ALASKA ANCHORAGE

2017 GYMNASTICS

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March 15, 2017

Seawolves aim for league glory at 2017 MPSF Championships

THIS WEEK IN ALASKA ANCHORAGE GYMNASTICS

at Mountain Pacific Sports Federation Championships
Saturday, Mar. 18 - 5 pm ADT — The Event Center — San Jose, Calif.
UAA, Air Force, San Jose State, Sacramento State, Seattle Pacific, UC Davis

TV: None

LIVE VIDEOSTREAM: Free at https://livestream.com/sanjosestate/events/7131237

LIVE STATS: http://www.sjsuspartans.com/livestats/w-gym/mpsf_champs_17.htm

SOCIAL MEDIA: Get periodic meet updates by following the @UAAGymnastics Twitter feed ... fans can also like UAA's main Facebook page (Alaska Anchorage Seawolves), the UAA Gymnastics Facebook page, or the Alaska Anchorage Instagram feed for general content.

MEET PREVIEW: The Seawolves will aim to break into the top three at the 6-team Mountain Pacific Sports Federation Championships on Saturday in San Jose, Calif. ... UAA comes in ranked 6th in the league with a 190.635 regional qualifying score and a 190.133 average ... UC Davis and host San Jose State come in atop the league with RQS's of 194.845 and 194.355, respectively ... UCD is the two-time defending champion and has won six of the last seven MPSF meets since the Seawolves claimed their lone title in 2009.

2016 MPSF RECAP: Then-Senior Marie-Sophie Boggasch scored a pair of 9.8s and fellow seniors M'rcy Matsunami and Simone Penker delivered solid all-arounds to help UAA finish 5th place with 192.850 points at the 2016 Mountain Pacific Sports Federation Women's Gymnastics Championships in Sacramento, Cailf ... the Seawolves tied for the 8th-best total score in program history as they easily outdistanced Air Force (191.450) in the 6-team meet, while barely trailing Seattle Pacific (193.000) for 4th ... host Sacramento State scored 196.300 to win its second title in the past three seasons.

2017 UAA Schedule & Results

JANUARY		
11	at William & Mary	L, 188.950
14	at Maryland	4th, 188.175
	(w/ Arizona, #18 Minnesota)	
20	WISCONSIN-STOUT	W, 188.200
23	WISCONSIN-STOUT	W, 189.350
FEBRUARY		
3	at Sacramento State	L, 190.900
17	at UC Davis	L, 189.350
19	at UC Davis	L, 192.700
MARCH		
3	CENTENARY	W, 190.675
5	CENTENARY	W, 192.600
18	**at MPSF Championships%**	**5 pm**
APRIL		
1	at NCAA Seattle Regional*	5 pm

%San Jose, Calif.
Home meets in ALL CAPS at Alaska Airlines Center
All times Alaska

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2017 Seawolf Gymnastics Roster

Name	Ht.	Cl.-Exp	Hometown (High School/Club Team)	PRONUNCIATION GUIDE
Kierra Abraham	5-2	So.-1V	Reistertown, Md. (Western School of Technology/United Gymnastix)	kee-AIR-uh
Tere Alonso	5-1	Fr.-HS	Virginia Beach, Va. (Homeschool/Excalibur Gymnastics)	like 'Terry'
Madeleine Arbuckle	5-4	Jr.-2V	Winnipeg, Manitoba (Vincent Massey Collegiate/Springers GC)	
Kendra Daniels	5-3	Jr.-2V	Veneta, Ore. (Elmira HS/Gymnastics Northwest)	
Kennedy Green	5-4	Fr.-HS	Highlands Ranch, Colo. (Mountain Vista HS/Adrenaline Gym. Acad.)	
Sophia Hyderally	5-0	Fr.-HS	Daphne, Ala. (Bayside Academy/Planet Gymnastics)	HIGH-der-alley
Louisa Marie Knapp	5-5	Fr.-HS	Rellingen, Germany (Albrecht-Thaer Gymnasium [HS])	k'NOPP (hard 'k')
Nicole Larkin	5-0	Sr.-3V	Kennewick, Wash. (Southridge HS/Mid-Columbia Gym. Academy)	
Kaylin Mancari	5-7	So.-1V	High Point, N.C. (High Point Central HS/High Point Gym. Academy)	man-KAY-ree
Mackenzie Miller	5-7	Fr.-HS	Waterford, Mich. (Clarkston HS/Oakland Gymnastics)	
Brice Mizell	5-4	Sr.-2V	Mill City, Ore. (Santiam HS/The Athletic Edge)	my-ZELL
Kallie Randolph	5-2	Sr.-3V	Anchorage, Alaska (Polaris K-12/Anchorage Gymnastics Assoc.)	KAY-lee
Sofie Riley	5-4	Fr.-HS	Boise, Idaho (Timberline HS/Bronco Elite Gymnastics)	
Morgan Ross	5-3	Jr.-2V	Reno, Nev. (Reno HS/Flips USA Gymnastics	

