



ALASKA ANCHORAGE

2018 GYMNASTICS

GoSeawolves.com

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2018 Seawolf Gymnastics Season Recap

BRIEF SEASON REVIEW: Despite entering the season with an injury-depleted lineup, the Seawolves continued to improve throughout head coach **Tanya Ho's** first campaign ... the Seawolves produced five dual victories and scored better than 190 in four of their last six meets, concluding with a season-best 192.200 at the MPSF Championships ... all-arounder **Isabelle Fox** was voted the MPSF Freshman of the Year and fellow rookie **Hope Nelson** tied the program record for uneven bars average at 9.713.

SEAWOLVES TOP OUT AT MPSFs: Freshman **Isabelle Fox** delivered a 38.475 all-around to pace UAA to a season-high 192.200 total in its season finale Mar. 24 at the Mountain Pacific Sports Federation Women's Gymnastics Championships in Colorado Springs ... the Seawolves finished last in the six-team meet despite season-best efforts on uneven bars (48.475), balance beam (48.525) and vault (48.100), boosted by a pair of career-high scores from sophomore **Kennedy Green** ... San Jose State earned a repeat team title with 195.975 points ... Fox, whose 9.85 tied the 4th-best beam score in Seawolf history, was also named the MPSF Freshman of the Year when the league's end-of-year honors were announced following the meet ... freshman **Isabella Scalapino** tallied a UAA season-best 9.725 on vault and Green sprung a 9.7 ... junior **Kierra Abraham** matched her season high with a 9.625 and senior **Kendra Daniels** finished with the second-best vault of her career with a 9.6 ... UAA continued its momentum on uneven bars, tying for the 7th-best total in program history with a 48.475 ... freshman **Hope Nelson** concluded a stellar debut season with a 9.8 to tie for third place and equal the 14th-best bars score in Seawolf history, sophomore **Sophia Hyderally** posted a career-high 9.75, and senior **Madeleine Arbuckle** had a season-high 9.575 ... the Seawolves capped the evening with the 8th-best balance beam score in program history, led by Fox's 9.85, a 9.75 from Nelson, a 9.725 from junior **Kaylin Mancari** and a 9.8 from Daniels in the final three routines ... in her final collegiate performance, Daniels became the first Seawolf ever to earn at least 10 scores of 9.8 or better in the balance beam ... the Seawolves' 192.200 team score marked the third straight season high to end the 2018 campaign.



2018 UAA Schedule

JANUARY

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

FEBRUARY

3	SEAWOLF INVITE (UAA, Air Force, Sac State)	3rd, 190.125
9	at Centenary	W, 188.500
11	at Centenary	W, 189.050
23	at SPU (w/ Sac St)	3rd, 191.950

MARCH

9	at Sac State Invite (UAA, Cal, Minnesota, Sac St.)	4th, 191.925
24	at MPSF Championships^	6th, 192.200

^Colorado Springs, Colo. / *Salt Lake City, Utah
Home meets in ALL CAPS at Alaska Airlines Center

@UAAGymnastics
@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 Arbuckle	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)

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
2017	6th (6)	191.750	San Jose St.	Hyderally-BB-tie
2018	6th (6)	192.200	San Jose St.	None

TEAM NOTES: UAA's 192.200 at the MPSF Championships tied the 22nd-best overall total in program history, while the 48.475 on bars tied for 7th-best on that apparatus ... the Seawolves produced three top-20 beam totals in 2018, with the 48.525 at MPSFs tied for 8th and the 48.425 at Seattle Pacific ranking 12th ... UAA also had three program top-20 efforts on floor, with the 48.850 at Sacramento State ranking 5th and the 48.550s at UC Davis and against Centenary tying for 14th ... the Seawolves' final 190.805 regional qualifying score ranked 69th nationally ... UAA's highest apparatus RQS came on balance beam, finishing 65th with a 48.175.

GYMNAST NOTES: Senior **Kendra Daniels** won balance beam in four straight meets from Jan. 21-Feb. 11, including her UAA season-high 9.875 performance at the Seawolf Invitational, which ranked No. 3 on the program's all-time list ... Daniels' nine career event victories place her No. 9 on the program list since UAA moved to Div. I in 2004 ... Daniels was one of the most consistent beam performers in program history on beam, with an unprecedented 10 routines of 9.8 or better, including three this season ... an Oregon native, Daniels had UAA's top beam RQS this year, with her 9.730 ranking 6th on the program list ... MPSF Freshman of the Year **Isabelle Fox** led the Seawolves with eight event victories this season, marking the most for a UAA freshman since M'rcy Matsunami had 10 in 2013 ... Fox's all-around average of 38.400 tied for 5th and her RQS of 38.540 ranked 6th on UAA's respective program lists and were 3rd- and 2nd-best for a freshman; on beam, the Texan produced the 7th-best RQS (9.720) and 8th-best average (9.623) in program history at 9.623 ... Fox tied the 4th-best beam score for a Seawolf with her 9.85 at the MPSF Championships, and her 9.875 floor score at the Seawolf Invitational tied for 10th on that list ... sophomore **Mackenzie Miller** tied for the 7th-best bars score in program history with her 9.875 against Cortland on Jan. 14 ... Miller had UAA's 2nd-best bars average at 9.605 – 12th on UAA's single-season list – and posted her career-best 38.200 all-around performance at Centenary on Feb. 9 ... Miller produced three event victories on the season, including a sweep of bars and the all-around Feb. 9 at Centenary ... with her 3rd-place 9.8 bars routine at the MPSF Championships, freshman **Hope Nelson** managed to tie M'rcy Matsunami's



