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2014 MOUNTAIN PACIFIC SPORTS FEDERATION WOMEN'S GYMNASTICS ALL-MPSF SELECTIONS

2014 MPSF GYMNAST OF THE YEAR

JULIA GREER • SENIOR • SAN JOSE STATE



San Jose State senior **Julia Greer** (San Diego, CA) collected a 2014 MPSF-High five weekly awards, all as an event-specialist, and understandably so. She won dual beam and floor titles in four meets, and posted an additional victory on each of those two events, for a total of 10 individual titles through the regular season. In a January 26 quad at UC Davis, Greer performed a career-high 9.90 on beam, the highest beam score in San Jose State history. The Spartans totaled 48.975 on beam that night, currently ranking eighth all-time in the conference, though at the time had not been achieved since 2005. On March 14 against Sacramento State, Greer went for a 9.925 on floor, sharing the highest mark in the MPSF since 2005 through all events combined. She helped the Spartans accumulate 49.350 on floor that night, the best in the MPSF in a decade. Greer helped the 2014 Spartans earn their highest NCAA ranking in five years at No. 27, along with a program-best six scores over 195, and five of the school's top-10 all-time totals.

2014 MPSF NEWCOMER OF THE YEAR

JESSE WILLIAMS • RS FRESHMAN • SACRAMENTO STATE



Sacramento State redshirt freshman **Jesse Williams** (Saugus, CA) will be a competitor in the 2014 NCAA West Regional as an all-rounder, and has performed on all four events throughout the second-half of the season. She completed a career-high 39.050 in a triangular against UC Davis and Alaska-Anchorage on March 7, leading to MPSF Newcomer of the Week honors. Williams began the season on bars and floor, but worked her way into the Hornet lineup on vault and beam. Her consistencies on vault this year were remarkable, averaging 9.80 through seven meets, and landing between 9.775 and 9.825 on each. Williams owns a high of 9.825 on the uneven bars in two meets, and carries a high of 9.775 on beam. She posted a career-high 9.85 on floor in a tough tri-meet against top-30 opponents San Jose State and California.

2014 MPSF ASSISTANT COACH OF THE YEAR

RANDY SOLORIO • 29TH YEAR • SACRAMENTO STATE



Sacramento State Associate Head Coach **Randy Solorio** serves as the primary vault coach for the Hornets. During the 2014 season, the Hornet vault squad led the MPSF with an average of 48.820 and a 48.915 regional qualifying score. The RQS places Sacramento State 32nd nationally and sixth in the west region. Sac State junior Kalliah McCartney owns the top MPSF vault RQS of 9.860 through the regular season, while the Hornets have three others in the top-nine in the conference (Kalley Hansen, 9.805; Jesse Williams, 9.80; Julia Konner, 9.770). Solorio was previously honored as the 1990 and 2006 West Region Assistant Coach of the Year, as well as the 1997 USA Gymnastics Assistant Coach of the Year. A three-time All-American on vault, high bar and floor exercise while competing for UC Davis from 1980-82, Solorio is responsible for all aspects of coaching from on-floor duties to recruiting and conditioning.

2014 MPSF COACH OF THE YEAR

DOUG DAY • EIGHTH YEAR • AIR FORCE



Air Force Head Coach **Doug Day** picks up his third MPSF Coach of the Year award in the last five years. (2010, '11, '14). The Falcons achieved a rare feat this year, in that the team improved on their overall total after every regular season meet. Air Force began the season with a 190.625, and elevated its total after all 11 meets until it topped out 195.300 in the regular season finale against No. 20 Arizona, the highest Academy total since 2004 and 15th in MPSF history. The team achieved six of its top-seven Day-era scores this season. The Falcons also saw three of their event totals go for season-highs in that meet, 49.125 on floor, 48.850 on bars, and 48.625 on vault. In the second-to-last meet at New Hampshire, Air Force accumulated 49.125 on beam, its best total on the apparatus since 2004, and the third-best in MPSF history. Three Falcons earned weekly conference awards, Sarah Neumann and Kara Witgen as newcomers of the week, and Linnaea Hance as gymnast of the week. Hance ranks in the MPSF top-three on bars and beam.

2014 WOMEN'S GYMNASTICS ALL-MPSF TEAM

Student-Athlete	Year	RQS	School	Hometown/Last School
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VAULT

Kalliah McCartney	Junior	9.860	Sacramento State	Vancouver, WA/CAM HS
Bekah Gher	Senior	9.835	San Jose State	Surprise, AZ/Boise State
Maria Hundley	Sophomore	9.820	Seattle Pacific	Littleton, CO/Heritage HS
Anna Shumaker	Senior	9.810	UC Davis	Alameda, CA/Alameda HS
Jessica Wallander	Junior	9.785	Air Force	Dallas, TX/Coppell HS
Julia York	Freshman	9.645	Alaska-Anchorage	Mission Viejo, CA/Trabuco Hills HS
Kailey Hansen	Senior	9.805	Sacramento State	Ventura, CA/U. of Washington
Jesse Williams	RS Freshman	9.800	Sacramento State	Saugus, CA/Saugus HS
Katy Nogaki	RS Freshman	9.780	UC Davis	Orange, CA/Villa Park HS
Julia Konner	Freshman	9.770	Sacramento State	Bethesda, MD/Bethesda-Chevy Chase HS
Kala DeFrancesco	Junior	9.750	UC Davis	Murrieta, CA/Murrieta Valley HS
Lauren Glover	Freshman	9.745	Seattle Pacific	Fort Collins, CO/Fossil Ridge HS
Cami Guyer	Junior	9.745	San Jose State	Fall City, WA/Mount Si HS
Kiana Gordon	Freshman	9.745	San Jose State	Fremont, CA/Washington HS

