

SEASON 23 - EP. 02

# RETURN OF THE DAWGS

2023 WASHINGTON OPEN



## 2023 WASHINGTON OPEN

January 6 – 8, 2023

Alaska Airlines Arena  
University of Washington





Jeff Crockett

Head Coach  
Washington Men's  
Gymnastics Team



Hello parents, coaches, athletes, and gymnastics enthusiasts!

It is an honor to once again welcome you all to the Washington Open. This meet has brought clubs, coaches, and athletes together from all over the western United States for decades. This competition has also been the largest and most consistent fundraising event for our Men's Team ever since losing our funding back in 1980, so we thank you from the bottom of our hearts for your support and contribution to the success of Washington Men's Gymnastics! Every penny of profit will go to supporting the team.

While we may not get funding from the University, the athletic department has been very generous in allowing us usage of their facilities at a very low cost. The women's team and their head coach, Jen Llewellyn, have also been very supportive of our team and we thank them as well! Some of the equipment and matting you see on the competition floor is borrowed from the women's team at no cost!

I want to wish all the athletes and coaches the best of luck and am so excited to see how everyone in the region has progressed. Thank you again and GO DAWGS!!!



# SESSIONS SCHEDULE

*All Sessions will be Modified Capitol Cup*

## Friday, January 6<sup>th</sup>

### Session 1

*Bronze/Silver/Gold/Platinum*

10:30am Stretch  
11:00am Competition

### Session 2

*Level 7*

1:30pm Stretch  
2:00pm Competition

### Session 3

*Level 8*

5:00pm Stretch  
5:30pm Competition

## Saturday, January 7<sup>th</sup>

### Session 4

*Level 5 & 6*

9:00am Stretch  
9:30am Competition

### Session 5

*Level 9*

1:00pm Stretch  
1:30pm Competition

### Session 6

*Level 10 & Husky Team*

5:30pm Open Warm-Up  
6:00pm Competition

## Sunday, January 8<sup>th</sup>

### Session 7

*Level 3 Div 1 Age 10+ & Div 2*

8:00am Stretch  
8:30am Competition

### Session 8

*Level 3 Div 1 Age 6-9*

11:30pm Stretch  
12:00pm Competition

### Session 9

*Level 4 Div 1 Age 12+ & Div 2*

3:00pm Stretch  
3:30pm Competition

### Session 10

*Level 4 Div 1 Age 6-11*

6:30pm Stretch  
7:00pm Competition

*How can you continue your gymnastics career after high school?  
Visit our team table to find out!*




## ADMISSIONS

Adults:	\$20
Military/Seniors:	\$15
Children up to 17:	Free
All students:	Free

**BUY YOUR RAFFLE TICKETS! \$1 EACH!**



 Follow them on Instagram at #YOUR\_WEDDING\_CO

*\$1 each*

*Buy your  
shout outs!*

\*New this year!

Send a special message to  
your gymnast.

Shout outs will be announced  
throughout each session.



# PARKING

Parking permits are required Monday through Friday, 6am to 9pm, and Saturdays from 7am until noon.

Map Marker    Rate

	\$7.28 daily
	\$4.00 hourly, \$18.75 daily
	\$4.00 hourly
	\$4.00 hourly, \$18.75 daily, \$6.25 flat rate after 4pm on weeknights or on Saturday
	Pay by phone payment option available



Husky Strong calendar is available to purchase!

All proceeds will directly support the team.

Autograph session immediately following the collegiate session on Saturday night!

# PARTICIPANTS

## **Accel Gymnastics • Burlingame, CA**

Julian Allouche ▪ Ryan Alunan ▪ Zachary Bernard ▪ Jack Geraghty ▪ Kazuya Iwase  
Isaac Latief ▪ Gabriel Manyak ▪ Thomas Martinez ▪ J.T. Nitafan ▪ Marshall Norton  
Evan Prock ▪ Leo Sagolla ▪ Ryan Scott ▪ Drew Stannard-Stockton ▪ Bodi Szabo  
Benjamin Thurlow-Lam ▪ Alexei Tryshev

## **Advantage Gymnastics Academy • Woodinville, WA**

Josiah Abram ▪ Landon Bernhart ▪ Edan Cohen ▪ Emmett Frost ▪ Lucas Hayburn  
Matthew Kokhan ▪ Chris Mullins ▪ Stevie Mullins ▪ Makar Shnitko ▪ Brennan Voss  
Kianoosh Washburn ▪ Flynn Zaback

## **A.I.M Gymnastics Center • Moses Lake, WA**

Kellen Farnsworth ▪ Lewis Fedie ▪ Matteo Garcia ▪ Garrison Quilter ▪ A.J Sandoval  
Jonathan Sandoval ▪ Levi Sandoval ▪ Elijah Saxton ▪ Justice Smith

