

2024

WASHINGTON OPEN



JANUARY 5-7, 2024

MARV HARSHMAN COURT

UNIVERSITY OF WASHINGTON

WELCOME TO THE 2024 WA OPEN

To all parents, relatives and friends of gymnasts, I welcome you to our home competition venue and the 2024 Washington Open!



Many years ago, before age group gymnastics existed here, this meet was called the Pacific Northwest Open Invitational where pretty much any gymnast, young or old, (mostly old) could compete against the UW men's team. Back then in the 1970's, the UW men's team was funded by the athletic department and competed in the PAC-8 conference along with Washington State, Oregon, California, Stanford, USC and UCLA. Oregon and Washington were powerhouse programs in the 70's but all that changed in the 80's when many men's gymnastics programs were dropped from their athletic departments. In 1980, when UW dropped the men's team, 6 gymnasts and coach Jim Holt kept it going as a self-funded team competing against the remaining University funded programs around the country and Canada. From those humble beginnings and with a lot of hard work from

many dedicated gymnasts and supporters, the team has thrived and continues to grow as a self-funded team. The Washington Open has been a major fundraiser for this team and provides vital financial assistance giving hope to many young gymnasts competing here today to continue gymnastics to the collegiate level and someday become part of this team. Nearly all of the team members competed here at some time during their age group years. It is a great opportunity to witness the whole spectrum of gymnastic development. From the young boys competing for the first time to those competing their last year as a UW senior, you can see it all here this weekend.

We, the WMGF Board, are extremely thankful for your involvement and support of this competition and program! We are a non-profit 501(c) 3 corporation here in Washington and are always looking for people with expertise who want to make a difference in this gymnastics community. Please do not hesitate to contact any of the Board members working here at the competition. We want to know about any aspect you like or dislike or if there is anything you would like to help us with. We are thankful to hear from you. As Chief of the Board, I welcome you to this year's Washington Open and wish you and your gymnasts a healthy and fun competition!



Mark Russo
WMGF Chief

SESSIONS SCHEDULE

All Sessions will be Modified Capitol Cup

Friday, January 5th

Session 1	Warm Up 10:30 am	Bronze/Silver/Gold/Platinum
Session 2	Warm Up 1:30 pm	Level 7
Session 3	Warm Up 5:00 pm	Levels 6 and 8

Saturday, January 6th

Session 4	Warm Up 8:00 am	Level 5
Session 5	Warm Up 1:00 pm	Level 9
Session 6	Warm Up 5:30 pm	Level 10 and Husky Team

Sunday, January 7th

Session 7	Warm Up 8:00 am	Level 3 D1 Ages 11+ and D2
Session 8	Warm Up 11:30 am	Level 3 D1 Ages 6-10
Session 9	Warm Up 2:00 pm	Level 4 D1 Ages 12+ and D2
Session 10	Warm Up 5:00 pm	Level 4 D1 Ages 7-11

RAFFLES

Baskets



One basket will be given away at the end of each session!
Raffle tickets for these baskets are \$1 each.
A new raffle starts each session.



Raffle Baskets made by:  #YOUR_WEDDING_CO

John Lanz Boys Camp & Skills Challenge Admission

Hosted by Oregon Gymnastics Academy

Two camp admissions (\$185 value) will be given away at the end of the weekend!
Raffle tickets for these camp admissions are \$5 each.

Enter at any time during the weekend to be eligible for the drawing.

Join us for a weekend filled with skills! The John Lanz Boys Camp & Skills Challenge was designed to develop athletes, strengthen community, and build upon the foundation of boys gymnastics in the Northwest. A unique educational opportunity for athletes and local area coaches alike, nurturing a passion for the sport of gymnastics is at the heart of what we do. In addition to the training camp, athletes will conclude each day with a Skills Challenge where they get to show off all they worked on at camp. Visit www.ogagym.org/JLCamp for details.



JOHN LANZ BOYS CAMP
& SKILLS CHALLENGE



ADMISSIONS

Credit cards, cash, PayPal or checks (made out to WMGF) are accepted.

Suggested donations:

Adults:	\$20
Military/Seniors (55+):	\$15
Children up to 17:	\$10
All students:	\$10

All Proceeds Benefit the Washington Men's Gymnastics Team

PARKING

Parking permits are required all day Friday and Saturday*.
Parking on Sunday is free.

Spectators must park in lots E01 or E18.

Self-serve payment kiosks and phone apps are available for payment.

* For Saturday only:
Parking prior to 1pm will be \$7.55.
Parking after 1pm will be \$19.50.
Those parked prior to 1pm will not have to repay.

Lot	Rate
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\$7.55 daily



Pay by phone payment option available



Shout
outs!

Send a special message
to your gymnast.

Shout outs will be
announced throughout
each session.