Daniels



Fox



Miller

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.	48.025	46.850	47.400	47.850	190.125
2/09 @Cent.	48.075	46.050	47.400	46.975	188.500
2/11 @Cent.	47.050	45.950	48.175	47.875	189.050
2/23 @SPU	47.750	47.650	48.425	48.125	191.950
3/09 @Sac St	47.850	47.325	47.900	48.850	191.925
3/24 @MPSF	48.100	48.475	48.525	47.100	192.200
Averages	47.678	46.825	47.728	47.570	189.800

2018 Individual Season Highs

V — 9.725, Isabella Scalapino at MPSF Championships, Mar. 24
 UB — 9.825, Mackenzie Miller vs Cortland, Jan. 14
 BB — 9.875, Kendra Daniels at Seawolf Invitational, Feb. 3
 FX — 9.875, Isabelle Fox at Seawolf Invitational, Feb. 3
 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	9.85	---
Fox	9.7	9.675	9.85	9.875	38.725
Green	9.7	9.275	---	9.65	---
Hyderally	---	9.75	9.925	---	---
Knapp	---	9.375	---	---	---
Mancari	9.5	9.325	9.8	9.8	---
Miller	9.525	9.825	9.75	9.775	38.200
Nelson	---	9.8	9.8	8.675	---
Phillips	---	9.1	9.75	9.7	---
Scalapino	9.725	---	---	---	---
Riley	---	9.625	---	---	---
Ross	9.75	9.425	9.675	9.875	38.325

Bold indicates mark was set in previous meet

Complete stats & bios at GoSeawolves.com

2018 Individual Honors

- Kierra Abraham**
MPSF All-Academic Team
- Madeleine Arbuckle**
MPSF All-Academic Team
- Kendra Daniels**
Second Team All-MPSF (BB)
MPSF All-Academic Team
- Isabelle Fox**
MPSF Freshman of the Week, Jan. 9-15
MPSF Freshman of the Year
Second Team All-MPSF (AA, V, FX)
- Kennedy Green**
Most Improved Gymnast
MPSF All-Academic Team
- Kaylin Mancari**
MPSF All-Academic Team
- Mackenzie Miller**
Second Team All-MPSF (AA)
MPSF All-Academic Team (highest GPA)
Team MVP
- Hope Nelson**
Second Team All-MPSF (UB)
- Morgan Ross**
Seawolf Pride award

program-record 9.713 bars average from the 2015 campaign ... Nelson also produced top-5 program marks in beam average (4th, 9.666) and uneven bars RQS (5th, 9.735), while her 9.696 beam RQS tied for 11th ... Nelson won both of her specialist events in her collegiate debut against Cortland, and she posted another win on bars at Centenary ... freshman **Isabella Scalapino** and junior **Kierra Abraham** leant consistency to UAA's vault lineup, with Scalapino scoring between 9.475 and 9.725 on all eight of her efforts, and Abraham tallying between 9.5 and 9.625 in all nine meets ... the Seawolves finished the season with 11 healthy gymnasts, although senior **Madeleine Arbuckle** – last year's team MVP – and **Sophia Hyderally** returned to action late in the campaign ... the Seawolves lost senior captain **Morgan Ross**, sophomore **Sophie Riley**, sophomore **Tere Alonso** and sophomore **Louisa Marie Knapp** to off-season surgeries or preseason injuries.



Nelson



Abraham

SEAWOLVES SMARTEST: Six UAA gymnasts were honored for their classroom success as the Mountain Pacific Sports Federation announced its 2018 Women's Gymnastics All-Academic Team ... among the 36 total honorees from the MPSF's six institutions, UAA's **Mackenzie Miller** and **Madeleine Arbuckle** produced the two highest overall grade-point averages ... a sophomore all-rounder from Waterford, Mich., Miller carried a perfect 4.00 GPA as a business administration major, while Arbuckle, a senior all-rounder from Winnipeg, Manitoba, has earned a 3.94 over seven semesters as an environmental studies major ... Arbuckle was joined by fellow three-time MPSF All-Academic Team honoree Kendra Daniels, a senior from Veneta, Ore., with a 3.36 in technology, while juniors Kaylin Mancari and Kierra Abraham each earned their second straight awards ... Mancari, from High Point, N.C., carries a 3.48 in natural sciences, and Abraham, from Reistertown, Md., owns a 3.31 in health sciences ... alongside Miller, sophomore Kennedy Green also made the all-academic squad in her first year of eligibility, with the Highlands Ranch, Colo., native sporting a 3.81 GPA in health sciences ... to be eligible for the MPSF All-Academic Team, a student-athlete must carry a 3.0 or better cumulative GPA, be in at least her second season, and compete in at least 50 percent of meets; as such, all six eligible Seawolves made this year's team.



Arbuckle



Mancari