## **Alpha Gymnastics • Woodinville, WA**

Yaroslav Bondariev ▪ Kai Coleman ▪ Eric Coulon ▪ Zach Dashevskiy ▪ Dalton Dunn  
Ryder Ellertson ▪ Liam Fazeli ▪ William Foster ▪ Quinn Gillette  
David Goldenberg ▪ Alex Harrison ▪ Artem Hryhoriev ▪ Ivan Kostikov ▪ Matthew Kostikov  
Brayden Lewis ▪ Michael Lozhkin ▪ Denis Mazalov ▪ Ryder McBride ▪ Zain Metwally  
Adam Metwally ▪ Hezekiah Onyango ▪ Jack Palmer ▪ Anton Podlepaev  
Maxim Podlepaev ▪ Eddie Pogodin ▪ Adrian Ponomarenko ▪ Dmitry Provalov ▪ Oleg Rodionov  
Daniel Rondel ▪ David Rondel ▪ Aleksandr Rybin ▪ Jun Shimada ▪ Axle Skinner  
Gregory Skvortsov ▪ Marat Slobodyan ▪ Gabriel Storrs ▪ Daniel Zhovtobriukh

## **Avant Coeur • Coeur D'Alene, ID**

Ray Brown ▪ Nathan Cohen ▪ Blaide Cotten ▪ Dylan Coulson ▪ Kason Dellara ▪ Dan Fryling  
Carson Kenny ▪ Felipe McAllister ▪ Grayson McKlending ▪ Lance Mosher ▪ Hudson Petticolas  
Preston Pool ▪ Cayden Ptashkin ▪ Derek Remelski ▪ Collin Scott ▪ Conan Tapia  
Paxton Wengeler

## **Black Hills • Lacey, WA**

Nathan Acklam ▪ Zadkiel Arocho Rodriguez ▪ Tyler Bailey ▪ Edson Barragan ▪ Quentin Behrens  
Kayson Billings ▪ Finn Borden ▪ Eamon Borden ▪ Joshua Brunson ▪ Johnathan Calderon  
Jayce Chavez ▪ Charlie Cogle ▪ Sammy Eller ▪ Jackson Fugitt ▪ Dominic Goerig  
Robert Goerig ▪ Tirth Gohel ▪ Nolan Harrison ▪ Dominic Hiebert ▪ Bruce Hollingsworth  
Tohma Honjoh ▪ Landon James ▪ Caleb Johnson ▪ Nico Jones ▪ Santino Jusino  
Asher Marchant ▪ Jeffrey Meeks ▪ Caleb Montgomery ▪ Walker Murdock ▪ Evan Perry  
Callum Perry ▪ Damien Pierce ▪ Lance Pla ▪ Dalton Priebe-Lane ▪ Daniel Prietto  
Edwin Prietto ▪ Emilio Ramirez ▪ Andrew Smith ▪ Casen Sortore ▪ Kai Tucker ▪ Tyce Tucker  
Jaziah Washington ▪ Rydon Webb ▪ Riley Webb



## **Cascade Elite • Mountlake Terrace, WA**

Kayden Adams ▪ Connor Anderson ▪ Cody Bachhuber ▪ Malcolm Blair ▪ Charles Cady  
Eliot Chu ▪ Daniel Davidovskiy ▪ Jacob Elkins ▪ Noah Elsing ▪ Theo Glover ▪ Judah Hirschman  
Merrick Jacobson ▪ Matt Jordaan ▪ Racen Kahumoku ▪ Mark Kovtun ▪ Elliot Laird  
Ryan Lavielle ▪ Joshua Lutz ▪ Isaac Mackey ▪ Alexander Marletto ▪ Evan Migal ▪ Jack Miller  
Frederick Moeller ▪ Trenton Nebel ▪ Santiago Ramirez Rose ▪ Dillon Rho ▪ Logan Rosemond  
Laydon Rossow-Belenky ▪ Liam Savitski ▪ Noah Shteynberg ▪ Jakob Shteynberg ▪ Jonah Silke  
Hugo Simpson ▪ Michael Usoltsev ▪ Pierce van Buuren ▪ Magnum Wasserman ▪ Will Zelter

## **Cascade Elite West • Silverdale, WA**

Palmer Neil ▪ Greysen Nelson ▪ Gabe Rumpke ▪ Isaac Werner

## **Coastal Realm Gymnastics • Everett, WA**

James Alvine ▪ Jairus Forehand ▪ Jackson Fornes ▪ Dodge Gooby ▪ Deven Johnston  
Sebastian Light ▪ Henry Mehlos ▪ Noah Miller ▪ Max Sansoni ▪ Josiah Wohlford

## **Danik • Meridian, ID**

Samuel Bock ▪ Sean Campbell ▪ Sean Clark ▪ Christian Cox ▪ Ronin Guill ▪ Grayson Hales  
Jackson Hales ▪ Oliver Hales ▪ Joey Hannon ▪ Gavin Hapney ▪ Malachi Houck  
Benjamin Korpus ▪ Hudson Mecham ▪ Grayson Mecham ▪ McKay Nicolaysen  
Vitalii Pavlikovskiy ▪ Elijah Sanchez ▪ Kaden Sanchez ▪ Emmitt Smith ▪ Carter Stech-Wilding  
Layton Stech-Wilding ▪ Mitchell Wells ▪ Anders Wells

