



COLLEGE GYMNASTICS ASSOCIATION MPSF CONFERENCE

CGA WEEKLY REPORT

Dec. 21, 2009

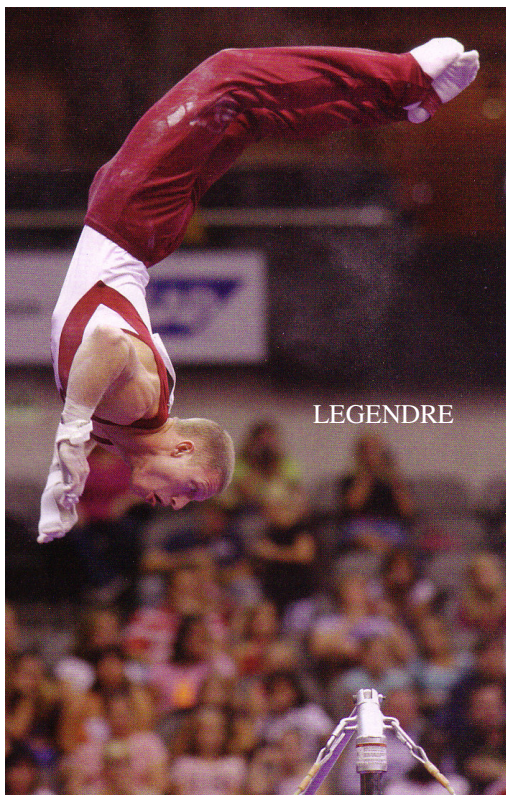
By Jerry Wright



UNIVERSITY OF OKLAHOMA (Dec.13)

The University of Oklahoma men's gymnastics team, ranked No. 3 in the preseason coaches' poll, continued preparations for the 2009 season Sunday afternoon with the annual Red-White intrasquad scrimmage.

The meet, held at the temporary training site for the Sooners, saw team co-captain Corey English's Red team defeat fellow co-captain Steven Legendre's White team.



LEGENDRE

"The team competed hard today for the first time in front of judges," said head coach Mark Williams. "The guys are in good shape physically but the technique need some work going into the season."

Each squad sent at least four gymnasts to compete on each apparatus and the top three scores counting towards the team's total.

Today's scrimmage was highlighted by Legendre posting a score of 15.95 on floor and a 15.00 on high bar. Freshman Jake Dalton, who competed at the 2009 World Championships on vault, helped the Red team with the win by tallying 16.05 on the apparatus.

"I'm happy with where we are as a team," added Williams. "This puts us in a good spot for the first meet and with some work on our routines I feel that they could be in a position

to win championships."

Editor's Note: No other results available.

AIR FORCE ACADEMY (Dec. 5)

Highlighted by six first-place finishes, the Air Force gymnastics "Blue" team defeated its "Silver" counterparts in the second annual Blue-Silver Invitational on Saturday, Dec. 5, at the Academy's Cadet West Gym. Gymnasts from Team Blue (211.775) posted a share of the top scores in five of the six men's events, as well as one of the women's events, to better the Silver Squad (206.995).

Five different members of the men's team contributed to its five first-place finishes, including three freshmen. James Okamoto recorded a score of 14.10 - a tally just .100 off of the Academy record - to win the PH, while Tory Brown tied for first on the V behind a score (15.70) that is just .150 off of the Academy standard. Fellow freshman Travis Langham won the HB with a mark of 12.75.

Aaron Zaiser won the FX with a tally of 14.65, while Matthew Thorne paced a Blue Team sweep of the top four scores on the PB with a winning score of 13.80.

Brown also counted as a scoring member of the Blue team on the FX (13.35), PB (13.55) and HB (12.00), while Langham's score of 13.05 on the SR also counted toward the team total. In addition to his top score on the FX, Zaiser also scored for the Blue team on the V (15.00), while scores from Nick Owen (PH, 12.40) and Devin Meneff (SR, 12.50) also counted toward the team's overall score.

Dan Klimkowski, a member of the Silver squad, won the SR with a score of 13.55 and also paced the team on the FX with a score of 13.70. Joel Uptmor, who tied with Brown for

first on the V (15.70), also scored on the HB with a mark of 12.00.

Nash Mills posted the team's top marks on the PH (13.15) and PB (12.10), while also scoring on the SR (13.40) and V (15.30). Team co-captain Brennan Wolford posted the highest Silver score on the HB (12.65), while also scoring on the PH (12.30). Freshman Thom Wilkinson tallied a scoring finish on the FX at 13.50, while co-captain Garrett Canter's mark of 12.00 on the PB also counted toward the Silver's overall score.

In compiling an unofficial team score AF comes up with 322.20.

UNIVERSITY OF CALIFORNIA (Dec. 21)

Coach Weiner reports that they did not produce a score sheet for their intrasquad meet, but that Glen Ishino, Bryan DeCastillo and Dennis Mannhart looked good and were the teams high scorers.

UNIVERSITY OF WASHINGTON

Although obviously not a member of the MPSF Conference I like to include the major club teams in these reports whenever I can and the MPSF report seems the most appropriate location for Washington and Arizona State.

According to Coach Jeff Crockett, "We have an addition this year that will bring new life to the team. Jeremy Hardi (WA) was a

Junior USA National Competitor a few years back and after taking a break from gymnastics he is back in the gym and looking better than ever. He has tremendous skill and will be our top all around competitor this year. Returning sophomores Sam Softich (WA) and Bobby Miller (WA)

also look to contribute to the team score with their strong all around performance as well."



OKAMOTO



BROWN



HARDI