

WMGF News

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May 1, 2015

Season Review

by Mark Russo

The second half of our season began with our only “home” competition this season: A tri-meet with Arizona State and, for the first time since the 70’s, Cal Berkeley. The meet took place at the Tacoma Convention Center in early February. The team performed well, our best of the season to date, but it wasn’t enough to beat either ASU or Cal. We had several outstanding individual performances such as Nathan Tsuji’s 14.5 on floor, Nick Kano’s 14.35 on rings, and Justin Rowen’s 14.65 on vault. We were not quite at full strength for this meet as freshman Carl Meader was recovering from a minor back injury. Even so, it was inspiring to perform at home in front of our fans.

Team Results	UW All-Around
Cal 421.30	Rowen 79.50
ASU 405.30	Kano 78.95
UW 394.65	

Later in February we traveled to ASU for a four-way competition between ASU, Temple, UW, and Southern California United, a conglomeration of colleges in Southern California who come together to compete as a team. This is SC United’s first year of existence and they are doing pretty well. These four teams constitute the highest levels of collegiate self-funded teams, and the competition reflected each’s desire to call itself the best of this class of teams. We brought our A-game to this meet and it was a great thing to see. Our goal this season was to score 400 or higher as a team, and we realized this goal at this competition. We were back at full strength with Carl competing in the all-

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The Washington Men’s Gymnastics Foundation is a non-profit organization that exists to assist the Men’s Gymnastics Team at the University of Washington.



Carl Meader at Collegiate Nationals

Photo credit: Steve Moss

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around again. The competition was good and we hit nearly 90% of our routines. Many of our routines had stuck landings, earning us bonus points and propelling us to even higher scores. As well as we were doing, ASU was also having their best meet of the season. Washington got consistent all-around performances from all four of its all-arounders; all scored their highest totals at this meet. On floor, Nathan Tsuji again led the way with a clean 14.2 routine. Carl Meader was our best performer on pommels, rings, and parallel bars (14.0, 14.25, 13.6, respectively). Justin Rowen had his best meet since becoming a Husky and led us on vault with 14.95 and high bar with 14.35.

As a team, we reached our potential for this year at this meet. It was a great competition to watch as the teams were fairly matched and trading leads throughout.

Team Results	UW All-Around
ASU 419.85	Rowen 83.45
UW 407.70	Meader 82.95
Temple 400.95	Tsuji 81.95
SoCal 362.80	Kano 79.15

March began with our team traveling to the Air Force Academy for a dual competition. Our situation preceding the competition – moving gym equipment until early morning, an early-morning flight, and the high altitude of Colorado Springs – caught up to us during the meet. We looked flat and lethargic. Our routines were not consistent. Our hopes to build upon our ASU meet high score were pretty much dashed on our first event, pommels, as we had to count several falls. Many of our routines throughout

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Season Review

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the evening had breaks and uncharacteristic falls. We struggled to finish without injury, yet did sustain some bumps and bruises that would have an effect on us later in the season. Carl Meader was our best performer in the all-around, scoring an 81.05. Nathan Tsuji improved his floor high score to 14.85. Aaron Moss had good performances on pommels (13.45) and high bar (13.65) to lead us on those events. Freshman Nick Kano led us on rings and improved his vault by adding another full twist. This helped Nick score over 14 for the first time on vault this year. Air Force was a level above us though, and defeated us handily.

Team Results	UW All-Around
Air Force 429.90	Meader 81.05
UW 395.10	

Our last dual meet of the season was at Cal Berkeley. Although not our best showing, highlights included Carl Meader's 13.2 on pommels, Aaron Moss on floor scoring 14.0, and Nick Kano's 14.4 on vault. This meet showed us that if we don't begin strong, it's difficult to gain momentum.

Team Results	UW All-Around
Cal 429.90	Kano 79.55
UW 386.35	

Collegiate Nationals was hosted by Air Force, for our second trip to Colorado Springs in two weeks. I'd hoped our earlier meet there would give us an advantage, understanding the demands of altitude and dryness (thin air and dehydration). We felt good going in to our first event, motivated and healthy. However, we had three errors that were uncharacteristic of the people who performed them. This would haunt our team score all

through the meet, as it kept us from being able to put pressure on the teams just above us. Those points we lost on our first event would have jumped us over two teams in the final standings. Our season-long nemesis event, pommel horse, also made us pay and dragged our team down. However, thanks to an inspiring crowd of amazing Husky fans, we rebounded on rings to our best performance of the season. We vaulted well, as usual, and then it came down to parallel bars... would we hit our routines well enough for the team to reach 400 one more time? The guys did well, hitting their routines and we accomplished 400.35.

