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2010 MOUNTAIN PACIFIC SPORTS FEDERATION MEN'S GYMNAST AND COACH OF THE YEAR

2010 MPSF[®] Gymnast of the Year

GLEN ISHINO • SOPHOMORE • CALIFORNIA • SANTA ANA, CA



Just a sophomore, Glen Ishino demonstrates his superior gymnastics every week for the Bears. At the MPSF Championships, Ishino took home the all-around title with a 90.100, well ahead of the second-place finisher of 87.300. He won the gold on pommel horse with a 15.150. Despite suffering an injury during warm-ups just minutes before the first meet of the season, Ishino has returned in high fashion, notching six event titles and four all-around victories. Versus Penn State Mar. 13, he won the all-around, high bar, vault and pommel horse. He also took home the all-around title at Ohio State Mar. 6 as well as at the Feb. 20 Pacific Coast Classic, also winning parallel bars. He was awarded the first of his two MPSF Gymnast of the Week honors on Mar. 15 after a 90.900 all-around win, leading the Bears to an upset

of No. 6 Penn State. Ishino tied for first on parallel bars and took home titles on vault and pommel horse in that meet. On floor, Ishino was Cal's top finisher with a second place season-high 15.250. Ishino's event-winning 15.450 on pommel horse was not only yards above the other competitors, but good for a season and career-high. Thanks to Ishino's score, Cal hit a 2010-high on horse with a 58.200, just short of its all-time best of 58.250. His first weekly accolade this season came following a season-high 89.050 all-around victory against Ohio State on Mar. 6. Ishino's team and season-high 14.750 helped the Bears set a team season-mark on floor of 57.500. Ishino was Cal's top finisher on pommel horse, where he took second with a 15.000, and rings, which he was third with an all-time career-best 15.150. He added a runner-up finish on parallel bars at OSU with a season-best 15.050.

2010 MPSF[®] Coach of the Year

BARRY WEINER • HEAD COACH • CALIFORNIA • 19TH YEAR



In his 19th season at the helm, California head coach Barry Weiner continues his track record of producing top-ranked men's gymnastics teams and student-athletes. This season, the Bears took second at the Mountain Pacific Sports Federation Championships, edged by .100 of a point, 354.550-354.450, to host Oklahoma. Weiner's star sophomore Glen Ishino won the all-around by almost three full points. Ishino took home the pommel horse crown while junior Kyle Bunthuwong won parallel bars and high bar. Cal's second-place finish was the highest since 2005, when also taking silver at the MPSF. Weiner's coaching has helped Cal land three conference gymnast of the week honors in 2010, with Ishino earning it twice and Bunthuwong once. Both Ishino and Bunthuwong are U.S. senior national team members. Outside

of the spectacular outing at the MPSF meet, one of Cal's best meets this season came Mar. 13, when notching a 354.650-344.300 upset over No. 6 Penn State. Cal took home team titles that day on horse, rings, vault, parallel bars, and high bar. Bunthuwong and Ishino tied for first on horizontal bar, with the former also winning parallel bars and the latter on vault and pommel horse. The Bears set multiple season and career records at the meet, including a season-high overall score of 354.650. The Bears look for their 14th top-10 national finish under Weiner at the 2010 NCAA Championships, after guiding them to a fourth-place and record-breaking performance at the 2009 NCAA's. Weiner has coached 14 individual national titles, including Evan Roth's 2009 title on still rings and Tim McNeill's five championships.