HEAD COACH: Paul Stoklos (Arizona, '81), 33rd year / **ASSISTANT COACHES:** Tami Monette, 22nd yr; Alina Cartwright (Mich. St., '16), 1st yr

(for full bios, visit GoSeawolves.com)

MPSF CHAMPIONSHIPS HISTORY ...

Year	UAA Pl.	Score	Team Champ	UAA indiv. champ(s)
2002	N/A (5)	N/A	Sac St.	N/A
2003	6th (6)	187.300	Sac St.	None
2004	4th (6)	193.750	San Jose St.	None
2005	6th (6)	189.275	Sac St.	Ingram-V-t
2006	3rd (4)	190.950	Seattle Pac.	Portlock-AA/V/FX-t Agostino-FX-t
2007	3rd (4)	187.850	Seattle Pac.	None
2008	3rd (4)	192.825	UC Davis	Fullerton-FX-tie
2009	**1st (4)**	**192.825**	**UAA**	Boswell-UB Agostino-V-t
2010	4th (4)	190.725	UC Davis	None
2011	4th (4)	190.475	UC Davis	Fullerton-FX
2012	4th (4)	188.300	UC Davis	None
2013	4th (4)	191.850	UC Davis	None
2014	6th (6)	192.200	Sac St.	None
2015	4th (6)	193.700	UC Davis	Matsunami-UB
2016	5th (6)	192.850	Sac St.	None

BEAM RECORD FALLS IN HOME FINALE: Led by a 38.225 all-around from junior **Madeleine Arbuckle** and solid three-event efforts from junior **Kendra Daniels** and senior **Kallie Randolph**, UAA crushed its program record on balance beam Mar. 5 and rallied for a 192.600-190.475 dual meet victory over Centenary at the Alaska Airlines Center ... competing in their 'senior day' home finale, the Seawolves (4-7) broke the previous beam mark of 48.650 with a 48.950, getting 9.825s from Randolph and freshman **Sophia Hyderally**, plus 9.8s from senior **Brice Mizell** and sophomore **Kaylin Mancari** ... Hyderally and Randolph equaled the 7th-best beam scores for a Seawolf, while Daniels added a 9.7 to cement the historic team effort ... Arbuckle took top honors on vault with a 9.7 and had UAA's second-best score on floor with a career-high 9.775; the Manitoba native also scored a 9.6 on bars and just missed her career-high all-around despite a fall on beam ... senior **Nicole Larkin** won the bars with UAA's best score this season at 9.8, while freshman **Mackenzie Miller** was third with a 9.675 ... the Seawolves took the top five places on balance beam to grab control of the meet, with Hyderally, Mizell and Mancari all earning career bests, and Daniels led UAA on floor with a career-high-tying 9.8.

Arbuckle

Hyderally

TEAM NOTES: Five of the top 11 scores in program history have occured in the MPSF Championships, including 193.750 (3rd) in 2004 and a 193.700 (4th) in 2015, when UAA hosted at the Alaska Airlines Center ... the Seawolves' top two scores this season rank 14th (192.700 at UCD, Feb. 19) and 16th (192.600 vs Centenary, Mar. 5) on the program list ... the beam score of 48.950 on Mar. 5 crushed the program record of 48.650, set each of the last two seasons ... the Seawolves have collected four of the top 10 beam scores in program history since Feb. 3 ... the season-high 48.200 bars total at UCD on Feb. 17 tied for 17th in program history, while the 48.550s on Feb. 19 and Mar. 5 are tied for 13th on the floor list.

