

Gymnasts of the Week – Jan. 11-17, 2010

Big Ten Conference

Gymnast of the Week

Paul Ruggeri, Illinois

Jr., Manlius, N.Y./Fayetteville Manlius

Ruggeri wins his fourth Big Ten Gymnast of the Week award and first this season after helping the Illini to a first-place finish at the Windy City Invitational over the weekend. The junior recorded the highest all-around score, 88.600, at the competition and finished in the top five in four different events. Ruggeri won the high bar event with a 15.600, placed second in floor exercise (15.550) and vault (15.800), and finished fourth (14.450) on the parallel bar. Additionally, he finished ninth on the still rings (14.600) and 26th on the pommel horse (12.600).

Co-Freshmen of the Week

Yoshi Mori, Illinois

Anaheim, Calif./Irvine

Mori claims Illinois' first Freshman of the Week honor after helping the Illini finish first at the Windy City Invitational over the weekend. Mori finished first in the vault with a score of 15.900, winning the first individual title of his career, Mori also finished 13th on the still rings with a score of 14.350 as the Illini won the team championship at the event for the first time since the 2004-05 season.

Nick Grant, Penn State

Butler, Pa./Palmer

Grant earns his first weekly award of the season after competing in four events as Penn State won its 12th-straight team championship at the West Point Open over the weekend. The freshman finished first in the floor exercise in the team competition on Friday (15.100) and in the individual competition on Saturday (15.200). He also finished fourth in the team and second individually in the vault competitions, scoring 15.600 in each.

Eastern Intercollegiate Gymnastics League

Gymnast of the Week

Pat McLaughlin, Temple University - Senior, Shrewsbury, Pa.

McLaughlin won the all-around competition (85.95) over teammate Pat Mooney (83.90) at the 2010 West Point Open. McLaughlin becomes just the 6th Owl gymnast to win the all-around competition in the 19 year history of the event and the first since Luke Vexler in 2006. Temple (338.70) placed second to Penn State (349.85) and ahead of third place Springfield College (329.00). In winning the all-around, McLaughlin, a Kinesiology major, qualified for every event in the individual event finals on Saturday earning three medals (floor exercise, vault, parallel bars).

Rookie of the Week

David Ishida, University of Illinois at Chicago - Woodside, Calif.

Ishida turned in solid performances on three events (pommel horse, rings, parallel bars) for the Flames at their season opening competition at the 2010 Windy City Invitational.

Mountain Pacific Sports Federation

Gymnast of the Week

Jake Dalton – Oklahoma

Dalton, from Reno, Nev., won individual event titles on vault (16.25), parallel bars (14.9), and high bar (14.8), on his way to an All-Around Championship (87.5), as the Sooners won their 11th-straight Rocky Mountain Open to begin the season. This was Dalton's first collegiate meet.