At Collegiate Nationals we had several outstanding performances, qualifying five gymnasts to event finals. Aaron Moss and Carl Meader qualified on floor, finishing 7th and 8th. Nick Kano placed third on rings with his season's best score of 14.65. Nathan Tsuji placed 9th on vault while Justin Rowen came in third. Justin also placed 5th on high bar. The Senior Athlete of the Year was senior Franklin Stutevoss who led our team as Captain this year.

In summary, our goal of 400 was a realistic one. It was satisfying to attain twice this season, and it sets us up to improve to the 410's next year. Our performances gained us respect amongst our peers, and next year we seek to improve yet another level.

Team Results	UW All-Around
Air Force 430.85	Rowen 81.00
Navy 412.45	Meader 80.65
William & Mary 410.10	Tsuji 80.00
ASU 404.80	Kano 78.70
Springfield 402.40	
Temple 401.90	
UW 400.35	
SoCal United 375.45	

*Your 2014-2015
Husky Gymnastics Team*



Wyatt Zmrzel, Nathan Tsuji, Franklin Stutevoss, Alex Maybruck, Aaron Moss, Nick Kano, Max Soifer, Justin Rowen, Brandon Waller, Chris Ramsey, Carl Meader, Coach Mark Russo

Where Are They Now? An Update on Husky Alum Mark Peterson

by Mark Peterson

My gymnastics pinings began in the early 60's when I stumbled across a Saturday television program being broadcast from the University of Washington. On the program Coach Eric Hughes was teaching gymnastics maneuvers on the different apparatus, and I watched intently, even trying some of the moves. I had started out my athletics career in junior high as a springboard diver, later adding swimming when I attended Stadium High School in Tacoma. Stadium didn't have a gymnastics team, but my swim coach taught me a back handspring, which I also used as a member of the cheerleading squad.

I was so enamored of gymnastics, and specifically the gym program at Washington because of the TV show, that I decided to turn out for the sport when I got to the UW in the fall of 1965. I figured one just had to go talk to the coach to get on the team. It might have been my first day on campus when I went to ask Coach Hughes if I could turn out. The gist of his response was, "I know every gymnast in the state, and you're not one of them." I was flooded!! I had put all my eggs in this basket, and here I was out in the cold! Well, not exactly in the cold . . . Coach recommended that I join his gymnastics class, which I did. I must have shown some promise because a few weeks later he invited me to join the team workouts.

I was eager to learn, and that year an assistant coach named Bob Schwarzkopf was on board and taught me much. My favorite event was tumbling, but the coaches expanded my repertoire to include parallel bars, vaulting, rings, and trampoline, which at that time was still a competitive event. I was so fortunate to be on a team with some great and inspiring upperclassmen: Mike Flansaas, Steve and Mike Lovell, Eigil Flaathen, Mark Buckingham, Bo Bennett to name a few. I competed that first year, but my point total at the end of the year was a few shy of the requirements, so I didn't earn a letter award. I did, however, nab the Most Promising Freshman award.

The following years brought a host of outstanding international gymnasts to the team: Yoshi Hayasaki, Sho Fukushima, Hide Umeshita, Mauno Nissinen. A funny story about Mauno, a Finnish import . . . on one trip to Los Angeles, we passed a body shop while driving to a meet. We had to explain to Mauno that that business dealt with automobile bodies, not human ones!

As I mentioned, tumbling was my favorite thing, and I was fortunate enough to get some pretty buff (IMHO!) moves under my belt: in my junior year I opened with a double-twisting back somersault, and one pass included a one-and-a-half twisting dive roll, which I had brought in from my diving days. Remember that at the time there was no spring floor, so we were launching – and landing – these moves without the springs and padding that current tumblers enjoy. On several occasions we competed floor exercise on a bare – that is, wooden – floor. At the University of British Columbia they had a horsehair basketball floor, which had hot and cold spots . . . if you landed on a cold spot, you ended up on your can, which I did!

