



ALASKA ANCHORAGE

2019 GYMNASTICS

GoSeawolves.com

GYM CONTACT: NATE SAGAN
OFFICE: (907) 786-1295
EMAIL: NSSAGAN@ALASKA.EDU

MEDIA RELATIONS OFFICE • ALASKA AIRLINES CENTER, RM. 124 • MAILING: 3211 PROVIDENCE DR / ANCHORAGE, AK 99508

April 17, 2019

Seawolf gymnasts post record-breaking campaign in 2019

2019 Alaska Anchorage Gymnastics Season Review

BRIEF SEASON RECAP: The Alaska Anchorage gymnastics team recorded perhaps the top season in program history, breaking 17 school records, including overall average (192.370) and national qualifying score (193.150) ... the Seawolves posted a 7-9 dual-meet record and finished the year strong with a school-record 194.200 score at the MPSF Championships to finish fourth ... individually, junior **Sophia Hyderally** tied for the MPSF title on beam and produced UAA's best-ever finish at NCAA Regionals, placing fourth on beam, while she and sophomore all-arounder **Isabelle Fox** earned first-team All-MPSF awards.

MPSF RECAP: Junior **Sophia Hyderally** won the balance beam and senior **Kaylin Mancari** delivered an outstanding 3-event performance in her final meet to lead UAA to a school-record 194.200 score and a 4th-place finish at the Mountain Pacific Sports Federation Championships in Seattle to end the regular season ... the Seawolves also got a boost from sophomore **Hope Nelson**, whose runner-up 9.875 beam score helped UAA set another program record with a 49.075 points on that apparatus ... Air Force claimed its first MPSF team title with 195.725 points, while the Seawolves outdistanced Sacramento State (192.425) and host Seattle Pacific (192.400) to equal their best finish at the MPSF meet since 2015 ... Mancari equaled the 5th-best floor score in Seawolf history with a 9.9 to highlight UAA's first two rotations, and the Seawolves stormed to from 6th to 4th place over the final two turns, on bars and beam ... on bars, Hyderally earned a career-high 9.825 and junior **Mackenzie Miller** anchored by tying the 5th-best score in program history with a 9.85, as UAA's 48.975 total was No. 2 in program history ... UAA delivered again in the final rotation with a school-record 49.075 on beam ... after getting a 9.775 from Fox to begin, freshman **Rachel Decious** delivered her second career high of the evening with a 9.825 ... Nelson tied the 5th-best beam score for a Seawolf with 9.875, before Hyderally delivered a 9.9 ... Hyderally



Mancari

2019 UAA Schedule

JANUARY

- 4 ILLINOIS STATE L, 188.925
- 6 ILLINOIS STATE W, 192.350
- 11 BROWN W, 192.400
- 13 BROWN W, 191.175
- 25 at San Jose State 3rd, 191.425
(w/ Air Force & SPU)
- 27 at UC Davis (w/ Sac St.) 2nd, 193.125

FEBRUARY

- 9 UC DAVIS W, 194.100
- 22 at Utah State L, 192.675

MARCH

- 1 at Oregon State 2nd, 193.450
(w/ Bowling Green)
- 17 at Michigan State 4th, 192.250
(w/ Illinois-Chicago & Ball St.)
- 23 at MPSF Chmpnshps^ 4th, 194.200