UNEVEN BARS

Lisa Wiktorski	Junior	9.840	UC Davis	Huntington Beach, CA/Edison HS
Linnaea Hance	Senior	9.825	Air Force	Bend, OR/Naperville North (IL) HS
Marissa Unpingco	Sophomore	9.820	San Jose State	Martinez, CA/California Virtual Academy
Maria Hundley	Sophomore	9.785	Seattle Pacific	Littleton, CO/Heritage HS
Kalliah McCartney	Junior	9.780	Sacramento State	Vancouver, WA/CAM HS
Stefany Bryan	Sophomore	9.660	Alaska-Anchorage	Seattle, WA/Roosevelt HS
Dani Judal	Sophomore	9.830	UC Davis	Antelope, CA/Antelope HS
Anna Shumaker	Senior	9.820	UC Davis	Alameda, CA/Alameda HS
Cami Guyer	Junior	9.785	San Jose State	Fall City, WA/Mount Si HS
Bekah Gher	Senior	9.785	San Jose State	Surprise, AZ/Boise State
Kaila Kilwein	Senior	9.770	Sacramento State	Maple Valley, WA/Tahoma HS
Kala DeFrancesco	Junior	9.765	UC Davis	Murrieta, CA/Murrieta Valley HS
Cassandra Harrison	Senior	9.765	San Jose State	Edmonton, Alberta, Canada/Victoria School

BALANCE BEAM

Julia Greer	Senior	9.845	San Jose State	San Diego, CA/Point Loma HS
Dani Judal	Sophomore	9.835	UC Davis	Antelope, CA/Antelope HS
Linnaea Hance	Senior	9.815	Air Force	Bend, OR/Naperville North (IL) HS
Kailey Hansen	Senior	9.810	Sacramento State	Ventura, CA/U. of Washington
Maria Hundley	Sophomore	9.710	Seattle Pacific	Littleton, CO/Heritage HS
Simone Penker	Sophomore	9.645	Alaska-Anchorage	Maria Saal, Austria/BG Tanzenberg
Kalliah McCartney	Junior	9.805	Sacramento State	Vancouver, WA/CAM HS
Bekah Gher	Senior	9.790	San Jose State	Surprise, AZ/Boise State
Anna Shumaker	Senior	9.785	UC Davis	Alameda, CA/Alameda HS
Regi Solvkjar	Senior	9.780	UC Davis	Larkspur, CA/Marin Catholic HS
Stephanie Stamates	Sophomore	9.775	UC Davis	Alamo, CA/San Ramon Valley HS
Cami Guyer	Junior	9.765	San Jose State	Fall City, WA/Mount Si HS
Tiana Montell	Sophomore	9.690	UC Davis	Hilo, HI/St. Joseph's HS

FLOOR EXERCISE

Stephanie Stamates	Sophomore	9.870	UC Davis	Alamo, CA/San Ramon Valley HS
Julia Greer	Senior	9.865	San Jose State	San Diego, CA/Point Loma HS
Dallas Smith	Junior	9.815	Sacramento State	Battle Ground, WA/CAM HS
Kai Tindall	Senior	9.800	Seattle Pacific	Brier, WA/Mountlake Terrace HS
Jessica Wallander	Junior	9.770	Air Force	Dallas, TX/Coppell HS

Kallie Randolph	Freshman	9.705	Alaska-Anchorage	Anchorage, AK/Polaris K-12
Cassandra Harrison	Senior	9.860	San Jose State	Edmonton, Alberta, Canada
Anna Shumaker	Senior	9.810	UC Davis	Alameda, CA/Alameda HS
Cami Guyer	Junior	9.805	San Jose State	Fall City, WA/Mount Si HS
Kailey Hansen	Senior	9.785	Sacramento State	Ventura, CA/U. of Washington
Kala DeFrancesco	Junior	9.770	UC Davis	Murrieta, CA/Murrieta Valley HS
Katie Hawthorne	Senior	9.765	Air Force	Forney, TX/Texas Tech HS

ALL-AROUND

Anna Shumaker	Senior	39.175	UC Davis	Alameda, CA/Alameda HS
Bekah Gher	Senior	39.135	San Jose State	Surprise, AZ/Boise State
Linnaea Hance	Senior	38.790	Air Force	Bend, OR/Naperville North (IL) HS
Kalliah McCartney	Junior	38.495	Sacramento State	Vancouver, WA/CAM HS
Stefany Bryan	Sophomore	37.800	Alaska-Anchorage	Seattle, WA/Roosevelt HS
Cami Guyer	Junior	39.060	San Jose State	Fall City, WA/Mount Si HS
Cassandra Harrison	Senior	39.050	San Jose State	Edmonton, Alberta, Canada/Victoria School