PARTICIPANTS

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

Matthew Evans ▪ Kellen Farnsworth ▪ Lewis Fedie ▪ Matteo Garcia ▪ Parker Hardy ▪ Tucker Hardy ▪ Garrison Quilter ▪ A.J Sandoval ▪ Jonathan Sandoval ▪ Levi Sandoval ▪ Elijah Saxton ▪ Justice Smith

Alpha Gymnastics • Woodinville, WA

Landon Bernhart ▪ Yaroslav Bondariev ▪ Paul Bubnovsky ▪ Orko Chakraborty ▪ Kai Coleman ▪ Zach Dashevskiy ▪ Ryder Ellertson ▪ Liam Fazeli ▪ William Foster ▪ Quinn Gillette ▪ David Goldenberg ▪ Michael Gonzalez ▪ Gavin Guilanians ▪ Alex Harrison ▪ Maxwell Hendricks ▪ Artem Hryhoriev ▪ Miles Israel ▪ Ivan Kostikov ▪ Matthew Kostikov ▪ Misha Lavrov ▪ Pasha Lavrov ▪ Brayden Lewis ▪ Michael Lozhkin ▪ Denis Mazalov ▪ Ryder McBride ▪ Zain Metwally ▪ Hezekiah Onyango ▪ J J Pacquing ▪ Elijah Padinker ▪ Jack Palmer ▪ Isaac Peterson ▪ Andrey Petrovskiy ▪ Konstantin Podlepaev ▪ Anton Podlepaev ▪ Maxim Podlepaev ▪ Eddie Pogodin ▪ Adrian Ponomarenko ▪ Oleg Rodionov ▪ Daniel Rondel ▪ David Rondel ▪ Aleksandr Rybin ▪ Jun Shimada ▪ Axle Skinner ▪ Gregory Skvortsov ▪ Marat Slobodyan ▪ Lev Stasyuk ▪ Gabriel Storrs ▪ Slavik Strembitskyy ▪ Nazar Suslykov ▪ Aariv Thakur

Avant Coeur • Coeur D'Alene, ID

Ray Brown ▪ Jakob Clinton ▪ Blaide Cotten ▪ Dylan Coulson ▪ Kason Dellara ▪ Felipe McAllister ▪ Grayson McKlending ▪ Lance Mosher ▪ Eric Newell ▪ Ricky Parker ▪ Evan Pierce ▪ Preston Pool ▪ Cayden Ptashkin ▪ Derek Remelski ▪ Collin Scott ▪ Conan Tapia ▪ Paxton Wengeler

Bainbridge Island • Bainbridge Island, WA

Cruise Cattone ▪ Sullivan Craw ▪ Hendrik Cummins ▪ Justin Flesher ▪ Kian Giuliano ▪ Henry Hoecker ▪ Liam Ruddick ▪ Quinn Scheer ▪ Lafe Weighall ▪ Isaac Werner

Black Hills • Lacey, WA

Graham Adams ▪ Dante Agostinelli ▪ Zadkiel Arocho Rodriguez ▪ Atlas Barckley ▪ Edson Barragan ▪ Quentin Behrens ▪ Kayson Billings ▪ Finn Borden ▪ Eamon Borden ▪ Joshua Brunson ▪ Lincoln Burke ▪ Johnathan Calderon ▪ Jayce Chavez ▪ Charlie Cogle ▪ Sammy Eller ▪ Cyrus Emery ▪ Jackson Fugitt ▪ Ash Gennai ▪ Robert Goerig ▪ Tirth Gohel ▪ Grayson Harris ▪ Ryder Hildebrand ▪ Tohma Honjoh ▪ Brayden Hout ▪ Landon James ▪ Caleb Johnson ▪ Zac Joyce ▪ Santino Jusino ▪ Logan Lipke ▪ Asher Marchant ▪ Micah McNeal ▪ Joshua Meeks ▪ Jeffrey Meeks ▪ Caleb Montgomery ▪ Walker Murdock ▪ Callum Perry ▪ Lance Pla ▪ Dennis Potapenko ▪ Dalton Priebe-Lane ▪ Daniel Prietto ▪ Edwin Prietto ▪ Emilio Ramirez ▪ Wiley Schroeder ▪ Liam Silva ▪ Hudson Skantz ▪ Andrew Smith ▪ Casen Sortore ▪ Kai Tucker ▪ Tyce Tucker ▪ Theo Veres ▪ Jaziah Washington ▪ Rydon Webb ▪ Riley Webb

Cascade Elite • Mountlake Terrace, WA

Aidan Anderson ▪ Connor Anderson ▪ Cody Bachhuber ▪ Mateo Baptista-Allan ▪ Daniel Davidovskiy ▪ Noah Elsing ▪ Theo Glover ▪ Daniel Ischenko ▪ Merrick Jacobson ▪ Ewan Jeffers ▪ Matt Jordaan ▪ Val Koklic ▪ Mark Kovtun ▪ Ryan Lavielle ▪ Isaac Mackey ▪ Kaspar Marwick ▪ Evan Migal ▪ Santiago Ramirez Rose ▪ Laydon Rossow-Belenky ▪ Liam Savitski ▪ Jakob Shteynberg ▪ Noah Shteynberg ▪ Hugo Simpson ▪ Nolan van Buuren ▪ Pierce van Buuren ▪ Kenzo Wang ▪ Magnum Wasserman ▪ Shay West ▪ Will Zelter

Cascade Elite West • Silverdale, WA

Jackson deMize ▪ Conor DeWolf ▪ Liam DeWolf ▪ Palmer Neil ▪ Greysen Nelson ▪ Gabe Rumpke