GYMNAST NOTES: Junior **Kendra Daniels** became just the fifth Seawolf gymnast to reach the 9.9 plateau with her program-record beam routine at UC Davis on Feb. 19, joining Dominique Ingram (9 times, 2004-05), Elena Tkacheva (5 times, 1996-97), Lauren Agostino (once, 2009) and M'rcy Matsunami (once, 2015) on that elite list ... Daniels has been one of the most consistent beam performers in program history on beam, also bosting the 7th- (9.825) and 20th-best (9.8) scores on that UAA list ... with junior co-captain Morgan Ross sidelined for the year with an injury, Daniels now owns UAA's top floor average this season at 9.735, boosted by a pair of 9.8s in her most recent efforts ... senior **Kallie Randolph** owns four of the best 13 floor exercise season averages in program history, including a team-best 9.696 mark (7th) last season and a 9.675 (t-12th) this year ... Randolph leads current Seawolves and is No. 8 on UAA's all-time list for individual event victories with 13, notching three wins on beam and one on floor this season ... an Anchorage native, Randolph had a career high and equaled the 2nd-best beam score in program history with her 9.85 against Centenary on Mar. 3 ... senior **Nicole Larkin** owns the most experience on the team, with appearances in 39 of 40 career meets ... mainly a bars and floor specialist, Larkin has missed only one set on bars and owns the No. 7 score in program history with a pair of 9.825s as sophomore ... Larkin also recently posted UAA's best bars score this year with a 9.8 on Mar. 5 against Centenary .... juniors **Morgan Ross** and **Madeleine Arbuckle** have been UAA's all-around performers this season, with Arbuckle posting three 38-plus efforts ... Arbuckle's victories in the all-around and on vault Mar. 5 marked the first individual wins of her career ... senior **Brice Mizell** picked up the first individual win of her career in her second-to-last dual meet, posting a 9.625 vault Mar. 3.

Daniels

Randolph

Larkin

Seawolves 2017 Meet-by-Meet

Meet	Vault	Bars	Beam	Floor	Total
1/11 @W&M	47.500	46.875	47.050	47.525	188.950
1/14 @Maryland	46.625	46.675	47.425	47.450	188.175
1/20 UW-STOUT	47.625	45.725	47.075	47.775	188.200
1/23 UW-STOUT	47.500	46.525	46.825	48.500	189.350
2/03 @Sac St.	47.575	46.950	48.450	47.925	190.900
2/17 @UCD	46.825	46.975	47.225	48.325	189.350
2/19 @UCD	47.550	**48.200**	48.400	**48.550**	**192.700**
3/03 CENTENARY	46.850	47.200	48.475	48.150	190.675
3/05 CENTENARY	**47.650**	47.450	**48.950**	**48.550**	192.600
Averages	47.300	47.019	47.764	48.083	190.133

2017 Individual Season Highs

V — 9.75, Morgan Ross at Sacramento State, Feb. 3
UB — 9.8, Nicole Larkin vs Centenary, Mar. 5
BB — 9.9, Kendra Daniels at UC Davis, Feb. 19 ***(school record)***
FX — 9.875, Morgan Ross vs UW-Stout, Jan. 23
AA — 38.350, Madeleine Arbuckle vs Centenary, Mar. 3

Career-Best Scores by Gymnast

Gymnast	V	UB	BB	FX	AA
Abraham	9.775	9.3	—–	9.625	—–
Alonso	9.3	9.425	9.7	9.35	—–
Arbuckle	**9.7**	9.7	9.7	**9.775**	**38.350**
Daniels	**9.575**	—–	9.9	**9.8**	—–
Green	9.6	—–	—–	**9.625**	—–
Hyderally	—–	9.45	**9.825**	—–	—–
Knapp	—–	**9.375**	—–	—–	—–
Larkin	**9.575**	9.825	9.65	9.775	37.825
Mancari	—–	9.325	**9.8**	**9.55**	—–
Miller	—–	9.725	—–	9.725	—–
Mizell	**9.625**	9.3	**9.8**	9.775	37.300
Randolph	9.3	—–	**9.85**	9.85	—–
Riley	—–	9.625	—–	—–	—–
Ross	9.75	9.425	9.675	9.875	38.325

