



COLLEGE GYMNASTICS ASSOCIATION
MOUNTAIN PACIFIC SPORTS FEDERATION

CGA Weekly Report

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UNIVERSITY OF OKLAHOMA

The No. 1 ranked Oklahoma men's gymnastics team held its annual Red/White intrasquad scrimmage (Intrasquad) at the team's training facility on Saturday Dec. 10.

Oklahoma did not report any team or individual scores from the scrimmage.

Oklahoma Head Coach Mark Williams had a lot to take away from the scrimmage and the team's progress thus far. "I'm pleased with the direction that the team is going in," said Williams. "I definitely feel we've improved quite a bit in the past month and a half. In comparing our past teams, I don't think we are either further or behind than any other team, so I think we're really on track for this time of the year."

Williams is particularly impressed with the team's underclassmen and the energy they bring to the program. "I feel like this team will be one that has to develop its identity to some extent because more than half of our team is new to the program," said Williams.

The young Sooners, who welcome 10 newcomers to the squad, are developing quickly to the collegiate level of competition. Williams believed freshmen like Dylan Akers, Danny Beradini and Jacoby Rugin will be essential to the Sooners success in the coming season.

Williams was also pleased with his upperclassmen's leadership, particularly junior captain Jake Dalton.

"He's been to one of the highest levels of the sport at this point, competing at two World Championships," said Williams.

Dalton, the 2011 NCAA National Champion on floor and vault and bronze medalist at the 2011 World Championships, indicated that he was proud of the Sooners' performance in both the intrasquad and fall practice.

Top Scores this season (recorded in pre-season intrasquad meets)

Penn State	349.10
Ohio State	346.40
Minnesota	345.50
Ill-Chicago	333.60
Michigan	331.65
Navy	326.60
Air Force	320.90
William/Mary	319.00
Army	312.00