Coastal Realm Gymnastics • Everett, WA

James Alvine ▪ Charles Cady ▪ Eliot Chu ▪ Jairus Forehand ▪ Jackson Fornes ▪ Emmett Frost ▪ Dodge Gooby ▪ Andrew Hanson ▪ Austin Jambai ▪ Deven Johnston ▪ Sebastian Light ▪ Alexander Marletto ▪ Henry Mehlos ▪ Frederick Moeller ▪ Jack Peters ▪ Max Sansoni ▪ Jonah Silke ▪ Josiah Wohlford ▪ Flynn Zaback

Danik • Meridian, ID

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

Denali Gymnastics • Wasilla, AK

Carter Chappell ▪ Tycen Chappell ▪ Kael Childers ▪ Brandon Gagnon ▪ Aidan Hipszer ▪ Cole Miller ▪ Lucas Murkin ▪ Lincoln Shanks ▪ Leon Shelton ▪ Travers Shelton ▪ Zander Stone ▪ Jaycob Traeger ▪ Ethan Wells

Dynamic • Spokane, WA

Dylan Abrahamson-Fernandez ▪ Ethan Ehgott ▪ Nathaniel Nowaski ▪ Niam Phothivongsa ▪ Nait Phothivongsa ▪ Alexander Schmid

Emerald City Gymnastics • Redmond, WA

Kelly Bateman ▪ Neil Bedi ▪ Aaron Bedi ▪ Logan Boetjer ▪ Eddie Bookholt ▪ Benjamin Bynum ▪ Andrew Chouinard ▪ Mason Chow ▪ Greyson Danner ▪ Anders Darboe ▪ Zev Dozorets ▪ Grady Dunn ▪ Theodor Fedotyev ▪ Max Frolov ▪ Mark Garamfalvi ▪ Ethan Gautier ▪ Jackson Grant ▪ Kevan Guderjohn ▪ William Guthrie ▪ Ryan Hing ▪ Matthew Jankowiak ▪ Sachin Kalaimani ▪ Nathan Kaplita ▪ Luka Kolovyansky ▪ Tom Koresh ▪ Owen Lapsa ▪ Jake Leiter ▪ Valentino Marin ▪ Asahi Matsushita ▪ Hunter Maughan ▪ Owen McHugh ▪ Dylan Mirsky ▪ Wyatt Morris ▪ Sam Mravec ▪ Nicholas Pinto ▪ Simon Porter ▪ Jackson Ramirez ▪ James Rivette ▪ Henry Schnackenberg ▪ Andrey Shcherbakov ▪ Samarth Singh ▪ Casey Small ▪ Kyan Udasco ▪ Kianoosh Washburn ▪ Grady Werner ▪ Holden Weston ▪ Stanislav Zuban

Go For It USA • Las Vegas, NV

Ethan Blake ▪ Jacob Brandt ▪ Drew Brown ▪ Neiko English ▪ Jace Hashimoto ▪ Connor Koepf ▪ Jordan Lloyd-Davies ▪ Harri Lubas-Nadal ▪ Calvin Valrie

Gymnastics Nevada • Sparks, NV

Oliver Adamson ▪ Jakob Aichele ▪ Daniel Franklin ▪ Calvin Lusk ▪ Koen Miles ▪ Finnegan Myers ▪ Levi Rathburn ▪ Parker Rathburn ▪ Ben Smith ▪ Jackson Stewart ▪ Declan Wilson ▪ Tristan York

High Flight • Monroe, WA

Ryker Abrahamson ▪ Bennett Fawcett ▪ Harrison Forbes ▪ Lexani Keovilayphone ▪ Levi Kramer
▪ Brayden Kramer ▪ Kash Kryger ▪ Gideon Moritz

Madison Gymnastics Center • Rexburg, ID

Tyler Ashby ▪ Cutler Bosh ▪ Samuel Cameron ▪ Max Hawkins ▪ James Heap ▪ Jeremy
Lamoreaux ▪ Heber Taylor ▪ Porter Ward ▪ Sam Ward

Metro • Tigard, OR

Barrett Bezates ▪ Quentin Brown ▪ Tryggr Cox ▪ Jace Croman ▪ Joel Ferguson ▪ Asher
Ferguson ▪ Connor Halverson ▪ Robbie Hoang ▪ Armaan Jafri ▪ Rusty Livengood ▪ Liam
Madriago ▪ Ronan Madriago ▪ Carson McGroarty ▪ Max Norquist ▪ Eben Olsen ▪ Deshawn
Rice ▪ Hank Sizemore ▪ Ben Sizemore ▪ Caleb Toader ▪ Makai Trammell ▪ Keanu Ventura ▪
Jacob Zimbelmann