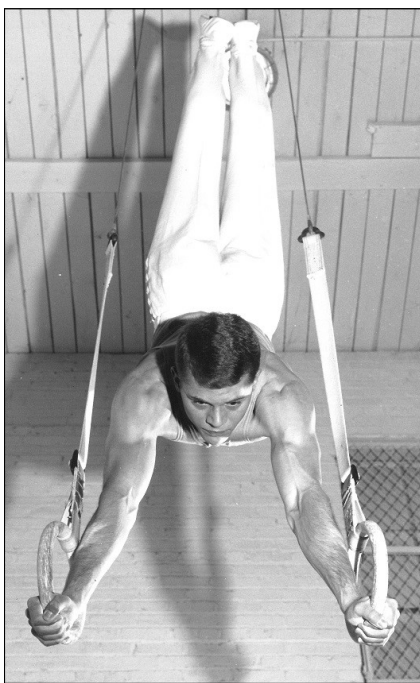
I was able to compete on floor, p-bars, rings, and vault through my career at UW. Unfortunately, in the workouts leading up to my senior year of competition I got a bone bruise on one of my heels, and was unable to compete floor exercise all season.

At the UW I earned a degree in Biology Education, and after graduation taught Biology (and math, and gym) at Newport High School in Bellevue for ten years. By that time my interests had turned to electronics, so I switched careers and started out making test fixtures, then later learned programming microprocessors, which

I continue to do these days. The code I write gets squirted into manufactured products, so they call it Embedded Systems Programming. Fun stuff!!

In 1976 I married my wonderful wife, Cam. A year later we moved into our current house in Wallingford, just a stone's throw from the UW campus. In a few years we had two boys, Ryan and Chris. Ryan has since married Amy, and they have given us two wonderful grandsons, Cody (4) and Mac (2). Ryan and the family live nearby, so we get to see them and the grandkids often. Chris moved to LA to pursue his acting career, and is doing what all aspiring actors do . . . he waits tables!

I keep busy working (still!), playing guitar in a rock 'n' roll band (www.N2Oseattle.com), and recently I launched a wild and crazy project... building a Teardrop Trailer from scratch (<http://nwwoody.N2Oseattle.com>).



Mark at Hec Ed

Meet the Team: Franklin Stutevoss

By Joel Hennig

Where did you grow up and which gym did you attend?

I grew up in Tigard, Oregon and did age-level gymnastics at Westside Gymnastics Academy.

How did you hear about the University of Washington Gymnastics Team?

My former coach Drew Grow. I never really came to the Washington Open until my sophomore year, but Drew was an old UW Alumni (coached by Mark), so I think it was always his plan to groom me for the team!

What was your impression of the team when you first arrived?

The gymnastics was bigger than I'd ever seen! The length of practice was a bit daunting, I mean, I didn't think it was humanly possible to work out for six hours straight! Also, the difficulty and creativity of the conditioning was striking (I had to do jump rope in the pit on my first day, it was a disaster). We had a pretty small team back then, it was just: Jon, Peter, Taylor, Joey, and Layton. It was a lot of fun, but I was really, really sore the next day.

How about all of the fundraising? Was it what you expected?

Volunteering at the Husky football games in the stadium was pretty cool. Setting up and tearing down for the women's meet was a little challenging my first year because we only had six people. For their first meet, we weren't finished setting up until 2:00 AM! Still, it was new and exciting to be on a college team, and I was just excited to compete the next day.



Franklin at Nationals

Looking back on all of your years on the team, what is your favorite memory?

My favorite memory has to be Mark calling me 15 minutes before practice and saying "grab your clubs and let the rest of the team know we're going golfing at Jackson for practice today." It was definitely not my greatest game, but anything is better than pommel horse day!

There have been a lot of memorable quotes in the Quote Book over the years, what is your favorite?

Well, this isn't necessarily my favorite, but it was the first time I got in the quote book: Mark was giving someone a correction on high bar and there was a comment about tools, and my reply when someone asked about the tools was "Thunder and Lightning," obviously referring to my giant biceps. But one of my favorite quotes has to be from Peter when he said: "I'll see it when I believe it!"

What is your favorite memory from a meet?

