



ALASKA ANCHORAGE SEAWOLF GYMNASTICS

GoSeawolves.com

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February 1, 2012

UAA gymnasts travel for tri-meet at #15 Denver

THIS WEEK IN SEAWOLF GYMNASTICS

Sat., Feb. 4, 4 pm AST — Hamilton Gymnasium — Denver, Colo.

#15 Denver (2-3) hosts

Alaska Anchorage (3-3) & Iowa State (1-2)

LIVE STATS: Find link at GoSeawolves.com or DenverPioneers.com.

ALL-TIME vs DENVER: DU leads 5-0 (2-0 at DU)

Last Meeting: DU 195.300-186.775 (1/31/09 at DU)

Notes: Pioneers have won all meetings by five or more points ... series started in 1993.

ALL-TIME vs IOWA STATE: First meeting

SCOUTING THE OPPONENTS: Denver jumped three spots to No. 15 in the national rankings after a season-high 195.400 performance in its last meet ... led by senior and 2011 NCAA qualifier Brianna Springer, the Pioneers enter Saturday with an average score of 194.738 as they compete in their first season in the Western Athletic Conference ... Big 12 Conference member Iowa State is coming off a narrow dual victory over rival Iowa and holds a season-high of 195.075 ... the Cyclones are averaging 193.808 through their first four meets.



vs



MARYLAND RECAP: The Seawolves earned a 1-3 record in a pair of tri-meets in the D.C./Baltimore area, scoring 185.900 at Maryland on Jan. 20 and 187.875 at Towson on Jan. 22 ... in the first meet, sophomore Melissa Doucette earned a career-high 38.375 all-around score as UAA finished third behind host Maryland and Bridgeport ... the Seawolves also got a 37.025 all-around from freshman Jeanette Conrad and posted a team season-high score on floor exercise with 47.950 ... with two gymnasts not traveling due to injury, the Seawolves went down to a 7-woman lineup when freshman all-arounder Sariaye Jensen (illness) was scratched during warm-ups ... freshman Morgan Cook stepped into the lineup with her first career all-around, however, earning a 9.375 on her first collegiate vault and a 9.575 on floor. UAA also got solid performances from Conrad on vault (9.5), senior Kaelei Spoor on floor (9.725) and senior Shakea Sanders on vault (9.675) ... Doucette added a personal-best 9.775 on floor and placed fourth on vault with a 9.75 ... two days later at Towson, Doucette delivered the team's best all-around performance of the season with a 38.400 and Jensen earned a runner-up 9.75 score on uneven bars as UAA came back to beat William & Mary on the final rotation ... Doucette set her career- and UAA season-high for the fourth straight meet, finishing third among seven all-arounders ... the New



Cook

2012 Alaska Anchorage Gymnastics Schedule & Results

Date	Meet/Opponent	Site	Time/Result
Jan 8	SUNY CORTLAND	WFSC	W, 187.950-183.800
Jan 10	SUNY CORTLAND	WFSC	W, 188.125-187.250
Jan 20	at Maryland (w/ Bridgeport)	College Park, Md.	3rd, 185.900
Jan 22	at Towson (w/ William & Mary)	Towson, Md.	2nd, 187.875
Feb 4	at Denver (w/ Iowa St.)	Denver, Colo.	4 pm
Feb 12	AIR FORCE	WFSC	2 pm
Mar 2	at UC Davis (w/ Arizona, San Jose State)	Davis, Calif.	6 pm
Mar 4	at Sacramento State	Sacramento, Calif.	1 pm
Mar 9	MICHIGAN STATE	WFSC	7 pm
Mar 11	MICHIGAN STATE	WFSC	2 pm
Mar 24	MPSF Championships	Davis, Calif.	5 pm
Apr 7	NCAA West Regionals	Seattle, Wash.	5 pm

