



ALASKA ANCHORAGE

2018 GYMNASTICS

GoSeawolves.com

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January 31, 2018

UAA host MPSF rivals Air Force, Sac State in Seawolf Invitational

THIS WEEK IN ALASKA ANCHORAGE GYMNASTICS ...

Sat., Feb. 3 — 6 pm AST — Alaska Airlines Center — Anchorage, Alaska

Seawolf Invitational:

Alaska Anchorage (3-2) vs Air Force (1-2) and Sacramento State (0-8)

TV: Live statewide on GCI Cable channels 907 (hd) & 1 (sd)

LIVE VIDEOSTREAM: Free at portal.stretchinternet.com/uaa

LIVE STATS: www.goseawolves.com/fls/13400/Gymnastics/20180203.htm

TICKETS: \$10 regular / \$8 for UAA staff/faculty/alumni or military, youth (3-18) and seniors (60+) ... group discount (10+) for \$6 ... single-meet tickets can also be purchased online at GoSeawolves.com or AlaskaAirlinesCenter.com.

SEAWOLF INVITATIONAL PREVIEW: The Seawolves will host their first multi-team meet and utilize the Alaska Airlines Center's main arena for the first time since hosting the Mountain Pacific Sports Federation Championships in March 2015 ... Saturday's tri-meet will be a sneak preview of this year's league meet, featuring fellow MPSF programs Air Force and Sacramento State.

ROTATION ORDER: 1) UAA vault, Air Force bars, Sac State beam ... 2) UAA bars, Air Force beam, Sac State floor ... 3) Sac State vault, UAA beam, Air Force floor ... 4) Air Force vault, Sac State bars, UAA floor.

SCOUTING THE OPPONENTS: **Sacramento State** comes into Saturday with a season average of 192.356 and a high of 193.275, although the Hornets have not been able to break into the win column in their first four meets ... Sac State's Caitlin Soliwoda brings an impressive 38.900 all-around average as well ... **Air Force** has averaged 192.625 in its three competitions, posting a season high of 193.425 in its season opener ... the Falcons are feature two all-



2018 UAA Schedule

JANUARY

12	CORTLAND	W, 188.825
14	CORTLAND	W, 190.975
19	at Lindenwood	2nd of 3, 188.300
	(w/ Centenary)	
21	at Illinois State	L, 186.150

FEBRUARY

3	SEAWOLF INVITATIONAL	6 pm
	(UAA, Air Force, Sac State)	
9	at Centenary	4 pm
11	at Centenary	11 am
23	at Seattle Pacific	6 pm

MARCH

9	at Sac State Invitational	6 pm
	(UAA, Arizona St., Sac St., UCD)	
24	at MPSF Championships [^]	4 pm

APRIL

7	at NCAA Regionals*	TBD
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[^]Colorado Springs, Colo. / *Salt Lake City, Utah
Home meets in ALL CAPS at Alaska Airlines Center