Metropolitan • Kent, WA

Kanaloa Amaki ▪ Bassam Bassam ▪ David Becerra ▪ Tahir Booker ▪ Daniel Bykhnyuk ▪ Maxim
Bykhnyuk ▪ Liam Cain ▪ Christopher Chilufya ▪ Lucas Chin ▪ Beckett Chin ▪ Logan
Chynoweth ▪ Alex Cline ▪ Isaac Davis ▪ Eli Deehr ▪ Luca DeJong ▪ Will Dollinger ▪ Saji
Elmakhoud ▪ Spencer Farrington ▪ Riley Ford ▪ Benjamin Gaal Szabo ▪ Finn Goodchild ▪
Harrison Goodchild ▪ Nadav Gunderman ▪ Jonah Hahn ▪ Davis Hansen ▪ Aden Haury ▪ Kaden
Hayakawa ▪ Kaeman Hogue ▪ Oliver Howard ▪ Garth Jarvis-Rizza ▪ Grey Johnson ▪ Lincoln
Knutson ▪ Nicholas Kolechkin ▪ Cameron Kupets ▪ Kellen Lawrence ▪ Noah Lopez ▪ Griffin
Martinez ▪ Benny Martinez ▪ Chris Mullins ▪ Stevie Mullins ▪ Ethan Nguyen ▪ Everett Olsen ▪
Kayden Ortiz ▪ Caleb Pina ▪ Liam Plasch ▪ Brandon Plasch ▪ Jesse Roberts ▪ Toby Roy ▪
Marcelo Rushwald ▪ Joaquin Sanchez Seger ▪ Jonah Soltz ▪ Gabe Soltz ▪ Mikhail Tarasov ▪
Benjamin Taylor ▪ Ray Teplitsky ▪ Cooper Uydess ▪ Derek Valdez ▪ Janrich Velarmino ▪ Kyle
Vo ▪ Joshua Waibel ▪ Daniel Waibel ▪ Asher Webster ▪ Tom Young ▪ Daniel Zhovtobriukh

Mid Columbia • Richland, WA

Dutch Anda ▪ Ayden Betz ▪ Drew Boruff ▪ Carson Charles ▪ Holden Diehl ▪ Oscar Felicetti ▪
Prince Gomez ▪ Austin Han ▪ Alex Holzer ▪ Korbin McComas ▪ Ethan Mortensen ▪ Anthony
Mortensen ▪ Gerald Parks ▪ Jackson Parks ▪ Matt Saenz ▪ Aiden Salcedo ▪ Cade Waters

Mt. Baker Gymnastics • Sedro Wooley, WA

Escher Anderson ▪ Austin Babcock ▪ Blake Burfield ▪ George Kent ▪ Gavin Krivanek ▪ Nicky
Lamonica ▪ Jack Lemrick ▪ Xavier Peterson ▪ Miles Remmel ▪ Dirk Tommila ▪ Stuart Walker

National Academy • Eugene OR

Cruz Colley ▪ Max Cooper ▪ Maxim Doyle ▪ Jaxon Eastwood ▪ Ethan Phan ▪ Samuel
Stephenson ▪ Emmanuel Ugalde ▪ Simon Van Slyke ▪ Tyler Webb ▪ Seth Willett

Northpointe Gymnastics • Vancouver, WA

Reece Clark ▪ Hunter Englund ▪ Marcus Hall ▪ Owen Hendrickson ▪ Jeremy Hubka ▪ Owen
Kelly ▪ Lelend McKenzie ▪ Malachi O'Bryan ▪ Nolan Schafte ▪ Conner Walters ▪ Jayden Wehr
▪ Gracen Wollert

OMEGA • Beaverton, OR

Kyle Jordan ▪ Mason King ▪ Jeremy Larsen ▪ Chase Tully ▪ Luke Tully ▪ Lior Warmflash ▪ Boone Washburn ▪ Jax Washburn

Oregon Gymnastics Academy • Beaverton, OR

Luke Atanasov ▪ Sam Burns ▪ Diego Crescini ▪ Ishan Datta ▪ Donnie Davidson ▪ Joseph Gleeson ▪ Apolo Gose' ▪ Grayson Hanna ▪ Zane Ho ▪ Sol Kodesch ▪ Lance Kondo ▪ Dashiell Lee ▪ Wilson Musnicki ▪ Jack Nave ▪ Griffin Pinit ▪ Sami Radi ▪ Aizen Ramos ▪ Isaac Rheingold ▪ Ashton Riscoll ▪ Jaden Rose ▪ Shai Shahar ▪ Thaddeus Shiely ▪ Kingston Sowder ▪ Evan Talerico ▪ Koki Tanaka ▪ Leonardo Tran ▪ Rowan Van den Bosch

Roots Gymnastics • Missoula, MT

Jordan Braun ▪ Oliver Collins ▪ Grayson Honzel ▪ Alex Scalise ▪ Kaleb Tooke ▪ Michael Weisbrich

Spokane Gymnastics • Spokane, WA

Nathan Acklam ▪ Conner Barker ▪ Peyton Bencich ▪ Jens Henry ▪ Ethan Laughery ▪ Quinn Maier ▪ Kellan O'Connor ▪ Eden O'Neill ▪ Koda Wolfe

Surrey Gymnastics Society • Surrey, British Columbia

Colton Bellec ▪ Alex Johnson ▪ Ibraheem Larbes ▪ Jai Mehta ▪ Arnav Puri ▪ Matthew Zhang