## **Denali Gymnastics • Wasilla, AK**

Nicholas Adams ▪ Carter Chappell ▪ Tycen Chappell ▪ Kael Childers ▪ Aidan Hipszer  
Cole Miller ▪ Leon Shelton ▪ Pearson Shelton ▪ Travers Shelton ▪ Zander Stone

## **Dynamic • Spokane, WA**

Dylan Abrahamson-Fernandez ▪ Colton Cameron ▪ Gavin DePue ▪ Ethan Ehrgott  
Nathaniel Nowaski ▪ Niam Phothivongsa ▪ Nait Phothivongsa ▪ Koda Wolfe

## **Emerald City Gymnastics • Redmond, WA**

Zidan Abdelwahab ▪ Kelly Bateman ▪ Neil Bedi ▪ Aaron Bedi ▪ Logan Boetjer  
Eddie Bookholt ▪ Benjamin Bynum ▪ Andrew Chouinard ▪ Greyson Danner ▪ Anders Darboe  
George Dos Remedios ▪ Grady Dunn ▪ Theodor Fedotyev ▪ Max Frolov ▪ Jackson Grant  
William Guthrie ▪ Ryan Hing ▪ Matthew Jankowiak ▪ Sachin Kalaimani ▪ Nathan Kaplita  
Caden Knapp ▪ Sam Kohli ▪ Tom Koresh ▪ Jake Leiter ▪ Valentino Marin ▪ Hunter Maughan  
Owen McHugh ▪ Dylan Mirsky ▪ Cole Moran ▪ Wyatt Morris ▪ Sam Mravec ▪ Alex O'Reilly  
Nicholas Pinto ▪ Simon Porter ▪ Jackson Ramirez ▪ James Rivette ▪ Cruz Rule  
Henry Schnackenberg ▪ Andrey Shcherbakov ▪ Kyan Udasco ▪ Grady Werner ▪ Holden Weston

## **High Flight • Monroe, WA**

Ryker Abrahamson ▪ Bennett Fawcett ▪ Levi Kramer ▪ Brayden Kramer ▪ Kash Kryger  
Gideon Moritz

## **MAC Gymnastics • Portland, OR**

Tristan Ashton ▪ Asa Jacob ▪ Alex Lydgate ▪ Ian Reese ▪ Colton Smith ▪ Slater Smith  
Ladd Steele

## **Metro • Tigard, OR**

Nazar Bahnenko ▪ Barrett Bezates ▪ Spencer Black ▪ Quentin Brown ▪ Jace Croman  
Joel Ferguson ▪ Asher Ferguson ▪ Connor Halverson ▪ Robbie Hoang ▪ Armaan Jafri  
Zain Jafri ▪ Maxim Kamenev ▪ Rusty Livengood ▪ Max Norquist ▪ Eben Olsen ▪ Ben Sizemore  
Thero Sonnen ▪ Alex Tam ▪ Caleb Toader ▪ Keanu Ventura ▪ Jacob Zimbelmann

## **Metropolitan • Kent, WA**

Kanaloa Amaki ▪ Mateo Baptista-Allan ▪ David Becerra ▪ Brody Boatman ▪ Tanner Boatman  
Finn Boatman ▪ Tahrir Booker ▪ Daniel Bykhnyuk ▪ Maxim Bykhnyuk ▪ Liam Cain  
Andrew Cameron ▪ Ethan Chang ▪ Lucas Chin ▪ Beckett Chin ▪ Logan Chynoweth  
Alex Cline ▪ Eli Deehr ▪ Luca DeJong ▪ Will Dollinger ▪ Saji Elmakhoud  
Riley Ford ▪ Benjamin Gaal Szabo ▪ Franklin Gonzalez ▪ Michael Gonzalez ▪ Finn Goodchild  
Harrison Goodchild ▪ Nadav Gunderman ▪ Davis Hansen ▪ Sean Hansford  
Aden Haury ▪ Kaden Hayakawa ▪ Oliver Howard ▪ Yuya Ishiyama ▪ Joey Jacroux  
Garth Jarvis-Rizza ▪ Zac Joyce ▪ Lincoln Knutson ▪ Nicholas Kolechkin ▪ Luka Kolovyansky  
Cameron Kupets ▪ Owen Lapsa ▪ Kellen Lawrence ▪ Benny Martinez  
Griffin Martinez ▪ Vinny Mascio ▪ Enzo Mascio ▪ Jaxon Miller ▪ Ethan Nguyen ▪ Everett Olsen  
Kayden Ortiz ▪ Oliver Parenteau ▪ Isaac Peterson ▪ Liam Plasch ▪ Brandon Plasch  
Henry Roberts ▪ Ryan Roberts ▪ Jesse Roberts ▪ Marcelo Rushwald ▪ Jonah Soltz  
Gabe Soltz ▪ Alan Sovrebov ▪ Slavik Strembitsky ▪ Andrew Stroud ▪ Arthur Taranov  
Benjamin Taylor ▪ Ray Teplitsky ▪ Derek Valdez ▪ Malachi Vasquez ▪ Janrich Velarmino  
Daniel Waibel ▪ Shay West ▪ Tom Young