Bold indicates mark set in most recent meet

Statistics by Gymnast

Alaska Anchorage: 2016 - 2017 Season

Kierra Abraham

	Date	Team	Vault	Bars	Beam	Floor	AllArr
H	1/20/2017	WISCONSIN-STOUT	*9.425*	*8.925*			
H	1/23/2017	WISCONSIN-STOUT	*9.600*				
A	2/03/2017	at Sacramento State	9.650	*9.300*			
		Average	9.558	9.113			
		Season High	9.650	9.300			
		Career High	9.775	9.300		9.625	

Tere Alonso

	Date	Team	Vault	Bars	Beam	Floor	AllArr
A	1/11/2017	at William & Mary	9.050	*8.525*	*9.700*	*9.350*	
A	1/14/2017	at Maryland (w/ Arizona, Minnesota)	8.600	8.475	9.650	9.250	
H	1/20/2017	WISCONSIN-STOUT			*8.950*		
H	1/23/2017	WISCONSIN-STOUT		8.450	*9.050*		
A	2/03/2017	at Sacramento State	*9.300*		8.650	9.100	
A	2/17/2017	at UC Davis		*8.700*			
A	2/19/2017	at UC Davis		*9.425*			
H	3/03/2017	CENTENARY		*9.300*			
H	3/05/2017	CENTENARY		8.350			
		Average	8.950	8.860	9.338	9.233	
		Season High	9.300	9.425	9.700	9.350	
		Career High	9.300	9.425	9.700	9.350	

Madeleine Arbuckle

	Date	Team	Vault	Bars	Beam	Floor	AllArr
A	1/11/2017	at William & Mary	9.425	*9.525*	9.050	*9.375*	*37.375*
A	1/14/2017	at Maryland (w/ Arizona, Minnesota)	9.425	*9.575*	9.525	*9.400*	*37.925*
H	1/20/2017	WISCONSIN-STOUT	9.575	*8.675*	8.500	*8.750*	
H	1/23/2017	WISCONSIN-STOUT	9.425	*9.500*	8.925	*9.425*	
A	2/03/2017	at Sacramento State	9.450	*9.600*	9.600	*9.475*	*38.125*
A	2/17/2017	at UC Davis	9.500	9.500	9.575	*9.625*	*38.200*
A	2/19/2017	at UC Davis	9.400	*9.700*	*9.700*	8.700	37.500
H	3/03/2017	CENTENARY	9.550	*9.650*	*9.575*	*9.575*	*38.350*
H	3/05/2017	CENTENARY	*9.700*	9.600	9.150	*9.775*	38.225
		Average	9.494	9.481	9.454	9.344	37.957
		Season High	9.700	9.700	9.700	9.775	38.350
		Career High	9.700	9.700	9.700	9.775	38.350

Kendra Daniels

	Date	Team	Vault	Bars	Beam	Floor	AllArr
A	1/11/2017	at William & Mary			8.850		
A	1/14/2017	at Maryland (w/ Arizona, Minnesota)			9.875		
H	1/20/2017	WISCONSIN-STOUT			*9.075*		
H	1/23/2017	WISCONSIN-STOUT			*9.700*	8.850	
A	2/03/2017	at Sacramento State			9.825	*9.725*	
A	2/17/2017	at UC Davis			8.050	*9.750*	
A	2/19/2017	at UC Davis			*9.900*	9.600	
H	3/03/2017	CENTENARY	*9.000*		*9.825*	*9.800*	
H	3/05/2017	CENTENARY	*9.575*		9.700	*9.800*	
		Average	9.288		9.366	9.735	
		Season High	9.575		9.900	9.800	
		Career High	9.575		9.900	9.800	