Vancouver Elite Gymnastics Academy • Camas, WA

Rey Notarte

Westside Gymnastics • Tigard, OR

Ryan Benkhellat ▪ Alex Bijon ▪ Victor Bijon ▪ Travis Blake ▪ Braeden Cadavona ▪ Quinn Decker ▪ Wesley Flores ▪ Tucker Gates ▪ Santino Hiza ▪ Russell Kinnear ▪ William Kono ▪ Wyatt Krajewski ▪ Everett Leiter ▪ Max McHugh ▪ Isaiah Galbreath Owens ▪ Jameson Pauley ▪ Kyler Schwartz ▪ Abe Seker ▪ Wyatt Taylor

Zenith West • Tacoma, WA

Ethan Albert ▪ August Caras ▪ Viggo Caras ▪ Marques Jones ▪ Preston Liang ▪ Ezra Perkins



Live scores: myusagym.com/meets/live/87535/

Meet results: meets.wmgf.us
myusagym.com



MEET THE JUDGES

Timur Abdullin
Dr. Ben Anderson
Lynn Boman
Jon Chapman
Brandon Free
Doug Hills
Walter Jaramillo
Dave Millard
Dr. Kristin Miller
Justin Muenz
Kevin Muenz
Bryan Peterson
Jason Rushton
Jonah Soltz
Joshua Waibel
Lisa Wallace
Dr. Karen Zediker

Floor Exercise
Horizontal Bar
Vault & Floor Exercise
Pommel Horse
Vault
Pommel Horse
Parallel Bars
Floor Exercise
Vault & Parallel Bars
Horizontal Bar
Pommel Horse
Still Rings
Still Rings
Vault
Vault
Floor Exercise
Still Rings

Seattle, WA
Spokane, WA
Federal Way, WA
Mountlake Ter, WA
Olympia, WA
Portland, OR
Carlsbad, CA
Kennewick, WA
Tacoma, WA
Carnation, WA
Garland, TX
Bainbridge Is, WA
Portland, OR
Tacoma, WA
Sammamish, WA
Federal Way, WA
Tacoma, WA





WATCH THE HUSKIES COMPETE LIVE!

SATURDAY, JAN 6TH, 7:00PM

Gymnasts competing in the WA Open and anyone with a valid student ID get in free to this session!



SEASON PREVIEW

Hello Dawg fans!

We are extremely close to the start of our season and the Washington Men's Gymnastics Team could not be more excited. We will be traveling to Illinois, Minnesota, Arizona twice, New Mexico, and Florida for our away meets this year. In Illinois, we will be showing our skills alongside some NCAA teams in Chicago at the Windy City Invite. The rest of our competitions will be in the GymACT conference which continues to grow, adding one new team this season. We will also have two home competitions this season. The annual Washington Open on January 6th and a dual-meet vs. ASU on March 3rd. The dual meet will be held in conjunction with our UW Women's Gymnastics Team which should prove to be exciting and fun for both athletes and spectators. If you are able to attend any of our home or away competitions, we would greatly appreciate your support.

This year is my first year as Head Coach of this amazing team. I am beyond thrilled and extremely honored to help lead this team! I have a human-first coaching philosophy and my main goal is to help each athlete individually become the best versions of themselves and reach their full potential both in and out of the gym. Our assistant coach **Bob Young** is keeping his role; I look forward to working with him and also learning from his experience and expertise. I already feel we work well together, and we have developed training plans for the season that will help foster our team's development and help us reach our season goals.

Joining me in my inaugural year, we have four new freshmen that will each add their own specific contributions to our exceptional team culture and competitive spirit. Our four new athletes are: **Judah Hirschman** from Seattle, WA, whose favorite event is pommel horse. **Jack Miller** is from Seattle, WA, and has some unique skills on p-bars, and floor exercise that might contribute to the team score this year. **Joshua Lutz** is also from Seattle, WA, and is working hard to build his skills on floor exercise to contribute to this team. **Adrián Facundo** from Elmira, OR, is expected to shine on floor and vault this season and is building his skills in the all-around.

Our Team Captains this year are **Bradley Stroud** (Junior), **Trevor Ruggeri** (Junior), and **Andrew Layman** (Senior). Each brings his own unique style of leadership to the gym, and all have already proven to go above and beyond for their team and to help our coaching staff lead this team.

We will have some stand-out 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 summer and fall the guys have been working hard to increase their difficulty and reduce their execution deductions. We have hit every team goal so far in practice, and are now fully in our competition cycle which means we are constantly cranking out routines trying to increase our hit percentages.

We have a lot of challenges and big competitions ahead of us, but we are excited to conquer these and strive to be the best versions of ourselves and reach our full potential as a team.

GO DAWGS!!!

Eli Richardson
Head Coach - Washington Men's Gymnastics Team

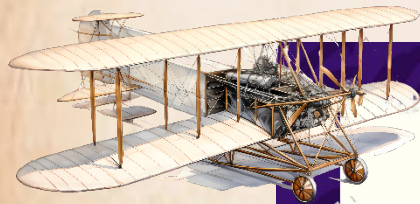


GO HUSKIES!