That's an easy one: ASU this year. So we got to the airport late and missed our flight on Southwest, and the next flight to PHX would get in too late and we would have missed the meet. So Mark tells me to get on my "fancy phone" and figure something out. We found a flight on Alaska that was leaving in an hour. Went to the counter and bought eight tickets. We show up to the meet with only 30 minutes left in warm-ups. We also had three equipment setups the days before, so everyone was really tired. Regardless, we absolutely killed it! We beat Temple and broke 400 as a team for the first time ever. It was amazing.

What is your favorite memory of being on the team in general?

Traveling with your buddies, traveling around the country and the world. My favorite traveling experience has to have been in Germany this past year. When you are traveling you really get to see everyone's true colors – it's awesome. And freshman are freaking hilarious. Seeing everyone's quirks, you really become a family. You see everybody's good and bad days and every year on the team is different. Guys mature and new freshman join every year, but it has been a great ride for me. My first year there were only four guys, second year we had six, and finally had a full team my last two years. I've also see our score grow, Freshman year 287, then 359, then 383, and we finally finished at Nationals this year above 400.

How has the team changed you as a person?

You really have to figure yourself out. Holding yourself accountable for what you do and don't do. Hard work. You can do a lot more than you think you can. I have become a master of prioritizing and time management. I've had to reschedule projects, finals, and midterms, you get creative and just figure out how to get it done. There isn't a job I haven't finished, and that work ethic is something I'll take with me for the rest of my life.



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Meet the Team: Justin Rowen

By Franklin Stutevoss

What were your overall impressions on this season?

I think it was a big year for the team. We made a huge step toward becoming competitive with NCAA schools, and having broken 400 two times this season we have earned respect from a lot of teams.

What do you think is the biggest difference between last year and this year for you, being a sophomore?

The biggest difference was that I was much more consistent and feel like I really proved myself as an all-around gymnast this season. I think knowing what to expect at competitions really helped me to improve so much this year.

What are you looking forward to most in the next two seasons with the team?

I'm looking forward to beating ASU! I think we really have a good shot at beating them next year. I am also really looking forward to who we can get on our team. There is a ton of talent that we hope to have on the team and it is exciting to be a part of Washington Men's Gymnastics becoming a team that is feared.



Justin at Nationals

Outside of gymnastics, what do you enjoy most about Seattle/Washington?

I mean, I guess the weather is pretty nice during the summer. And it's green. It's nice to have water too. Washington is all right I guess...

Being an all-around competitor yourself, what's it feel like having three other teammates who can also score in the 80s?

It is awesome. Having so many of us scoring above 80 it is a huge motivator to train harder and be better. It makes the energy so much better and I love that. It will make all of us much better gymnasts simply being surrounded by other great gymnasts. It becomes difficult to make lineups unless you really give it your 100% at every practice. Oh, and we push each other to throw big tricks. And if you know me then you know I love throwing big tricks.

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Have extra airline award miles laying around? You may be able to donate them to WMGF to help with the team's travel!



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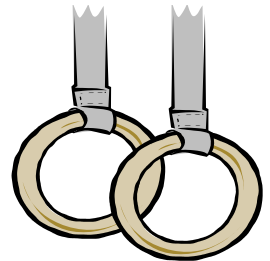
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Another Way to Donate: Remember the WMGF in Your Will

By Coach Hughes

We recently completed our annual drive for funds, Many of you were very generous and we thank you. This money goes into our operating account.

There is another way in which you may wish to help us and that is to include the WMGF in your will. If you don't have a will you should make one right away. Kevin Beder has left the WMGF a percentage of his net worth when the time comes. I have done the same. As far as I know, Kevin and I are the only ones who have donated in this way. Remember, you can't take it with you.

You may wish to direct this donation to our Scholarship Account which functions as an endowment and may be used only for scholarships. Awards are based on need, academics, and gymnastic ability.

We welcome a gift in your will to either the operating account or the Scholarship Endowment Fund.

If you have questions, please contact Coach Hughes (425-337-2421) or Coach Mark Russo (206-524-9480).

WMGF
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In This Issue...

Season Review, Where Are They Now, and more...

May 1, 2015



Please join us for the 2015
**Washington Men's Gymnastics
Team Banquet**

Season re-cap! Slide Show! Dinner! Dessert!

*A chance to get together with friends from many
eras of Husky Gymnastics*

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Time: 1:00pm

University of Washington

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