APRIL

- 5 at NCAA Regionals* Hyderally

^Seattle, WA / *Corvallis, OR

Home meets in ALL CAPS at Alaska Airlines Center



@UAGymnastics
@UAASEAWOLVES

2019 Seawolf Gymnastics Roster

Name	Ht.	Cl.-Exp	Hometown (High School/Club Team)
Tere Alonso	5-1	So.-1V	Virginia Beach, Va. (Homeschool/Excalibur Gymnastics)
Alexandria Britz	5-1	Fr.-HS	Orting, Wash. (Orting HS/Auburn Gymnastics Center)
Rachel Decious	5-4	Fr.-HS	Mesa, Ariz. (Mountain View HS/Gold Medal Gymnastics)
Kate Fandrich	5-5	Fr.-HS	Easley, S.C. (Easley HS/Sparkle City Gymnastics)
Isabelle Fox	5-1	So.-1V	Houston, Texas (Memorial HS/Flips Gymnastics)
Kennedy Green	5-4	Jr.-2V	Highlands Ranch, Colo. (Mountain Vista HS/Adrenaline Gym. Acad.)
Sophia Hyderally	5-0	Jr.-2V	Daphne, Ala. (Bayside Academy/Planet Gymnastics)
Louisa Marie Knapp	5-5	So.-1V	Rellingen, Germany (Albrecht-Thaer Gymnasium [HS])
Kaylin Mancari	5-7	Sr.-3V	High Point, N.C. (High Point Central HS/High Point Gym. Academy)
Ali Marvel	5-2	Fr.-HS	Wasilla, Alaska (Mat-Su Career & Technical HS/Denali Gymnastics)
Mackenzie Miller	5-7	Jr.-2V	Waterford, Mich. (Clarkston HS/Oakland Gymnastics)
Hope Nelson	5-3	So.-1V	Newport News, Va. (Menchville HS/World Class Gymnastics)
Winter Osborne	5-7	So.-HS	Fairbanks, Alaska (homeschool/Gymnastics Inc.)
Michaela Phillips	5-1	So.-1V	Homedale, Idaho (Skyview HS/Wings Center)
Sofie Riley	5-4	So.-1V	Boise, Idaho (Timberline HS/Bronco Elite Gymnastics)
Isabella Scalapino	5-4	So.-1V	Cedar Park, Texas (Leander HS/AcroTex Gymnastics)

PRONUNCIATION GUIDE

- like 'Terry'
- rhymes with 'fits'
- DEE-shuss
- FAN-drick
- HI-der-alley
- K'NOPP (hard K)
- MAN-kare-ee
- MAR-vul
- mih-KAY-luh
- scal-a-PEE-no (scal rhymes w/ 'pal')

HEAD COACH: Tanya Ho (UC Davis, '10), 2nd yr

ASSISTANT COACHES: Alina Cartwright (Michigan St., '16), 3rd yr; Marie-Sophie Boggasch (UAA, '16, 1st yr)

TEAM MANAGER: Kierra Abraham

(for full bios, visit GoSeawolves.com)

claimed her second MPSF beam title in three seasons, having tied the conference record and set the UAA record with a 9.925 at the 2017 MPSF meet.

TEAM NOTES: The Seawolves finished the regular season with a 7-9 dual-meet record and ranked fourth of six teams in the Mountain Pacific Sports Federation with a school-record 193.150 NQS (national qualifying score) ... the Seawolves also set program records overall average (192.370), as well as both average and NQS on bars (47.834/48.300), beam (48.352/48.650) and floor (48.439/48.580) ... UAA's 194.100 score Feb. 9 at UC Davis was just shy of the school record (194.125 vs Air Force, Feb. 13, 2016) until the Seawolves broke it at with their 194.200 at the MPSF Championships ... the 2019 Seawolves produced five of the top 20 scores in program history — 194.200 on Mar. 23 (1st), 194.100 on Feb. 9 (3rd), 193.450 on Mar. 1 (7th), 193.125 on Jan. 27 (9th), and 192.675 on Feb. 22 (19th) ... on beam, UAA produced three of the top four and six of the top 15 marks, including the record 49.075 at the MPSF Championships ... on bars, the Seawolves topped a record of 48.825 that had stood since 2004, earning 49.075 at UC Davis and 48.975 at MPSFs ... UAA had five top-20 program marks on floor as well, with the 48.975 ranking No. 2.

HYDERALLY HITS: Junior **Sophia Hyderally** delivered one of the top individual seasons in program history in 2019, earning **First Team All-MPSF** honors on beam and floor, qualifying for the **NCAA Regional Championships** on beam, and breaking **six school records** ... the Daphne, Alabama, native became the first Seawolf ever to lead the MPSF in NQS, with her 9.875 mark on balance beam tying for 44th nationally ... at the NCAA Corvallis Regional, she tied for 4th among 56 gymnasts with a 9.9 on beam, losing on a tiebreaker to advance to the NCAA Championships but still setting UAA records for highest score and placement at regionals ... the previous week, Hyderally claimed her second **MPSF Championships beam title** in three seasons with another 9.9 – one of her team-high eight individual wins in 2019 ... the MPSF Gymnast of the Week for her efforts Jan. 25 & 27 in California, Hyderally has 11 career beam scores of 9.825 or better, including the UAA and MPSF record with her 9.925 beam routine at the 2017 MPSF Championships ... Hyderally also finished 6th in the MPSF in floor NQS at 9.825 and set the UAA record with a 9.798 average, while her bars NQS of 9.745 was third-best on the team.