Front Row: Andrew Layman, Cole Dollens, Everett O'Donnell, Jack Miller, Murun Jamiyankhuu, Judah Hirschman, Trevor Ruggeri, Drake Miesel, Riley Lineman, Nathan Vezina
Back Row: Zachary Murray, Drew Allen, Galen Henriquez, Carter Hawthorne, Joshua Lutz, Xander Agate, Oscar Coromina Pujol, Bradley Stroud, Adrian Facundo

*Photo Credit: Chris Burch



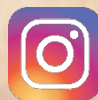
2024 SCHEDULE

*WASHINGTON OPEN... PURPLE AND GOLD MEET	JAN. 6TH - 7:00PM MARY HARSHMAN COURT
WINDY CITY INVITATIONAL... VS. ILLINOIS, MICHIGAN, UIC	JAN. 13TH - 5:00PM CHICAGO, IL.
ICEBURG OPEN... VS. MINNESOTA, IOWA	FEB. 3RD - 5:00PM SHAKOPEE, MN
SUN DEVIL CLASSIC... VS. ASU, MINNESOTA, SCU, ROCKY MOUNTAIN, IOWA	FEB. 24TH - 6:00PM CHANDLER, AZ.
 WINTER CUP... -INDIVIDUAL QUALIFICATION-	FEB. 23-25 LOUISVILLE, KY
*ARIZONA STATE... WITH UW WOMENS GYMNASTICS	MAR. 3RD - 12:00PM ALASKA AIRLINES ARENA
 GYMACT ALL-STARS... 2024 NAIGC NATIONAL CHAMPIONSHIP	APR. 10-13 ALBUQUERQUE, NM
 GYMACT WESTERNS...	APR. 27TH CHANDLER, AZ.
 GYMACT NATIONALS...	MAY 11TH - 3:00 PM OCEAN ARENA - DAYTONA BEACH, FL.

*HOME MEET
ALL TIMES LISTED ARE PACIFIC.



Follow us on social media!



MEET THE 2024 WASHINGTON MEN'S GYMNASTICS TEAM

SR



CAPTAIN

ANDREW LAYMAN

Position: AA
Height: 5'5"
College: UW
Major: Real Estate
Hometown: Wasilla, AK

JR



CAPTAIN

BRADLEY STROUD

Position: AA
Height: 5'6"
College: UW
Major: Molecular Biology
Hometown: Auburn, WA

JR



CAPTAIN

TREVOR RUGGERI

Position: FX, PH, PB, HB
Height: 6'0"
College: UW
Major: Mathematics
Hometown: Santa Cruz, CA

JR



CARTER HAWTHORNE

Position: PH
Height: 5'9"
College: Oregon State University
Major: Computer Science
Hometown: Wasilla, AK

JR



GALEN HENRIQUEZ

Position: AA
Height: 5'7"
College: UW
Major: Psychology
Hometown: Olympia, WA

JR



MURUN JAMIYANKHUU

Position: PH, PB
Height: 6'1"
College: UW
Major: Data Science
Hometown: Chicago, IL



JR



OSCAR COROMINA PUJOL

Position: AA
Height: 5'7"
College: UW
Major: Physics & Economics
Hometown: Barcelona, Spain

JR



KANDER AGATE

Position: AA
Height: 5'7"
College: UW
Major: Biochemistry
Hometown: Bothell, WA

SO



COLE DOLLEENS

Position: FX, VT, HB
Height: 5'11"
College: Shoreline CC
Major: Forensic Psychology
Hometown: Acton, CA

SO



DRAKE MIESEL

Position: FX, SR, PB, HB
Height: 5'10"
College: UW
Major: Bioengineering
Hometown: Lake Stevens, WA



SO



DREW ALLEN

Position: SR, PB
Height: 5'6"
College: North Seattle College
Major: Physiology
Hometown: Seattle, WA

SO



EVERETT O'DONNELL

Position: FX, PH, SR, PB
Height: 5'11"
College: Bellevue College
Major: Business
Hometown: Tacoma, WA

SO



NATE VEZINA

Position: SR, VT
Height: 5'6"
College: UW
Major: Business/Entrepreneurship
Hometown: Bend, OR

SO



RILEY LINEMAN

Position: AA
Height: 5'9"
College: UW
Major: Electrical & Computer Engineering
Hometown: Shrewsbury, MA

SO



ZACHARY MURRAY

Position: AA
Height: 5'7"
College: UW
Major: Engineering
Hometown: Washougal, WA

FR



ADRIAN FACUNDO

Position: FX, PH, VT, PB
Height: 5'7"
College: Shoreline CC
Major: Physical Therapy
Hometown: Elmira, OR

FR



JACK MILLER

Position: FX, PH, SR, PB
Height: 6'0"
College: North Seattle College
Major: Chemistry
Hometown: Seattle, WA

FR



JOSHUA LUTZ

Position: FX, PB
Height: 5'9"
College: North Seattle College
Major: Computer Science
Hometown: Seattle, WA



FR



JUDAH HIRSHMAN

Position: PH
Height: 6'1"
College: Shoreline CC
Major: Construction Management & Architectural Design
Hometown: Seattle, WA

HEAD COACH



ELI RICHARDSON

- Collegiate gymnast at Texas A&M
- Industrial Engineering Major
- 4 X Collegiate National AA Champion (NAIGC)
- 17 years coaching
- Married to wife Bri and 4 year old daughter Lola

ASST COACH



BOB YOUNG

- Varsity gymnast University of Michigan
- Ran a JO Boys program in Washington for 22yrs
- Current member of USA Gymnastics Jr National Team Coaching Staff
- Loves the outdoors (hiking, climbing, paddling)
- Married for 24 years to Shelle with a 22 year old son, Logan

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 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.