## **Mid Columbia • Richland, WA**

Dutch Anda ▪ Christian Bamber ▪ Ayden Betz ▪ Drew Boruff ▪ Carson Charles ▪ Holden Diehl  
James Engel ▪ Oscar Felicetti ▪ Prince Gomez ▪ Austin Han ▪ Corbin Han ▪ Alex Holzer  
Gabriel King ▪ Ethan Mason ▪ Ethan Mortensen ▪ Anthony Mortensen ▪ Gerald Parks  
Jackson Parks ▪ Matthew Saenz ▪ Aiden Salcedo ▪ Aven Scotece ▪ Cade Waters

## **Mt. Baker Gymnastics • Sedro Wooley, WA**

Escher Anderson ▪ Austin Babcock ▪ Blake Burfield ▪ Cy Contreras ▪ Chevy Copo  
Gavin Krivanek ▪ Nicky Lamonica ▪ Jack Lemrick ▪ Vincent Lount ▪ Mason Miller  
Miles Palmer ▪ Miles Rimmel ▪ Hudson Sedgwick ▪ Stuart Walker



## **National Academy • Eugene OR**

Cruz Colley ▪ Jaxon Eastwood ▪ Adrian Facundo ▪ Sean Gaudette ▪ Ethan Phan  
Samuel Stephenson ▪ Peter Tangmongkolsuk ▪ Emmanuel Ugalde ▪ Tyler Webb ▪ Seth Willett

## **Olympic Gymnastics Center • Silverdale WA**

Elam Davis

## **OMEGA • Beaverton, OR**

Carson Higley ▪ Kyle Jordan ▪ Mason King ▪ Chase Tully ▪ Luke Tully ▪ Boone Washburn  
Jax Washburn

## **Oregon Gymnastics Academy • Beaverton, OR**

Declan Abers ▪ Sam Burns ▪ Diego Crescini ▪ Ishan Datta ▪ Donnie Davidson ▪ Thomas Ferry  
▪ Joseph Gleeson ▪ Apolo Gose' ▪ Grayson Hanna ▪ Sheldon Jensen ▪ Sol Kodesch  
Lance Kondo ▪ Jack Nave ▪ Giles Norman ▪ Griffin Pinit ▪ Aizen Ramos ▪ Isaac Rheingold  
Ashton Riscol ▪ Jaden Rose ▪ Thaddeus Shiely ▪ Evan Talerico ▪ Leonardo Tran  
Rowan Van den Bosch ▪ Kenji Vue

## **Seattle Gymnastics Academy (Ballard) • Seattle, WA**

Alan Ban ▪ Derek Divakaruni ▪ Rowan Duncan ▪ Luca Merlino ▪ Maverick Metzler  
Mannan Midha ▪ Pascal Ning ▪ Apollo Riemma ▪ Roman Ringland ▪ Joaquin Sanchez Seger  
Smith Weimann ▪ Tony Xu ▪ Ayan Zaveri

## **Spokane Gymnastics • Spokane, WA**

Conner Barker ▪ Peyton Bencich ▪ Ethan Laughery ▪ Quinn Maier ▪ Eden O'Neill

## **Technique Gymnastics • Hayden, ID**

Caleb Anderson ▪ Neel Chandra ▪ Josh Farrington ▪ Melaku Gregory ▪ Eoin Hempenstall  
Edmond Manukyan ▪ Bryson Porterfield

## **Westside Gymnastics • Tigard, OR**

Ryan Benkhellat ▪ Victor Bijon ▪ Alex Bijon ▪ Travis Blake ▪ Braeden Cadavona  
Quinn Decker ▪ Wesley Flores ▪ Hunter Hendriksen ▪ Santino Hiza ▪ Brandt Hosley  
Russell Kinnear ▪ William Kono ▪ Everett Leiter ▪ Max McHugh ▪ Jameson Pauley  
Abe Seker ▪ Wyatt Taylor ▪ Landen Valdez

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*Updated every two minutes.*

**Find meet results here!**

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**&**

**[myusagym.com](https://myusagym.com)**

**GO HUSKIES**



**WATCH THE  
HUSKIES  
COMPETE LIVE!**

**Saturday, January 7<sup>th</sup>, 6:00pm**

Gymnasts competing in the WA Open  
and anyone with a valid student ID get in FREE!





Hello Dawg fans!

Another season is upon us, and this year's team is already in full swing preparing for an exciting year. We have nine new freshmen, all talented individuals with a strong work ethic and great personalities that will only add to our amazing team culture and competitive spirit. We will be traveling to California, Arizona, Texas, and Oklahoma for our away meets this year, as well as participating in the second annual GymACT All Stars Competition that will be held in Memphis, TN. This year will also mark my last year as the Head Coach of this amazing team, but I won't go on about that now, I want to give you all an idea of what this year has in store!