Hyderally

GYMNAST NOTES: So. **Isabelle Fox** ranked 6th in the MPSF all-around standings with a 38.740 NQS, tied for the 3rd-best mark in Seawolf history ... the Houston native also ranked in the MPSF's top 20 on the other three apparatuses, finishing 10th on floor (9.780) and 19th on bars (9.650) and vault (9.685) ... a First Team All-MPSF all-arounder, Fox's career-high 38.850 on Jan. 6 tied for 15th on UAA's all-time list and was the program's second-best in the month of January ... Fox picked up her 10th and 11th career individual victories with her all-around wins against Brown this January, after earning MPSF Freshman of the Year honors in 2018 ... senior **Kaylin Mancari** delivered the best gymnastics of her career in 2019, scoring 9.5 or better on all 11 of her beam routines and 9.7 or better on her last seven floor exercises ... the North Carolina native capped the season with a career-best 29.300 three-event total at the MPSF Championships, scoring 9.7s on bars and beam and tying for runner-up on floor with a career-high 9.9 (t-5th on UAA list) ... Mancari produced then-career highs on all three of her events on UAA's California road trip, with a 9.625 on bars, a 9.825 on beam and a 9.85 on floor, and matched her beam high at Utah State and her bars high at Michigan State ... on beam, Mancari's 9.673 average was 5th on the program



Fox

Seawolves 2019 Meet-by-Meet					
Meet	Vault	Bars	Beam	Floor	Total
1/04 ILLINOIS ST.	46.825	45.775	48.075	48.250	188.925
1/06 ILLINOIS ST.	47.925	47.550	48.250	48.625	192.350
1/11 BROWN	48.100	47.950	48.200	48.150	192.400
1/13 BROWN	47.725	47.475	47.325	48.650	191.175
1/25 @San Jose St	47.775	46.975	47.700	48.975	191.425
1/27 @UC Davis	47.900	48.200	48.475	48.550	193.125
2/09 UC DAVIS	47.725	49.075	48.800	48.500	194.100
2/22 @Utah St	47.800	47.825	48.775	48.275	192.675
3/01 @Oregon St	48.100	48.200	48.575	48.575	193.450
3/17 @Mich. St	47.250	48.175	48.625	48.200	192.250
<u>3/23 @MPSF</u>	<u>48.075</u>	<u>48.975</u>	<u>49.075</u>	<u>48.075</u>	<u>194.200</u>
Average	47.745	47.834	48.352	48.439	192.370
Nat'l Qual. Score	47.960	48.300	48.650	48.580	193.150

bold = season-high / italics = school record

2019 Individual Season Highs					
V	— 9.775, Ali Marvel vs Brown, Jan. 11				
UB	— 9.875, Mackenzie Miller vs UC Davis, Feb. 9				
BB	— 9.9, Sophia Hyderally at UC Davis, Jan. 27; 9.9, Sophia Hyderally vs UC Davis, Feb. 9; 9.9, Sophia Hyderally at MPSF Championships, Mar. 23				
FX	— 9.9, Kaylin Mancari at MPSF Championships, Mar. 23				
AA	— 38.850, Isabelle Fox vs Illinois State, Jan. 6				