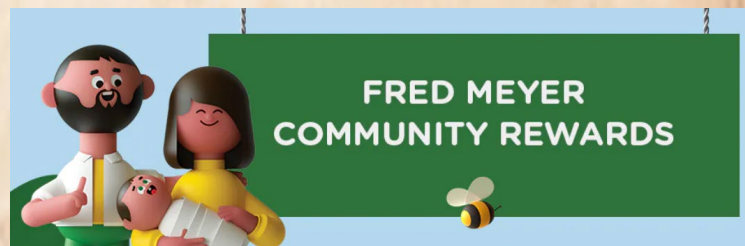
We'd love to have you!

CORPORATE DONATIONS

Fred Meyer has committed to donating a percentage of your purchase price to your favorite charity.

Visit <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!

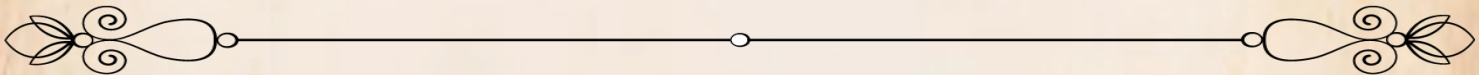
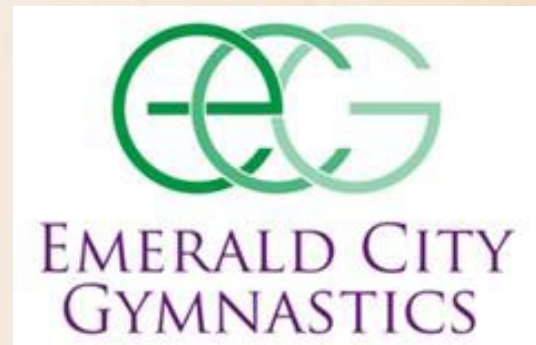


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Thank you to our 2024 Washington Open sponsors! Your contributions help make this weekend a success which benefits not only the Washington Men's Gymnastics Team but also the local gymnastics community. We are honored to be the beneficiaries of your generous support!

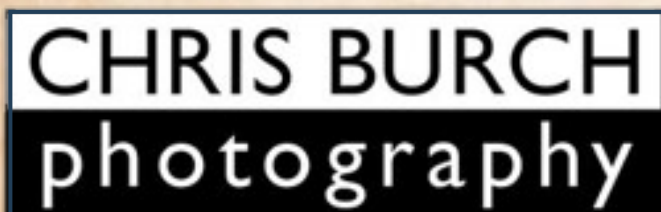


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YOUR **Wedding Company**®

JOHN LANZ BOYS CAMP & SKILLS CHALLENGE

HOSTED BY THE OREGON GYMNASTICS ACADEMY

JUNE 15-16, 2024

Join us for a weekend filled with skills! The John Lanz Boys Camp & Skills Challenge was designed to develop athletes, strengthen community and build upon the foundation of boys gymnastics in the Northwest. A unique educational opportunity for athletes and local area coaches alike, nurturing a passion for the sport of gymnastics is at the heart of what we do. In addition to the training camp, the weekend will conclude with a Skills Challenge where athletes get to show off all they worked on at camp.

WHO? All boys competitive athletes levels 3-10 and club

WHEN? June 15th-16th, 2024 9:00am-4:30pm

WHERE? The Oregon Gymnastics Academy located at
16305 NW Bethany Ct. Suite 109 Beaverton, OR 97006

COST? \$185 per athlete

(Athletes will receive a t-shirt, training gear, and a prize at the end of the skills challenge)

SIGN UP <https://tinyurl.com/lanz2024>
or use the QR code



Registration opens January 1st, 2024 and closes May 15th or when full (whichever comes first). Spaces limited and pre-registration required. Feel free to reach out via email to Nicholas.Pudewell@ogagym.org with any questions.



How Do Judges Come Up With A Score?

The Final Score is made up of two parts:

- 1) Start Value
- 2) Execution Deductions

The Start Value minus the Execution Deductions equals the Final Score.

First, judges must determine a Start Value. Each of the following competition levels has unique rules governing how to determine the Start Value.

- 1) Club (Bronze, Silver, Gold & Platinum)
- 2) Compulsory (Levels 3 – 6)
- 3) Optional (Levels 7 – 10)
- 4) GymACT (College Club), NCAA (College Varsity), & FIG (International)

The following tables show how the Start Scores are tabulated for the different levels.

Club Level

Club (Levels - Bronze, Silver, Gold & Platinum) Start Score Requirements			
Levels	Number of Value Skills Required	Number of Special Requirements	Maximum Score
Bronze, Silver & Gold	6	3	10
Platinum	6*	3	10.0 + 6 skill values

*Skills are valued from A – H with each letter increasing in value (A=0.1, B=0.2, C=0.3 etc.)

