TWU                 | 2 pm |  |
| UC Davis at ALASKA ANCHORAGE     | 7 pm |  |
| <b>Fri, Feb. 1</b>               |      |  |
| UC Davis at SEATTLE PACIFIC      | 7 pm |  |
| <b>Sat, Feb. 2</b>               |      |  |
| MIT at AIR FORCE                 | 6 pm |  |

## RECENT MEETS (Home Team in CAPS)

|   |  |
|---|--|
| <b>Fri, Jan. 11</b>   |  |
| California 192.525, UC DAVIS 189.350, Towson 186.350        |  |
| ARIZONA 194.100, NC State 192.350, Alaska Anchorage 187.725 |  |
| <b>San Fri, Jan. 18</b>                                     |  |
| San Jose 192.350, UC DAVIS 188.625, Seattle Pacific 183.875 |  |
| AIR FORCE 186.100, Centenary College 189.275                |  |
| <b>Sun, Jan. 20</b>   |  |
| AIR FORCE 188.400, Centenary College 190.625                |  |

### 2008 MPSF GYMNASTS OF THE WEEK

| Week    | Student-Athlete | School    |
|---------|-----------------|-----------|
| Jan. 14 | Tanya Ho        | UC Davis  |
| Jan. 21 | Abbey Rogers    | Air Force |

### MPSF GYMNASTICS ON THE WEB

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

### 2008 NCAA WOMEN'S GYMNASTICS CHAMPIONSHIP

April 24-26, 2008 at University of Georgia • Athens, Ga.

## MPSF RANKINGS – TOP 6

### BY TOTAL SEASON AVERAGE

| TEAM SCORES:               | Avg.        | High        |            |
|----------------------------|-------------|-------------|------------|
| 1. UC Davis                | 188.987     | 189.350     |            |
| 2. Alaska, U. of           | 187.725     | 187.725     |            |
| 3. Air Force Academy       | 187.250     | 188.400     |            |
| 4. Seattle Pacific         | 183.875     | 183.875     |            |
| <b>VAULT:</b>              | <b>Avg.</b> | <b>High</b> | <b>RQS</b> |
| <i>UC Davis</i>            | 48.262      | 48.525      | 0.000      |
| 1. Tanya Ho (UCD)          | 9.762       | 9.825       | 0.000      |
| - Kelsey Fullerton (UAA)   | 9.725       | 9.725       | 0.000      |
| 3. Stacey Nicolini (UCD)   | 9.662       | 9.750       | 0.000      |
| 4. Leah Wilson (UAA)       | 9.650       | 9.650       | 0.000      |
| - Marcy Miller (UCD)       | 9.650       | 9.700       | 0.000      |
| 6. Courtney Williams (UAA) | 9.600       | 9.600       | 0.000      |
| <b>UNEVEN P-BARS:</b>      | <b>Avg.</b> | <b>High</b> | <b>RQS</b> |
| <i>UC Davis</i>            | 47.225      | 47.375      | 0.000      |
| 1. Kristy Boswell (UAA)    | 9.725       | 9.725       | 0.000      |
| 2. Tanya Ho (UCD)          | 9.700       | 9.725       | 0.000      |
| 3. Michelle Denise (AFA)   | 9.587       | 9.600       | 0.000      |
| 4. Maria Puricelli (UAA)   | 9.575       | 9.575       | 0.000      |
| - Ashley Domres (SPU)      | 9.575       | 9.575       | 0.000      |
| - Jessica Portlock (UAA)   | 9.575       | 9.575       | 0.000      |
| <b>BALANCE BEAM:</b>       | <b>Avg.</b> | <b>High</b> | <b>RQS</b> |
| <i>Alaska Anchorage</i>    | 47.325      | 47.325      | 0.000      |
| 1. Kelsey Fullerton (UAA)  | 9.650       | 9.650       | 0.000      |
| 2. Brittany Dutton (AFA)   | 9.637       | 9.700       | 0.000      |
| 3. Ashley Domres (SPU)     | 9.575       | 9.575       | 0.000      |
| - Kristy Boswell (UAA)     | 9.550       | 9.550       | 0.000      |
| - Christie Chinaka (SPU)   | 9.550       | 9.550       | 0.000      |
| 6. Brooke Nall (UAA)       | 9.500       | 9.500       | 0.000      |
| <b>FLOOR EXERCISE:</b>     | <b>Avg.</b> | <b>High</b> | <b>RQS</b> |
| <i>UC Davis</i>            | 46.750      | 46.775      | 0.000      |
| 1. Abigail Rogers (AFA)    | 9.662       | 9.825       | 0.000      |
| 2. Kelsey Fullerton (UAA)  | 9.625       | 9.625       | 0.000      |
| 3. Jessica Portlock (UAA)  | 9.600       | 9.600       | 0.000      |
| 4. Tanya Ho (UCD)          | 9.550       | 9.625       | 0.000      |
| 5. Katie Reinhardt (UCD)   | 9.425       | 9.425       | 0.000      |
| 6. Lisa Wong (AFA)         | 9.412       | 9.500       | 0.000      |
| <b>ALL-AROUND:</b>         | <b>Avg.</b> | <b>High</b> | <b>RQS</b> |
| 1. Tanya Ho (UCD)          | 37.800      | 38.225      | 0.000      |
| 2. Stacey Nicolini (UCD)   | 37.600      | 37.625      | 0.000      |
| 3. Michelle Kulovitz (UCD) | 37.550      | 37.550      | 0.000      |
| 4. Kristy Boswell (UAA)    | 37.425      | 37.425      | 0.000      |
| 5. Michelle Denise (AFA)   | 37.337      | 37.375      | 0.000      |
| 6. Laura Willis (SPU)      | 36.950      | 36.950      | 0.000      |