Career-Best Scores by Gymnast					
Gymnast	V	UB	BB	FX	AA
Alonso	9.3	9.425	9.7	9.35	---
Britz	---	---	---	---	---
Decious	---	---	9.825	9.775	---
Fandrich	9.55	---	---	---	---
Fox	9.725	9.75	9.85	9.875	38.850
Green	9.7	9.85	---	9.725	---
Hyderally	---	9.825	9.925	9.85	---
Knapp	---	9.375	---	---	---
Mancari	9.5	9.7	9.825	9.9	---
Marvel	9.775	---	9.8	---	---
Miller	9.525	9.875	9.75	9.775	38.200
Nelson	9.55	9.825	9.875	8.675	---
Osborne	---	---	9.475	---	---
Phillips	---	9.1	9.75	9.7	---
Riley	9.55	9.625	---	---	---
Scalapino	9.725	---	9.375	---	---

Bold indicates mark was tied or set in last meet(s)

Career stats & bios at GoSeawolves.com

all-time list and her 9.740 NQS ranked 15th in the league ... on floor, Mancari ranked 8th all-time in average (9.718) and tied for 9th in NQS (9.770) ... Jr. **Mackenzie Miller** picked up UAA's first honor of the 2019 campaign when she earned **MPSF Specialist of the Week** for Jan. 7-13, producing four scores of 9.625-plus against Brown ... the Michigan native tied a career-high and 7th-best bars score in program history with 9.825, along with a 9.725 on floor ... Miller produced the 4th-best bars score in program history with her 9.875 in the win over UC Davis, while her 9.85 at the MPSF Championships was good for 4th in the 36-gymnast field ... Miller's 9.770 bars NQS was 2nd-best in program history and ranked 10th in the MPSF ... on floor, Miller scored 9.625 or better on eight of her 10 routines – including a career-high of 9.775 in the Davis win – to produce the team's 4th-best NQS at 9.715 ... junior **Kennedy Green** was one of UAA's most consistent 3-event performers, sporting NQS's of 9.630 on floor, 9.620 on bars and 9.595 on vault ... Green's 9.85 bars effort



Miller



Green

Feb. 9 tied the 5th-best score in program history and aided UAA's school-record 49.075 on the apparatus ... the Colorado native finished the year strong with a career-high 9.725 on floor at Michigan State, followed by a career-best 9.775 on bars and a 9.65 (second-best in her career) on vault at the MPSF Championships ... another 3-apparatus competitor, sophomore **Hope Nelson** finished well in February and March to solidify the lineup on bars and beam ... the Virginia native tied for the 9th-best bars routine in program history with her 9.825 against UCD on Feb. 9, and capped her season with a career-high 9.875 beam routine at the MPSF Championships, finishing runner-up behind only teammate Sophia Hyderally ... Nelson aided UAA's record season on beam with the team's 4th-best average (9.597) and NQS (9.705) ... on bars, Nelson ranked 13th in the MPSF matched the 4th-best NQS in UAA history at 9.745 ... one of two Alaskans on the team, Wasilla freshman **Ali Marvel** established herself as one of the team's most consistent vaulters, scoring at least 9.5 in all 11 meets and tying for 17th in the MPSF with a 9.690 NQS ... Marvel's 9.636 average also led UAA and ranked 17th on the program's all-time vault list, helped by her team-best 9.75 at the MPSF Championships ... Marvel's 9.775 vault in the Jan. 11 win over Brown was UAA's best this season, and she became just the second Seawolf ever to earn **MPSF Freshman of the Week** honors following her personal-best 9.8 beam routine at Michigan State ... after a tough start on floor, freshman **Rachel Decious** found her form, scoring 9.5 or better in the last seven meets ... Decious contributed to UAA's historic Feb. 9 win over UCD with a 9.675 on her first collegiate beam routine, and she followed with 9.775 beam scores at Oregon State and Michigan State ... the Arizonan was also a huge part of UAA's school-record score at the MPSF Championships, earning career highs of 9.825 on beam and 9.775 on floor.