Kennedy Green

	Date	Team	Vault	Bars	Beam	Floor	AllArr
A	1/11/2017	at William & Mary	*9.550*			*9.400*	
A	1/14/2017	at Maryland (w/ Arizona, Minnesota)	9.450			8.950	

Statistics by Gymnast

Alaska Anchorage: 2016 - 2017 Season

H	1/20/2017	WISCONSIN-STOUT		*9.550*		*9.400*	
H	1/23/2017	WISCONSIN-STOUT		9.125		*9.625*	
A	2/03/2017	at Sacramento State		9.425		9.500	
A	2/17/2017	at UC Davis		9.150		9.550	
A	2/19/2017	at UC Davis		*9.600*		9.600	
H	3/03/2017	CENTENARY		9.125		9.350	
H	3/05/2017	CENTENARY		9.100		*9.625*	
			Average	9.342		9.444	
			Season High	9.600		9.625	
			Career High	9.600		9.625	

Sophia Hyderally

	Date	Team		Vault	Bars	Beam	Floor	AllArr
H	1/20/2017	WISCONSIN-STOUT				*9.675*		
H	1/23/2017	WISCONSIN-STOUT				8.875		
A	2/03/2017	at Sacramento State			*9.450*	9.650		
H	3/03/2017	CENTENARY				*9.750*		
H	3/05/2017	CENTENARY				*9.825*		
			Average		9.450	9.555		
			Season High		9.450	9.825		
			Career High		9.450	9.825		

Louisa Knapp

	Date	Team		Vault	Bars	Beam	Floor	AllArr
A	1/11/2017	at William & Mary			*8.875*			
A	1/14/2017	at Maryland (w/ Arizona, Minnesota)			*9.200*			
H	1/23/2017	WISCONSIN-STOUT			*9.250*			
A	2/03/2017	at Sacramento State			9.050			
H	3/03/2017	CENTENARY			*9.375*			
H	3/05/2017	CENTENARY			9.200			
			Average		9.158			
			Season High		9.375			
			Career High		9.375			

Nicole Larkin

	Date	Team		Vault	Bars	Beam	Floor	AllArr
A	1/11/2017	at William & Mary		9.450	9.650	9.575		
A	1/14/2017	at Maryland (w/ Arizona, Minnesota)		8.900	9.500	8.875		
H	1/20/2017	WISCONSIN-STOUT			*9.500*			
H	1/23/2017	WISCONSIN-STOUT			*9.700*			
A	2/17/2017	at UC Davis		9.225	9.700	9.550		
A	2/19/2017	at UC Davis		9.325	9.725	9.225		
H	3/03/2017	CENTENARY		*9.550*	9.250			
H	3/05/2017	CENTENARY		*9.575*	*9.800*	9.700		
			Average	9.338	9.603	9.225		
			Season High	9.575	9.800	9.575		
			Career High	9.575	9.825	9.700	9.775	37.825

Kaylin Mancari

	Date	Team		Vault	Bars	Beam	Floor	AllArr
A	1/14/2017	at Maryland (w/ Arizona, Minnesota)				8.650		
H	1/20/2017	WISCONSIN-STOUT				*9.575*		
H	1/23/2017	WISCONSIN-STOUT				*9.575*		
A	2/03/2017	at Sacramento State				9.550		
A	2/17/2017	at UC Davis				9.575		
A	2/19/2017	at UC Davis				*9.775*		
H	3/03/2017	CENTENARY				9.475	*9.350*	

Statistics by Gymnast

H	3/05/2017	CENTENARY				*9.800*	*9.550*	
			Average			9.497	9.450	
			Season High			9.800	9.550	
			Career High		9.325	9.800	9.550	

Mackenzie Miller

	Date	Team	Vault	Bars	Beam	Floor	AllArr
A	1/11/2017	at William & Mary		*9.525*		9.675	
A	1/14/2017	at Maryland (w/ Arizona, Minnesota)		9.325		9.550	
H	1/20/2017	WISCONSIN-STOUT		*9.500*		*9.400*	
H	1/23/2017	WISCONSIN-STOUT		*9.500*		*9.550*	
A	2/17/2017	at UC Davis		*9.525*		8.875	
A	2/19/2017	at UC Davis		*9.725*			
H	3/03/2017	CENTENARY		*9.625*			
H	3/05/2017	CENTENARY		*9.675*			
		Average		9.550		9.500	
		Season High		9.725		9.550	
		Career High		9.725		9.675	

