

---

---

# ◊ WMGF News ◊

---

---

huskies.w3site.com

February 18, 2000

---

---

## Mid-Season Update

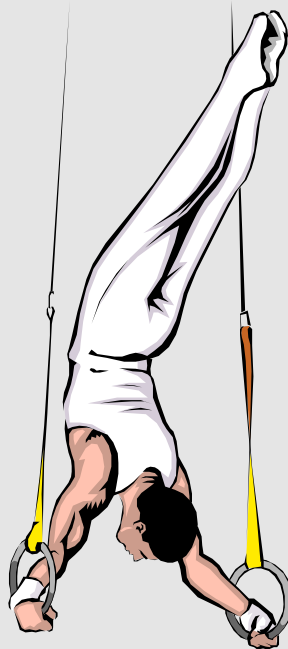
by Mark Russo

The Washington Men's Gymnastics Season has begun and the Huskies have traveled to Arizona State University and to close-by Las Vegas for competitions thus far. On January 28<sup>th</sup>, Huskies vs. Sun Devils, the rivals competed for the Southwest Cup. Arizona State looked ready to defend their title as the number one club team as they beat the Huskies 208 to 189. The Huskies, with only four competitors on their first event, pommel horse, fell behind ASU and were never able to catch up after this rough start. Senior Ryan Welborn hit good sets on rings and vault, and led the Huskies in the all-around, finishing third in the meet. Look for a school record performance from Ryan this season; his difficulty is superb and by season's end he should be scoring a 56.0 all-around. Junior Lance bowie electrified the crowd with his energetic floor routine, as did sophomore Aaron Cole on rings with his incredible strength. In addition, junior Evan Cabodi and sophomores Ben MacColl and Ron Minton added their routines to give the Huskies a qualifying score to the National Championships, which will also be held at ASU, in April.

Two Huskies, Ryan Welborn and Jeff Johnson, were accepted to compete in the Winter Cup in Las Vegas February 12<sup>th</sup> and 13<sup>th</sup>. Ryan competed in the all-around, and Jeff specialized on rings. Ryan hit three of six routines and placed 54<sup>th</sup>. Jeff hit his set and placed *third*...!? I guess we do realize that this is an Olympic year and that, nationally,

### WMGF

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.



### WMGF Board of Directors

#### Officers

Linda Luna .....President  
Daniel Luna.....Secretary  
Cameron Oliva ..... Treasurer

#### Members-at-Large

Clif Ericson  
Dr. Eric Hughes  
Rod Minaker  
Dave Nakanishi  
Paul Roggenkamp  
Peter Sawyer

e-mail: [wmgbc@foxinternet.net](mailto:wmgbc@foxinternet.net)

web: [huskies.w3site.com](http://huskies.w3site.com)

judges are looking out for their own. However, to see a well-performed top-caliber routine go unrewarded is disheartening, to say the least. Political motives, unfortunately, still pervade high-level gymnastics, and this is not good for our sport.

Upcoming: The Huskies travel to Provo, Utah, to take on Brigham Young and Temple Universities on March 4<sup>th</sup>. That is followed by a trip to Santa Barbara for the UCSB Invitational on March 11<sup>th</sup>. This is always an exciting competition with five other funded college programs. Stay tuned for more news at our season's end.

Thank you for all your support!

---

## Hec Ed Renovation Continues

The \$40 million renovation of Hec Edmundson Pavilion is well under way and on schedule. For the time being, the Husky Men's Gymnastics Team continues to train at Cascade Elite Gymnastics in Mountlake Terrace. CEG is an excellent facility; the only inconvenience for the team is the commute up there!

The Pavilion is scheduled to re-open this fall. For updates and photos, visit:

[www.gohuskies.com/wash-heced-gallery.html](http://www.gohuskies.com/wash-heced-gallery.html)

## Husky History: Bob Hall

by Linda Luna

Husky Gymnastics alumnus and Hall-of-Famer Bob Hall is one of the many people that have contributed to the great tradition of Men's Gymnastics at the University of Washington. Now the owner of a successful dental practice, Bob is still in the Seattle area and continues to be a strong supporter of the program. Here we take a closer look at his background and achievements.

### **Where are you from originally, and how did you get involved in gymnastics?**

Central Illinois. I was relegated to second-string on the basketball team my freshman year of college there. I had taken tumbling when I was about eight years old, but hurt my back trying to do back handsprings. I enjoyed working on the trampoline at a local gym club. It was fun, and I joined a gymnastics club my sophomore year.

Coach Eric Hughes asked me to come to the UW my junior year. As it happened, he had gotten me mixed up with a Bill Hall who was a senior at Illinois, but I asked him to keep me in mind for the next year. I ended up competing all-around, tumbling, and trampoline my senior year at UW.

### **What made you decide to compete for the UW?**

I was fortunate to have the benefit of both Athletic Department and grant-in-aid support, which paid for tuition and gave me a job sweeping the stadium. It also helped that the UW had a good Dental School; I wanted to be a dentist since my junior year in high school.

### **What years were you on the team, and what was your best event?**

1961-1965, but could only compete for three varsity years as part of the Athletic Department. I competed all-around, tumbling, and trampoline, but side horse was my most consistent event.

### **What were your biggest meet accomplishments?**

The 1965 NCAA Championships (we placed 2<sup>nd</sup> as a team, I was 4<sup>th</sup> all-around and 2<sup>nd</sup> on side horse), being elected to carry the flag while at the Vienna Gymnastrada, and making the US National Team that summer at US Nationals.