Our nine new freshmen are as follows; **Cole Dollens** is from Acton, CA, his favorite events are floor, vault, and high bar. **Drake Miesel** is from Lake Stevens, WA, and has some unique skills on p-bars, rings, and high bar that might contribute to the team score this year. **Drew Allen** is from Seattle, WA, and is working hard to build his rings strength to be our strongest ring man on the team. **Elyas Sharp** is from Queen Creek, AZ, and will most likely showcase his ability to stick landings this year on floor and vault. **Connor Folmar** comes to us from Livermore, CA, and is already showing promise on his best event, p-bars. **Everett O'Donnell** is from Olympia, WA. He has a solid base on all the events, giving him a chance at becoming one of our strongest all-arounders in the next couple of years. **Nathan Vezina** grew up in Bend, OR, and his beautiful lines and solid basics will come in handy as he builds his difficulty throughout the next year. We may end up seeing him compete on one or two events this year. **Riley Lineman** comes all the way from Shrewsbury, MA. He's got some very big gymnastics that may show up on the competition floor this year, especially on high bar. **Zack Murray** is from Washougal, WA, and is looking to compete this year on as many events as possible. Zack also looks to become another all-around contender for the Dawgs within the next year or two.

This team will have some standout routines this year with some very difficult and unique skills. However, it is difficult to predict who will certainly be making the lineup for each event as we have so many who could put up some great routines.

This year, the GymACT division has made some adjustments to the rules to make competitions more competitive and exciting to watch. This year, every stuck dismount will receive a bonus based on how difficult the dismount is. So, if an athlete does a 'C' level dismount and sticks it, he will receive 0.2 in bonus added to his final score, and if he were to stick a 'D' level dismount, it would be worth 0.3 bonus (and so on and so forth). This will put a huge emphasis on the dismount landing and will be that much more exciting when someone nails their landing. Gymnasts will also be rewarded with a 0.5 one-time bonus on the rings for doing the difficult strength moves, like the iron cross, maltese, inverted cross, etc. This is to encourage these athletes to show off the most iconic skills that men's gymnastics has to offer.

With this new team and new rules, I am very excited to see how our Huskies will perform this year. They have all been working so hard in the gym and out. This year is also shaping up to be the biggest fundraising year we've ever had. I am already so proud of this team and their incredible attitude toward the amount of work they are required to do just to be able to do the thing they love the most. We really do appreciate EVERYTHING you, our fans, do for us. Whether it be money or time donated, your participation or attendance in the competitions we host, or even just following us on social media. We wouldn't be able to do what we do without our fans! So, thank you!

Go DAWGS!!!

Sincerely,

Jeff Crockett  
Head Coach  
Washington Men's Gymnastics





Front Row: Galen Henriquez, Connor Folmar, Drake Miesel, Riley Lineman, Everett O'Donnell, Murun Jamiyankhuu, Trevor Ruggeri, Cole Dollens, Elyas Sharp, Carter Hawthorne, Riley Sutton, Head Coach Jeff Crockett  
Back Row: Nathan Vezina, Oscar Coromina Pujol, Bradley Stroud, Sebastian Barquero, Drew Allen, Xander Agate, Parker Calomiris, Zack Murray, Brody Lusk, Julian Mui Feng, Andrew Layman, Assistant Coach Bob Young  
\*Photo Credit: Chris Burch

Follow us on social media!



# 2023 HUSKY MEET SCHEDULE

- 1/7** **Washington Open**
- 2/4** **SC United Invite**  
vs. SC United @Fountain Valley, CA
- 2/25** **Rob Survick Invitational**  
vs. ASU, Texas SC United, Minnesota, & Rocky Mountain @Chandler, AZ
- 3/18** **Virtual Meet vs. TBD**
- 3/31** **GymACT All-Star Meet**  
@Memphis, TN
- 4/29** **GymACT West Conference Championship**  
@Galveston, TX
- 5/13** **GymACT Nationals**  
vs. top 12 GymACT Teams @TBD





# SENIORS



## ***BRODY LUSK***

Position: FX, SR, VT, PB

Height: 5'7"

Hometown: Mead, WA

High School: Mount Spokane H.S.

Major: Kinesiology

School/Career Plans: Personal Trainer

Gymnastics Accomplishments: Competed for this team at least once every year.

## ***PARKER CALOMIRIS***

Position: All-Around

Height: 5'6"

Hometown: Petaluma, CA

High School: Petaluma H.S.

Parker's strongest event is floor exercise, but he is also a strong all around and looks to contribute to the team on all six events. Parker will be getting his associate's degree at Shoreline CC to transfer to UW where he looks to major in business finance.



## ***JULIAN MUI FENG***

Position: PH, HB

Height: 5'5"

Hometown: Toronto, Canada

High School: York Mills Collegiate Institute

School/Career Plans: Grad school in architecture

Gymnastics Accomplishments: Representing Hong Kong at the World Challenge Cup in Croatia and Slovenia



# JUNIORS



## **SEBASTIAN BARQUERO**

Position: All-Around

Height: 5'7"

Hometown: Austin, TX

High School: Westwood H.S.