Brice Mizell

	Date	Team	Vault	Bars	Beam	Floor	AllArr
A	1/11/2017	at William & Mary	9.525		9.050	9.000	
A	1/14/2017	at Maryland (w/ Arizona, Minnesota)			9.700	9.025	
H	1/20/2017	WISCONSIN-STOUT	*9.475*		*9.550*	*9.650*	
H	1/23/2017	WISCONSIN-STOUT	*9.525*		9.475	*9.775*	
A	2/17/2017	at UC Davis	9.325		9.575	8.800	
A	2/19/2017	at UC Davis	*9.575*		9.225	9.725	
H	3/03/2017	CENTENARY	*9.625*		9.125	9.625	
H	3/05/2017	CENTENARY	*9.625*		*9.800*	9.600	
		Average	9.525		9.438	9.454	
		Season High	9.625		9.800	9.775	
		Career High	9.625	9.300	9.800	9.775	37.300

Kallie Randolph

	Date	Team	Vault	Bars	Beam	Floor	AllArr
A	1/11/2017	at William & Mary	*9.100*			9.625	
A	1/14/2017	at Maryland (w/ Arizona, Minnesota)	*9.150*			9.650	
H	1/20/2017	WISCONSIN-STOUT	*8.700*			*9.700*	
H	1/23/2017	WISCONSIN-STOUT	*9.250*			9.675	
A	2/03/2017	at Sacramento State	*9.300*		9.725	9.500	
A	2/17/2017	at UC Davis	9.050		9.500	9.600	
A	2/19/2017	at UC Davis	9.200		*9.800*	9.775	
H	3/03/2017	CENTENARY	8.975		***9.850***	*9.800*	
H	3/05/2017	CENTENARY	9.175		9.825	9.750	
		Average	9.100		9.740	9.675	
		Season High	9.300		9.850	9.800	
		Career High	9.300	9.100	9.850	9.850	

Sofie Riley

	Date	Team	Vault	Bars	Beam	Floor	AllArr
A	1/11/2017	at William & Mary		*9.300*			
A	1/14/2017	at Maryland (w/ Arizona, Minnesota)		9.075			
H	1/20/2017	WISCONSIN-STOUT		*9.100*			
H	1/23/2017	WISCONSIN-STOUT		*9.175*			
A	2/03/2017	at Sacramento State		*9.400*			
A	2/17/2017	at UC Davis		9.050			
A	2/19/2017	at UC Davis		*9.625*			
H	3/03/2017	CENTENARY		*9.250*			

Statistics by Gymnast

Alaska Anchorage: 2016 - 2017 Season

H	3/05/2017	CENTENARY		9.175
			Average	9.239
			Season High	9.625
			Career High	9.625

Morgan Ross

	Date	Team	Vault	Bars	Beam	Floor	AllArr
A	1/11/2017	at William & Mary	9.550		*9.675*	*9.775*	
A	1/14/2017	at Maryland (w/ Arizona, Minnesota)	9.700	*8.800*	*9.675*	9.600	*37.775*
H	1/20/2017	WISCONSIN-STOUT	*9.600*	*8.700*	*9.200*	*9.625*	*37.125*
H	1/23/2017	WISCONSIN-STOUT	*9.700*	*8.750*	9.025	*9.875*	*37.350*
A	2/03/2017	at Sacramento State	*9.750*	*9.200*	9.650	9.725	*38.325*
A	2/17/2017	at UC Davis	9.625	*9.200*	9.000	9.800	37.625
A	2/19/2017	at UC Davis	9.650	*9.425*	9.075	9.850	38.000
		Average	9.654	9.013	9.329	9.750	37.700
		Season High	9.750	9.425	9.675	9.875	38.325
		Career High	9.750	9.425	9.675	9.875	38.325