@UAGymnastics
@UAASeawolves

2018 Seawolf Gymnastics Roster

Name	Ht.	Cl.-Exp	Hometown (High School/Club Team)	PRONUNCIATION GUIDE
Kierra Abraham	5-2	Jr.-2V	Reistertown, Md. (Western School of Technology/United Gymnastics)	kee-AIR-uh
Tere Alonso	5-1	So.-1V	Virginia Beach, Va. (Homeschool/Excalibur Gymnastics)	like 'Terry'
Madeleine Ar buckle	5-4	Sr.-3V	Winnipeg, Manitoba (Vincent Massey Collegiate/Springers GC)	
Kendra Daniels	5-3	Sr.-3V	Veneta, Ore. (Elmira HS/Gymnastics Northwest)	
Isabelle Fox	5-1	Fr.-HS	Houston, Texas (Memorial HS/Flips Gymnastics)	
Kennedy Green	5-4	So.-1V	Highlands Ranch, Colo. (Mountain Vista HS/Adrenaline Gym. Acad.)	
Sophia Hyderally	5-0	So.-1V	Daphne, Ala. (Bayside Academy/Planet Gymnastics)	HIGH-der-alley
Louisa Marie Knapp	5-5	So.-1V	Rellingen, Germany (Albrecht-Thaer Gymnasium [HS])	K'NOPP (hard 'k')
Kaylin Mancari	5-7	Jr.-2V	High Point, N.C. (High Point Central HS/High Point Gym. Academy)	MAN-kare-ee
Mackenzie Miller	5-7	So.-1V	Waterford, Mich. (Clarkston HS/Oakland Gymnastics)	
Hope Nelson	5-3	Fr.-HS	Newport News, Va. (Menchville HS/World Class Gymnastics)	
Michaela Phillips	5-1	Fr.-HS	Homedale, Idaho (Skyview HS/Wings Center)	mih-KAY-luh
Sofie Riley	5-4	So.-1V	Boise, Idaho (Timberline HS/Bronco Elite Gymnastics)	
Morgan Ross	5-3	Sr.-3V	Reno, Nev. (Reno HS/Flips USA Gymnastics)	
Isabella Scalapino	5-4	Fr.-HS	Cedar Park, Texas (Leander HS/AcroTex Gymnastics)	scal-a-PEE-no (scal rhymes w/ 'pal')

HEAD COACH: Tanya Ho (UC Davis, '10), 1st year / **ASSISTANT COACH:** Alina Cartwright (Michigan State, '16), 2nd year

(for full bios, visit GoSeawolves.com)

arounders with plus-38 averages, Tyler Davis (38.325) and Mariana Murphy (38.175).

ALL-TIME vs AIR FORCE: Air Force leads 30-20 overall

In Anchorage: UAA leads 14-8

Last: UAA 194.125-191.975 (3/13/16 at UAA)

Streak: UAA 2

Notes: The Seawolves have had more head-to-head success against the Falcons than any other MPSF program ... UAA leads 11-8 since joining the MPSF in 2003 ... series began in UAA's first season of gymnastics in 1985.

ALL-TIME vs SACRAMENTO STATE: Sac State leads 43-9

In Anchorage: Sac State leads 17-5

Last: Sac State 194.400-190.900 (2/3/17 at Sac State)

Streak: Sac State 30

Notes: Sac State leads 12-0 in head-to-head meetings since UAA joined the MPSF in 2003 ... UAA's last victory came Mar. 7, 1992 in Sacramento ... UAA's last home win came Jan. 17, 1992.

LAST TIME OUT: Any injury-plagued Seawolf squad posted scores of 188.300 and 186.150 in road meets at Lindenwood Jan. 19 and Illinois State on Jan. 21, managing a victory over Centenary in the Lindenwood tri-meet ... in the first outing, freshman **Isabelle Fox** won the all-around for the third time in as many meets with a 38.425, while sophomore **Mackenzie Miller** placed runner-up in the all-around with a career-high 38.050 ... Lindenwood dominated by taking at least the top three spots on all four events, with freshman **Isabella Scalapino** placing fourth on vault with her 9.625 ... Miller and Fox led the way for UAA on bars with a 9.675 and a 9.65, respectively, while Fox placed fifth overall on beam with a 9.625 ... junior **Kaylin Mancari** scored a 9.7 to pace the Seawolves on floor exercise, along with a 9.575 from Fox ... in the second meet, senior **Kendra Daniels** earned a victory on balance beam, while Mancari recorded a career-high 9.75 to finish runner-up on floor exercise ... Daniels and Fox tied for third on floor with 9.725s, while Fox was runner-up in the all-around with a 37.725 total ... Miller was the Seawolves' top performer on uneven bars with a 9.575, while Scalapino placed third on vault with a team-best 9.65.