School/Career Plans: Electrical Engineering

Gymnastics Accomplishments: Costa Rican National Team,  
J.O National Qualifier



## **ANDREW LAYMAN**

Position: All-Around

Height: 5'5"

Hometown: Wasilla, AK

High School: Mat-Su Middle College

School/Career Plans: Real Estate

Gymnastics Accomplishments: 5 Time All-American



# SOPHOMORES

## **BRADLEY STROUD**

Position: FX, PH, VT, PB, HB

Height: 5'6"

Hometown: Auburn, WA

High School: Auburn Mountainview H.S.

School/Career Plans: Biology / Physical Therapist

Gymnastics Accomplishments: 2021 JO Nationals

7th AA, 2022 GymACT Allstars Collegiate

Nationals Qualifier, 2021 Region 2 Elite Team

Cup Member



## **XANDER AGATE**

Position: All-Around

Height: 5'7"

Hometown: Bothell, WA

High School: Inglemoor H.S.

School/Career Plans:

Biochemistry/Orthopedic Surgery

Gymnastics Accomplishments: 2021

Elite Team Cup Qualifier



## **GALEN HENRIQUEZ**

Position: PH, SR, VT, HB

Height: 5'7"

Hometown: Olympia, WA

High School: Capital H.S.

School/Career Plans: Psychology, I plan on going to graduate school to get masters degree in sports/exercise science and become a sports psychologist.

Gymnastics Accomplishments: 2021 JO National Qualifier and Region 2 Team Member



## **TREVOR RUGGERI**

Position: FX, PH, PB, HB

Height: 6'0"

Hometown: Santa Cruz, CA

High School: Santa Cruz H.S.

School/Career Plans: Mathematics, Pursue an advanced degree in applied or pure mathematics

Gymnastics Accomplishments: Academic All American in High School

# SOPHOMORES

## ***OSCAR COROMINA PUJOL***

Position: All-Around

Height: 5'7"

Hometown: Barcelona, Spain

High School: Agora Sant Cugat International School

School/Career Plans: I plan on finishing my double degree and continue my gymnastics career. In my professional life I am planning to begin my career in the financial industry.

Gymnastics Accomplishments: Vault Bronze Medalist at Senior Elite Spanish National Championships



## ***MURUN JAMIYANKHUU***

Position: PH, PB

Height: 6'1"

Hometown: Chicago, IL

High School: Niles West H.S.

School/Career Plans: Data Science, maybe pursue my masters degree and get a stable job and make a lot of money

Gymnastics Accomplishments: Placed 3rd @ Jr Asian Cup

## ***CARTER HAWTHORNE***

Position: PH

Height: 5'9"

Hometown: Wasilla, AK

High School: Colony H.S.

School/Career Plans: Computer Science, I am most interested in programming in the field of robotics. I hope to work for/in some sort of robotics company/lab after I graduate.





# FRESHMEN



## ZACK MURRAY

University of Washington, Mechanical Engineering

I've been doing gymnastics for about 15 years, I started really young as my sister did gymnastics and quickly got me into it. I chose to come to the Washington Men's gymnastics team for a lot of reasons, one of which was because I really liked Jeff and Bob as coaches. Secondly, I really liked the team when I did my visit last year and just liked the atmosphere they had and felt like I belonged. My favorite thing about the team so far I would say is just the positive atmosphere we have, it makes gymnastics fun even when I'm struggling. Additionally, the environment is just great to be around and has really made me enjoy my time so far with gymnastics in college. I would like eventually to do all around as well as keep the positive atmosphere alive while I'm on the team. I also want to make it to Winter Cup at some point along with other higher level meets. One interesting thing about me is I want to eventually work with prosthetics including designing and building them, which is why I went into engineering. This has sort of been my dream along with doing gymnastics in college.

## NATHAN VEZINA

University of Washington, Business

I started gymnastics when I was 8. I chose to join the team because I really enjoy the coaching style and the camaraderie of the team. My favorite part of the team has been the overall support I've received in and outside of practice. I would like to maintain a high GPA in school while contributing to the team environment through increasing my difficulty and supporting my teammates. Fun Fact: I played piano for 10 years.



## COLE DOLLENS

Shoreline Community College, Forensic Psychology

I have been doing the sport of gymnastics for five years. I chose the Washington Men's Gymnastics team because of the instant feeling of family and belonging I felt when I was first introduced to the team. The team's culture and dynamic was nothing like I had ever witnessed before. I had never seen a team have so much reciprocated love for each other. After my visit I knew I had to be a part of this culture, and history of Washington Men's Gymnastics. My favorite thing about the team so far is the positivity in the gym. Everyday I walk in the doors I am met with smiles and laughs. Every single person does their part to keep the environment fun and upbeat so we can all perform at the best of our abilities. My biggest goal on the team gymnastics wise would be to contribute the best I can in line ups on floor, vault, and high bar. My biggest goal non gymnastics wise would be to spread as much love and kindness to my teammates and coaches and keep the good culture we have throughout my years on the team. An interesting thing about me is that I love to surf. I'm originally from Southern California, so going to the beach and surfing with friends back home was a common activity. Surfing was my favorite activity to do outside of gymnastics, because there is truly no better feeling than standing up on your board and riding a wave as long as you can.