Home meets in ALL CAPS / All times Alaska

2012 Seawolf Roster

Name	Ht.	Cl.-Exp	Hometown
Chelsey Baker*	4-11	Fr.-HS	Lynn Haven, Fla.
Jeanette Conrad	5-1	Fr.-HS	Cape Coral, Fla.
Morgan Cook	5-2	Fr.-HS	Hot Springs, Ark.
Melissa Doucette	5-3	So.-1V	Rochester, N.H.
Sariaye Jensen	5-5	Fr.-HS	Henderson, Nev.
Kathleen Mantell	5-0	Sr.-1V	Antioch, Calif.
Emily Petersen	5-4	So.-1V	Indianapolis, Ind.
Paige Pirie	5-3	Fr.-HS	Newnan, Ga.
Shakea Sanders	5-5	Sr.-3V	Federal Way, Wash.
Kaelei Spoor	4-11	Sr.-3V	Rome, N.Y.
Jackie Thomas	5-5	Sr.-2V	Colorado Springs, Colo.

*Redshirt/inactive

HEAD COACH: Paul Stoklos (Arizona, 1981), 28th season

ASSISTANTS: Tami Monette, 17th season; Melissa Jabaay, 6th season; Lauren Agostino, 1st season; Scott Satterfield, 1st season

HEAD COACH PAUL STOKLOS: The only coach in the 28-year history of the UAA gymnastics program, Paul Stoklos is the two-time MPSF Coach of the Year, capturing the honor outright in 2004 and sharing it in 2005. After founding the Seawolf program in 1985, Stoklos has produced 37 Academic All-Americans. Under his tutelage, the Seawolves have earned 39 All-America certificates and five USAG individual national titles. In 2003, Stoklos led the Seawolves into the Div. I ranks and has raised the team's talent level to its highest ever. In 2009, Stoklos led the Seawolves to their first-ever MPSF league title.



Hampshire native also set career-highs on floor (9.75) and bars (9.65), while equaling her best mark on balance beam (9.375) ... Sanders spearheaded the comeback on vault with a team-best 9.675, while the team posted a season-high 47.800 on bars.

DOUCETTE SHARES MPSF HONOR: Sophomore **Melissa Doucette** was named the Mountain Pacific Sports Federation's co-Gymnast of the Week for Jan. 17-23, following her outstanding all-around performances in Maryland ... the Rochester, N.H., native posted career- and UAA season-high all-arounds (38.375, 38.400) in consecutive meets at No. 23 Maryland on Jan. 20 and Towson on Jan. 22 ... she set or tied career-highs on bars (9.65 at Towson), floor (9.775 at Maryland) and beam (9.375 at Towson) both days, helping the Seawolves to a win over fellow visitor William & Mary on Jan. 22.



Doucette

SEAWOLVES SWEEP RED DRAGONS: UAA got off to an unblemished start with two home wins over Div. III foe SUNY Cortland at the Wells Fargo Sports Complex, Jan. 8 and 10 ... in the first meet, freshman **Sariaye Jensen** began her career with an all-around victory to lead the Seawolves to a 187.950-183.800 win ... Jensen scored a 37.825 all-around and took top individual honors on bars with a 9.7 as the Seawolves posted the No. 2 opening-day team score in program history ... two days later, sophomore **Melissa Doucette** scored a winning 37.975 all-around and UAA had to overcome a final-rotation deficit to claim the rematch, getting solid performances from Doucette (9.65) and freshman **Morgan Cook** (9.6) on floor ... Doucette also won on vault with a 9.8, while placing runner-up on floor and bars (9.6) ... UAA claimed the top two spots on beam with Cook's 9.525 and freshman **Jeanette Conrad's** 9.45.

MPSF LEADERS: Through four meets, sophomore **Melissa Doucette** has the MPSF's best average on vault (9.719), while ranking 2nd on floor (9.706) and all-around (38.131), plus 5th on bars (9.581) ... freshman **Sariaye Jensen** gives UAA another all-around leader, ranking 6th with a 37.638 average ... Jensen is also 3rd on bars at 9.683 ... the other Seawolves among the league's top 6 are senior **Shakea Sanders** on vault (t-2nd, 9.631) and senior **Kaelei Spoor** on floor (t-6th, 9.625).