CORTLAND CONQUERED: Paced by impressive debuts from freshman **Isabelle Fox**, UAA started the season with scores of 188.825 and 190.975 in home victories over Cortland, Jan 12 & 14 ... in the first meet, the Seawolves got a 38.375 all-around from Fox, plus a solid 3-event outing for junior **Kaylin Mancari** as they earned a win for **Tanya Ho** in her collegiate head-coaching debut ... junior **Kierra Abraham** paced the hosts with a 9.525 on vault, and freshman **Hope Nelson** made a splash with a winning 9.75 on uneven bars in her first routine ... the Seawolves earned a 48.350 beam score that ranked No. 17 in program history, with Nelson's 9.8 standing as the best beam score ever by a Seawolf in a season-opening meet or collegiate debut ... freshman **Michaela Phillips** tallied a 9.75 on beam in her first college routine, and Fox capped her impressive premiere with a winning 9.7 on floor exercise ... in the Sunday rematch, Fox delivered an impressive 38.725 all-around and sophomore **Mackenzie Miller**, earned a 37.900 all-around, equaling the 7th-best uneven bars routine in program history with a 9.825 ... Fox earned a 9.625 on vault, 9.675 on bars, 9.65 on balance beam and a winning 9.775 on floor, barely missing UAA's all-time top 25 list in the all-around ... Nelson scored a runner-up 9.725 on bars and a 9.6 on beam, and Phillips earned a 9.7 mark on floor ... on beam, Mancari finished runner-up with a 9.7, while senior **Kendra Daniels** was runner-up on vault as the Oregon native stuck a career-high 9.65.

Seawolves 2018 Meet-by-Meet

Meet	Vault	Bars	Beam	Floor	Total
1/12 CORTLAND	47.275	46.750	48.350	46.450	188.825
1/14 CORTLAND	47.600	47.750	48.025	47.600	190.975
1/19 @LU	47.500	46.350	46.900	47.550	188.300
1/21 @Illinois St	47.550	45.100	46.175	47.325	186.150
2/03 SEAWOLF IN.					
2/09 @Cent.					
2/11 @Cent.					
2/23 @SPU					
3/09 @Sac St					
3/24 @MPSF					
Averages	47.481	46.488	47.363	47.231	188.563

2018 Individual Season Highs

V — 9.65, Isabella Scalapino at Illinois State, Jan. 21
 UB — 9.825, Mackenzie Miller vs Cortland, Jan. 14
 BB — 9.8, Hope Nelson vs Cortland, Jan. 12
 FX — 9.775, Isabelle Fox vs Cortland, Jan. 14
 AA — 38.725, Isabelle Fox vs Cortland, Jan. 14

Career-Best Scores by Gymnast

Gymnast	V	UB	BB	FX	AA
Abraham	9.775	9.3	9.45	9.625	---
Alonso	9.3	9.425	9.7	9.35	---
Arbuckle	9.7	9.7	9.7	9.775	38.350
Daniels	9.65	---	9.9	9.8	---
Fox	9.625	9.675	9.725	9.775	38.725
Green	9.6	9.275	---	9.625	---
Hyderally	---	9.45	9.925	---	---
Knapp	---	9.375	---	---	---
Mancari	9.5	9.325	9.8	9.75	---
Miller	9.45	9.825	9.525	9.725	38.050
Nelson	---	9.75	9.8	8.675	---
Phillips	---	9.0	9.75	9.7	---
Scalapino	9.65	---	---	---	---
Riley	---	9.625	---	---	---
Ross	9.75	9.425	9.675	9.875	38.325

Bold indicates mark was set in previous meet(s)

Complete stats & bios at GoSeawolves.com

2018 Individual Honors

Isabelle Fox
 MPSF Freshman of the Week, Jan. 9-15

TEAM NOTES: Thirteen of the top 20 team scores in program history have occurred since 2015, including last year's season-high of 192.700 (Feb. 19 at UC Davis), which ranks 14th on the all-time list ... four of the top 10 beam scores in program history came last season, including the record of 48.950 vs. Centenary and the No. 2 mark of 48.700 at the MPSF Championships ... with the hiring of Tanya Ho last spring, UAA doubled the number of coaches in its gymnastics history, as program founder Paul Stoklos had led the Seawolves since 1985.