# FRESHMEN



## CONNOR FOLMAR

Shoreline Community College, Music

I have been doing gymnastics for about 12 years. I started when I was 6. I chose to come to the Washington Men's Gymnastics team because it was my dream ever since I started gymnastics. My favorite thing about the team so far is how close we've all become, how comfortable we've all become around each other, the team spirit and energy, the support your teammates give you day in and day out. Everybody wants you to do your absolute best and we all want the best for one another and I love that. I would like to win Parallel bars at a collegiate national championship competition. Fun Fact: I am a hippie.

## DRAKE MIESEL

UW, Biomedical Engineering

I've been doing gymnastics for 12 years, and I started at CEG. The reason I came to the Washington Mens Gymnastics Team is because I grew up doing gymnastics with them at CEG; it already felt like my team by the time I graduated high school. The best part so far about joining the team has been the connections it's given me. It gave me a house and family and character traits that I couldn't be more grateful for. A goal of mine for the team is to make lifelong friends that I can count on, and who can count on me... so far so good. Fun Fact: I'm an avid outdoorsman, and sometimes I'll take impromptu hiatuses to go skiing or camping or hiking, or etc.



## DREW ALLEN

North Seattle College/UW Transfer, Biology

I have been doing gymnastics for 9 years. Starting at Seattle Gymnastics Academy, I transitioned to Cascade Elite Gymnastics where I eventually joined the UW team. Ever since moving to the Cascade Elite boys team I had been training amongst the UW team and understood and appreciated the culture behind it making me want to become a member and contribute to the program. My absolute favorite part about being on the team is the relationship with my teammates. We see each other almost every day, making us feel more like a family than anything else. All of us have similar goals and aspirations. So having our whole team supporting one another motivates us and keeps us hungry for our goals. Something I want to accomplish on this team is the development of life skills I can use after my gymnastics career. I've learned in my time on the team that there is a huge emphasis on creating and retaining life skills. So I'm excited to develop and apply what I have been taught to my professional career. Something interesting about myself is that gymnastics has shown me that I am truly passionate about health and rehabilitation. Thanks to gymnastics I've been in a lot of physical therapy sessions in my lifetime. Which has shown me how interested I am in the rehabilitation process so I am striving to become a physical therapist.





# FRESHMEN



## **ELYAS SHARP**

Shoreline Community College, Undecided

I have been in gymnastics for 16 years. I chose the Washington men's gymnastics team for a fresh start. My favorite thing about the team is the culture and attitude that my new teammates and Coach have as a whole. I would like to gain awesome skills in life, as well as gymnastics, and help the team defeat ASU.

Fun Fact: I trained at our team's rival gym for most of my life.

## **EVERETT O'DONNELL**

Bellevue College, Business

I have been doing gymnastics for about 13 years. I chose this team because I knew the coaches were great and one of my teammates from my old gym went to UW. The most influential reason was definitely my recruitment trip because I got to know the team a little better and that's when I decided I wanted to come here. My favorite thing about the team so far is definitely the team members. The energy and friendship isn't something you can get on just any team. I would like to use this experience to push myself to work hard and learn from it. And more importantly have fun.

Fun Fact: I have no ACL in my left knee.



## **RILEY LINEMAN**

University of Washington, Engineering

I have been doing gymnastics for 11 years. Aside from the obvious benefit of being able to continue doing gymnastics on an exceptional collegiate team, there were many benefits that convinced me to join WMG. The first and most influential was the team atmosphere. The camaraderie of the team is truly amazing, to the point where I already had a sense of belonging during my recruitment trip. Another big one was the opportunity to live in the Olympic House. So far my favorite aspect of the team is the support in practice. When we do our release or stick challenge, and the entire team is screaming and cheering you on, you get this indescribable feeling. The adrenaline is pumping and you know you have to perform. I love that feeling. My primary goal is to contribute to the team as much as possible. This includes both in the gym and out. What I mean by this is that in addition to contributing to the success of the team at competitions, I would also like to contribute to the development of the program through marketing, promotion, sponsorship, and leadership. Fun Fact: I was almost named Dash. Dash Lineman would have been a killer name. I'm still kind of salty about it if I'm being honest.



# COACHING STAFF



## ***JEFF CROCKETT - HEAD COACH***

Jeff competed for the Huskies from 2001-2008. He earned 19 All American awards on various events and 8 Collegiate National Titles on PH, V, HB, and AA.

Fun Fact: Jeff is widely known for being the first to perform his signature skill “the Crockett”, a double twisting laid out Jaeger in 2006.