Nelson



Marvel



Decious

LEADER OF THE PACK: Formerly an Alaska Anchorage opponent as a competitor and coach at MPSF rivals UC Davis and Sacramento State, **Tanya Ho** took over the reins of the UAA program for the 2018 season, becoming just the second head coach in 34 years of Seawolf Gymnastics history ... after guiding an injury-laden squad to improvements during her rookie campaign, Ho took the program to new heights in 2019, producing 17 school records and earning **MPSF Coach of the Year** honors ... under her leadership, UAA so far has produced the 2018 MPSF Freshman of the Year in Isabelle Fox and 2019 MPSF beam champion and 4th-place NCAA regional finisher Sophia Hyderally ... Ho came north after helping guide Sacramento State to a pair of MPSF team titles from 2013-17 ... working under head coaches Kim Hughes and Randy Solorio, her tenure produced 11 NCAA Regional individual qualifiers and the 2016 MPSF individual all-around champion ... in 2016, she was voted by her peers as the MPSF Assistant Coach of the Year, and later that year was inducted into the UC Davis Hall of Fame ... the Elk Grove, Calif., native was the first gymnast in Aggies history to qualify three straight years for NCAA Regionals and the second to reach the regional meet as an all-rounder in back-to-back years ... the 2010 MPSF Gymnast of the Year as a senior, she finished with 13 career all-conference awards, nine MPSF Gymnast of the Week honors, and became the third gymnast in program history to crack the 39-point barrier when she won the MPSF individual all-around title in 2008 ... Ho graduated from UC Davis in 2010 with her bachelor of science in exercise biology and served as a volunteer assistant at her alma mater for two seasons before joining the staff at Sacramento State ... Ho was assisted in 2019 by 3rd-year assistant coach **Alina Cartwright** and former Seawolf standout and 1st-year graduate assistant coach **Marie-Sophie Boggasch**.



2019 Individual Honors

- Isabelle Fox**
First Team All-MPSF (AA)
Second Team All-MPSF (V, FX)
MPSF All-Academic Team
- Kennedy Green**
MPSF All-Academic Team
- Tanya Ho**
MPSF Coach of the Year
- Sophia Hyderally**
MPSF Gymnast of the Week, Jan. 21-27
First Team All-MPSF (BB, FX)
MPSF Balance Beam Champion
NCAA Regional Championships qualifier
MPSF All-Academic Team
- Kaylin Mancari**
MPSF All-Academic Team
- Ali Marvel**
MPSF Freshman of the Week, Mar. 11-17
- Mackenzie Miller**
MPSF Specialist of the Week, Jan. 7-13
Second Team All-MPSF (UB)
MPSF All-Academic Team
- Hope Nelson**
Second Team All-MPSF (UB)
- Isabella Scalapino**
MPSF All-Academic Team

School Records Tied or Broken in 2019

- TEAM**
- Meet**
Overall Score – 194.200 at MPSF Championships, 3/23 (old record: 194.125 vs Air Force, 3/13/16)
Bars Score – 49.075 vs UC Davis, Feb. 9 (old record: 48.825 at MPSF Championships, 3/20/04)
Beam Score – 49.075 at MPSF Championships, 3/23 (old record: 48.950 vs Centenary, 3/5/17)
- Season**
Overall NQS – 193.150 (old record: 192.725, 2016)
Overall Average – 192.370 (old record: 193.303, 2016)
Bars NQS – 48.300 (old record: 48.255, 2013)
Bars Average – 47.834 (old record: 47.760, 2013)
Beam NQS – 48.650 (old record: 48.320, 2016)
Beam Average – 48.352 (old record: 48.103, 2016)
Floor NQS – 48.580 (old record: 48.415, 2005)
Floor Average – 48.439 (old record: 48.431, 2016)
- INDIVIDUAL**
- Meet**
Beam Score, Home Meet – 9.9 by Sophia Hyderally vs UC Davis, Feb. 9 (old record: 9.875 by Kendra Daniels, 2/3/18)
Apparatus Score, NCAA Regional meet – 9.9 [BB] by Sophia Hyderally (old record: 9.8 [FX] by Elena Tkacheva, 1997)
Apparatus Placement, NCAA Regional meet – t-4th [BB] by Sophia Hyderally (old record: 14th [FX] by Elena Tkacheva, 1997)
- Season**
Beam Average – 9.788 by Sophia Hyderally (old rec.: 9.735, Leah Wilson, 2009)
Floor Average – 9.798 by Sophia Hyderally (old rec.: 9.788, Elena Tkacheva, 1997)
Beam NQS – 9.875 by Sophia Hyderally (old rec.: 9.790, M'rcy Matsunami, 2016)