Jensen

TEAM NOTES: With three victories, the Seawolves have already surpassed their 2011 total ... UAA's 187.950 on Jan. 8 was the second-best opening-day score in program history behind a 191.275 in 2005 ... the Seawolves' 48.075 vault score on Jan. 10 equaled the No. 22 mark in program history.

Seawolves 2011 Meet-by-Meet (season-highs in bold)

Meet	Vault	Bars	Beam	Floor	Total
1/08 CORTLAND	47.925	47.025	45.925	47.075	187.950
1/10 CORTLAND	48.075	46.875	45.450	47.725	188.125
1/20 @Maryland	47.875	44.525	45.550	47.950	185.900
1/22 @Towson	46.900	47.800	45.100	48.075	187.875
Averages	47.694	46.556	45.506	47.706	187.463

2012 Individual Season Highs

V — 9.8, Melissa Doucette vs SUNY Cortland, Jan. 10
 UB — 9.75, Sariaye Jensen at Towson, Jan. 22
 BB — 9.525, Kaelei Spoor vs SUNY Cortland, Jan. 8
 FX — 9.775, Melissa Doucette at Maryland, Jan. 20
 AA — 38.400, Melissa Doucette at Towson, Jan. 22

Career-Best Scores by Gymnast

Gymnast	V	UB	BB	FX	AA
Conrad	9.5	9.525	9.45	9.575	37.700
Cook	9.375	9.375	9.525	9.6	36.225
Doucette	9.8	9.65	9.375	9.775	38.400
Jensen	9.575	9.75	9.125	9.475	37.825
MacDonald*	9.5	9.675	9.525	—	—
Mantell	9.275	9.6	9.675	9.65	37.050
Petersen	9.55	9.775	9.675	—	—
Pirie	—	—	—	—	—
Sanders	9.8	9.6	9.675	9.825	38.500
Spoor	9.725	—	9.825	9.875	—
Thomas	—	9.575	9.075	8.225	—

Bold indicates career-high set or tied in last meet
 *Injured or inactive roster member

MORE GYMNAST NOTES: Sophomore **Melissa Doucette's** 38.400 all-around on Jan. 22 was the highest mark for a Seawolf since Courtney Williams ended the 2009 regular season with an identical score against Air Force ... Doucette's 9.8 vault on Jan. 10 tied for the No. 18 score in program history ... the New Hampshire native, who competed in just five meets due to injury last year, has already set career-highs on every event this season ... freshman **Sariaye Jensen** has UAA's best mark on bars (9.75), while senior **Kaelei Spoor** owns the team's best beam routine with a 9.525 in the opener.

INJURY REPORT: Freshman **Chelsey Baker** suffered a season-ending knee injury in UAA's Green & Gold intrasquad scrimmage on Dec. 11.

Statistics by Gymnast

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Jeanette Conrad

Date	Team	Vault	Bars	Beam	Floor	AllArr
H 1/08/2012	SUNY CORTLAND	9.500	9.450	9.275	8.850	37.075
H 1/10/2012	SUNY CORTLAND	9.500	9.225	9.450	9.525	37.700
A 1/20/2012	at Maryland (with Bridgeport)	9.500	8.825	9.200	9.500	37.025
A 1/22/2012	at Towson (with William & Mary)	8.950	9.525	8.175	9.575	36.225
	Average	9.363	9.256	9.025	9.363	37.006
	Season High	9.500	9.525	9.450	9.575	37.700
	Career High	9.500	9.525	9.450	9.575	37.700

Morgan Cook

Date	Team	Vault	Bars	Beam	Floor	AllArr
H 1/08/2012	SUNY CORTLAND			8.750	9.475	
H 1/10/2012	SUNY CORTLAND		8.775	9.525	9.600	
A 1/20/2012	at Maryland (with Bridgeport)	9.375	8.625	8.650	9.575	36.225
A 1/22/2012	at Towson (with William & Mary)		9.375	9.300	9.525	
	Average	9.375	8.925	9.056	9.544	36.225
	Season High	9.375	9.375	9.525	9.600	36.225
	Career High	9.375	9.375	9.525	9.600	36.225