## ***BOB YOUNG - ASST COACH***

- Varsity gymnast University of Michigan
- Ran a Junior Olympic Boys program in Washington for 22 years
- Current member of USA Gymnastics Jr National Team Coaching Staff
- Loves the outdoors (hiking, climbing, paddling)
- Married for 22 years to Shelle with a 20 year old son, Logan



## ***MICHAEL SLOAT - TRAINER***

Michael is a Husky team alumnus and is currently volunteering his services as the team trainer.



# WHO IS THE WMGF?

The Washington Men's Gymnastics Foundation began in 1994 when then head coach Mark Russo recognized a financial and structural need that the University of Washington men's gymnastics team was lacking. In 1980, the UW athletic department abruptly discontinued funding the men's gymnastics program citing "budget cuts". In reality, money was needed to increase spending on the football program to bring it to national prominence and to spend on increasing women's sports opportunities (Title IX legislation).

Tremendous effort was spent on saving the program by a group of 8 gymnasts and their coach Jim Holt. The team began to fund itself by doing assorted jobs for the UW athletic department but only to a tune of about \$25,000 per year which barely covered travel expenses. Much of the funds raised during the years from 1980 to 1994 were deposited into the Intramural department of the UW which governed the team during its beginning years as a self-funded entity. Often the team would have difficulty getting an accounting of the funds they raised and then to use the funds, much paperwork and bureaucracy was used to slow down our retrieval of the funds we ourselves had raised. Coach Mark Russo had much higher ambitions than the Intramural department would allow and also saw

a need for the men's program to raise significantly more funds so that the program could grow and be sustainable beyond his involvement. Both coaches Jim Holt (volunteered 9 years) and Mark Russo (volunteered for 5 years) gave their time to keep the program alive and growing.



In 1994, Russo founded the Washington Men's Gymnastics Foundation, a non-profit 501 (c) 3 corporation. Russo formed the initial Board of officers with former gymnasts from the team and friends who wanted to see the program continue. Russo felt it was important to bring the founder of the original men's team at the UW, Dr. Eric Hughes, into the fold of the WMGF. Hughes became a vital member of the WMGF bringing continuity and unification to the efforts to involve alumni from his coaching era with the current team.

During these beginning years of the WMGF, members identified important needs of the program such as paying a head coach and an assistant, funding equipment purchases, providing enough funds to cover practice facility rent, funds for team travel, recruiting and scholarships. Through the

volunteered work of about 50 people over the years, all these funds have been raised yearly and the team has grown considerably. Currently, our efforts center on hosting age group competitions (2 to 3 per year), researching and planning for the organizational structure of the team and board of the WMGF and also renting out a gymnastics meet scoring system complete with the skilled labor to make it work.

We are valued member of the Pacific Northwest gymnastics community and look to enhance gymnastics here at the collegiate level for men but also to provide a rich gymnastics experience for all levels, boys and girls, at the age group level in all the competitions we host as well as the clinics and events we are involved with.

# WAYS TO SUPPORT THE TEAM

## DONATE DIRECTLY

Visit <https://wmgf.us/donate/> to make a donation online. Don't forget - many companies (including Boeing and Microsoft) will match your donation!

Your donations are used to support our coaches, provide scholarships\* for our athletes, pay for travel to competitions, pay practice facility rent, pay for gym supplies (tape, grips, equipment), buy uniforms, recruit new team members, and pay for advertising so more people can experience the amazing sport of gymnastics.

\*If you are interested in donating \$2000 or more as a scholarship to a student athlete in need, please e-mail us at [team@wmgf.us](mailto:team@wmgf.us) and let us know the purpose of your donation. This scholarship will be awarded in your name and the amount will be kept confidential if desired.



## JOIN THE WMGF BOARD

The WMGF board meets virtually once a month to develop ideas to promote the program and raise funds for the team.

We are always looking for new members!

Meetings can be joined from anywhere around the world. No specific skills are required except a will to help the team and promote the sport of gymnastics.

If you are interested in joining the board or have further questions, please e-mail us at [team@wmgf.us](mailto:team@wmgf.us).

We'd love to have you!

## CORPORATE DONATIONS

Amazon and Fred Meyer have committed to donating a percentage of your purchase price to your favorite charity.

Visit <https://smile.amazon.com/> and <https://www.fredmeyer.com/i/community/community-rewards> and set Washington Men's Gymnastics Foundation as your charity of choice.

You'll be helping the team at no cost to you!



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You shop. Amazon gives.





# UPCOMING EVENTS FOR YOUR TEAMS!!!

Check our website for more information on these upcoming fundraising events for the Men's Team!

## **BOYS TEAM CAMP!**

4 day camp; training & activities with the team!

June/July—Date TBA

## **COLOR WARS!**

Each gym will compete against each other in FUN games to get the team trophy

August 19

## **STRENGTH MEET!**

FUN compulsory event to test your team's strength and agility!

September 23

## **TURKEY TUMBLE!**

Critique Meet to get ready for the Spring Season

November—Date TBA

## **HOLIDAY CLINIC!**

1 Day training clinic with the team

December—Date TBA





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