Examples:

- Bronze Start Value: Performs 8 skills & 3 Special Requirements **SV = 10.0**
- Platinum Start Value: Performs 6 'A' value & 1 'B' value skills & 3 Special Requirements
SV = 10.0 + 0.2 (1 'B' x 0.2) + 0.5 (5 'A's x 0.1) = 10.7

After determining the Start Value the judge must then subtract the Execution Deductions (these are errors that are objectively defined in the FIG and Junior Manuals which include things like bent arms & legs, separated legs, flexed feet, short holds, and angles from perfect positions. The errors are defined as small, medium, large, or a fall/spot. For Club the amount of the deductions are small (-0.1), medium (-0.2), large (-0.3), & fall/spot (-0.5). In the Club levels Judges can only deduct one error per skill in addition to a fall/spot.

Compulsory Level

Compulsory (Levels 3 – 6) Start Score Requirements						
Levels	Base Score	Possible (3x0.1) Virtuosity Bonus	Stick Bonus	Division 2 Max Score	Division 1 Possible (3x0.5) Specified Bonus	Division 1 Max Score
3 – 6 (Div 2)	9.5	0.3	0.2	10		
3 – 6 (Div 1)	9.5	0.3	0.2		1.5	11.5

Examples:

- Division 2 Start Value: Completes basic routine and sticks landing **SV = 9.5 + 0.2 = 9.7**
- Division 1 Start Value: Completes basic routine, 2 Specified Bonus Skills, 1 Virtuosity & sticks the landing
SV = 9.5 + 1.0 + 0.1 + 0.2 = 10.8

After determining the Start Value the judge then subtracts the Execution Deductions. For Compulsory, Optional, GymACT, NCAA, & FIG levels, the deductions are small (-0.1), medium (-0.3), large (-0.5), & fall/spot (-1.0). Judges can take multiple deductions for each skill. (Example: Gymnast performs a handstand on FX that requires a hold. He kicks to handstand with two small errors (bent arms and flexed feet) and two medium errors (legs apart and a short hold). For these execution errors the judge would subtract -0.8 from his Start value for that one skill.

Optional Level

Optional (Levels 7 – 10) Start Score Requirements				
Level	Number of Value Skills*	Number of Element Groups (EG)	Required FIG Dismount & EG Value	Stick Bonus
7	Any 6 skills	Up to 3 @ +0.5 each	A (+0.5)	None
8	8 skills (7 skills + dismount)	Up to 4 @ +0.5 each	A (+0.5)	On C or greater +0.1
9		Up to 4 @ +0.5 each Lower value dismount +0.3 for EG	B (+0.5) or A (+0.3)	
10			C (+0.5) or B (+0.3)	On D or greater +0.1

*Skills are valued from A – H with each letter increasing the value (A=0.1, B=0.2, C=0.3 etc.)

Note: For Club & Compulsory levels, execution is a portion of the max start value. For Optional & GymACT levels, 10.0 in execution must be added to the EG & Difficulty to get the Start Value.

Examples:

- Level 7 Start Value: The gymnast performs a total of 8 skills (7 'A' skills & 1 'B' skill) which are from all four element groups **SV = 1.5** (EG 3x0.5, he did 4 but only gets credit for 3) **+ 0.7** (skill difficulty 5x0.1 + 1x0.2, he did 8 but only gets credit for 6) **+ 10.0** (execution) = **12.2**
- Level 10 Start Value: The gymnast performs a total of 8 skills (3 "A" skills, 2 'B' skills, 2 'C' skills & 1 'B' dismount) these skills are from all 4 element groups (his dismount was a 'B' so he receives a lower value EG) **SV = 1.8** (EG 3x0.5 & 1x0.3) **+ 1.5** (difficulty 3x0.1 + 3x0.2 + 2x0.3) **+ 10.0** (execution) = **13.3**

GymACT (College Club) Level

GymACT (College Club) Start Score Requirements			
Number of Value Skills*	Number of Element Groups**	Required FIG Dismount Value	Stick Bonus
8 skills (7 skills + dismount)	Up to 4 EG's @ + 0.5 each	C or higher (0.5) or B (0.3)	B(+0.1), C(+0.2), D(+0.3), E(+0.4), F(+0.5) etc.

*Skills are valued from A – H with each letter increasing in value (A=0.1, B=0.2, C=0.3 etc.)

**Special Bonus: On Still Rings, all EG II & III skills of C or higher and all Cross Skills will receive a + 0.5 bonus in addition to the Element Group Value (awarded once per routine)

Example:

GymACT Start Value: The gymnast performs a Still Rings routine with a total of 8 skills (1 'A' skill, 3 'B' skills, 3 'C' skills (1 EG III Cross Skill) & 1 'D' stuck dismount). These skills fulfill all 4 element group requirements as well as Special SR & Stick Bonuses

SV = 2.0 (EG 4x0.5) **+ 2.0** (difficulty 1x0.1 + 3x0.2 + 3x0.3 + 1x0.4) **+ 0.5** (Special SR Bonus) **+ 0.3** (Stick Bonus) **+ 10.0** (execution) = **14.8**

Finally, judges are expected to use the appropriate rules for each level to come up with a Start Value, sum up all of the execution deductions and deduct them from the SV to arrive at a Final Score in 30 to 60 seconds.