Melissa Doucette

Date	Team	Vault	Bars	Beam	Floor	AllArr
H 1/08/2012	SUNY CORTLAND	9.700	9.575	8.850	9.650	37.775
H 1/10/2012	SUNY CORTLAND	9.800	9.600	8.925	9.650	37.975
A 1/20/2012	at Maryland (with Bridgeport)	9.750	9.500	9.350	9.775	38.375
A 1/22/2012	at Towson (with William & Mary)	9.625	9.650	9.375	9.750	38.400
	Average	9.719	9.581	9.125	9.706	38.131
	Season High	9.800	9.650	9.375	9.775	38.400
	Career High	9.800	9.650	9.375	9.775	38.400

Sariaye Jensen

Date	Team	Vault	Bars	Beam	Floor	AllArr
H 1/08/2012	SUNY CORTLAND	9.550	9.700	9.125	9.450	37.825
H 1/10/2012	SUNY CORTLAND	9.575	9.600	8.800	9.475	37.450
A 1/22/2012	at Towson (with William & Mary)	8.725	9.750	9.350	8.775	
	Average	9.283	9.683	8.963	9.233	37.638
	Season High	9.575	9.750	9.125	9.475	37.825
	Career High	9.575	9.750	9.350	9.475	37.825

Shelby MacDonald

Date	Team	Vault	Bars	Beam	Floor	AllArr
H 1/08/2012	SUNY CORTLAND	9.250	9.650	9.150		
H 1/10/2012	SUNY CORTLAND	9.500	9.675	8.750		
A 1/20/2012	at Maryland (with Bridgeport)	9.425	8.625	9.475		
A 1/22/2012	at Towson (with William & Mary)	9.400	9.300	8.850		
	Average	9.394	9.313	9.056		
	Season High	9.500	9.675	9.475		
	Career High	9.500	9.675	9.525		

Kathleen Mantell

Date	Team	Vault	Bars	Beam	Floor	AllArr
A 1/20/2012	at Maryland (with Bridgeport)		8.950	8.875		
A 1/22/2012	at Towson (with William & Mary)		9.500	9.300		
	Average		9.225	9.088		
	Season High		9.500	9.300		
	Career High	9.525	9.775	9.675	9.650	37.050

Scores in italic set or tied a personal record. Scores in bold set or tied a team record. Scores with a strike-through were exhibition.

Statistics by Gymnast

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Shakea Sanders

Date	Team	Vault	Bars	Beam	Floor	AllArr
H 1/08/2012	SUNY CORTLAND	9.575			8.600	
H 1/10/2012	SUNY CORTLAND	9.600		7.600	9.300	
A 1/20/2012	at Maryland (with Bridgeport)	9.675			9.375	
A 1/22/2012	at Towson (with William & Mary)	9.675			9.575	
Average		9.631			9.213	
Season High		9.675			9.575	
Career High		9.800	9.600	9.675	9.825	38.500

Kaelei Spoor

Date	Team	Vault	Bars	Beam	Floor	AllArr
H 1/08/2012	SUNY CORTLAND	9.600		9.525	9.650	
H 1/10/2012	SUNY CORTLAND	9.600		8.500	9.475	
A 1/20/2012	at Maryland (with Bridgeport)	9.525		8.075	9.725	
A 1/22/2012	at Towson (with William & Mary)	9.250		8.275	9.650	
Average		9.494		8.594	9.625	
Season High		9.600		9.525	9.725	
Career High		9.725		9.825	9.875	

Jackie Thomas

Date	Team	Vault	Bars	Beam	Floor	AllArr
H 1/08/2012	SUNY CORTLAND		8.650	8.075		
H 1/10/2012	SUNY CORTLAND		8.700			
Average			8.675			
Season High			8.700			
Career High			9.575	9.425	8.225	

Scores in italic set or tied a personal record. Scores in bold set or tied a team record. Scores with a strike-through were exhibition.