### **What is your best memory of being on the team?**

The 1965 NCAA Championships. Also when we took three consecutive conference and Western Regional

team titles. My 'most unexpected' good memory was to take the conference trampoline title when our great Jim David and Cal great Dan Millman (now a well-known author) both fell!

### **Is there anything else you'd like to add?**

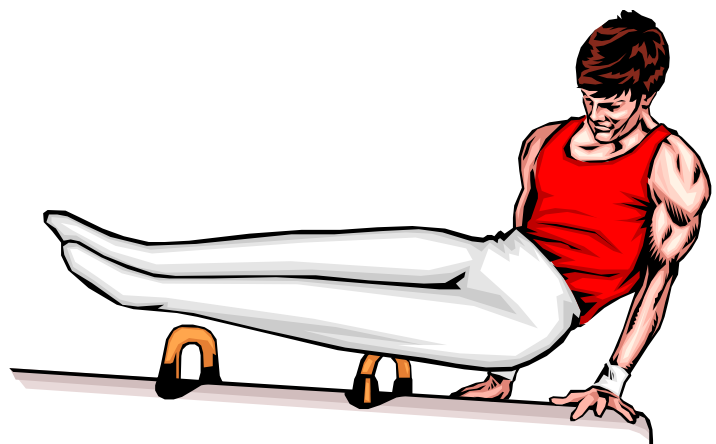
I loved the gymnastic part of my life. From 1961–1972, long after graduation from Dental School (1969) it was wonderful to have so many opportunities. In 1962 we started the Seattle Gymnastics Club with gymnasts from the YMCA to promote the sport in Washington. We performed a two-hour show and did clinics all over Western Washington. Later, we were able to travel during three separate summers: in 1966 to Japan, New Zealand, and Australia; 1968 to Japan, Thailand, the Philippines, Singapore, Taiwan, and Hawaii; and 1970 to the entire South American continent.

Before I started my dental practice, my wife Lynn and I were able to travel for ten months in a VW camper throughout Europe and Northern Africa. I then became actively involved in dental-related activities and youth sports on the eastside.

Best of all, I have spent the last 34 years with my wife, Lynn, who is definitely better looking and smarter than I! She graduated from UW Law in 1991 after ten years of teaching and raising our three sons – they are 21, 24, and 26 years old. Lynn and I enjoy daily

life together immensely!

*"I loved the gymnastic part of my life...it was wonderful to have so many opportunities."*





## *Your WMGF Board*

The Washington Men's Gymnastics Foundation, or WMGF (originally WMGBC, the BC for 'Booster Club'), was founded in October 1994 by Mel Cooley, Karl Huntzicker, Linda Luna, Cam Oliva, Mark Oliver, and Mark Russo.

### Purpose of the Board

To raise funds to support Men's Gymnastics at the University of Washington.

Presently, the Board meets one evening a month for approximately two hours. Apart from this, members may devote as much, or as little, time as they wish to Board projects. One thing that is impressive about the Board is the number of members who have had no direct connection to the UW. These people love the sport of gymnastics and want to stay involved and "give back" by serving on the Board. In the past, few "older" gymnasts (i.e., from the Dr. Hughes era) have been members, but, as you can see from the following brief bios, the ratio has improved this year.

Six past members deserve special mention as they made significant contributions.

#### **Dane Boysen, Sean Clapshaw,**

**Karl Huntzicker, Mark Oliver** All from the modern era coached by Jim Holt or Mark Russo. All four served a term as President of the Board. Mark and Karl were responsible for incorporating the WMGF as a non-profit organization in the state of Washington.

**Mel Cooley** Participated in the late 70's and early 80's, spanning the Hughes and Foxal eras. He was a national champion on the Horizontal Bar.

**David Pearlstein** Competed at the University of Illinois and was coached by Yoshi Hayasaki, a former UW national all-around champion.

### Present Members

**Clif Ericson** Since March, 1999. Hometown – Renton, Washington. UW all-around gymnast 1960-63. Best event – rope climb; state record holder in high school. Married, children ages 22 and 18, step-children ages 13 and 10. Lives in Renton. Senior Engineer at The Boeing Company. In the process of starting a business "Fault-Tree Associates."

**Dr. Eric Hughes** Since 1994. Hometown – Victoria, BC. University of Illinois gymnast 1941-43, 1945-48. Events – vault (best), rope, parallel bars, tumbling, flying rings. Divorced, lives in Seattle, retired. Three children ages 47, 40, and 39.

**Daniel Luna** Since October, 1997. Hometown – Redmond, Washington. UW all-around gymnast 1990-95. Best events – horizontal bar, parallel bars. Lives in Seattle. Engineer for The Boeing Company. Oldest son of Board member Linda Luna.

**Linda Luna** Since inception, October, 1994. Hometown – Renton, Washington. All-around gymnast at the Seattle YMCA under famous women's coach George Lewis from 1962-70. Best event – beam. Wife of gymnast Sergio, mother of six, all of whom were gymnasts. Was introduced to Sergio by Dr. Hughes prior to going on UW gymnastics tour of South America in 1970. Former coach. Teacher. Lives in Redmond, Washington. Has "given back" to the sport of gymnastics as much as anyone in the northwest.

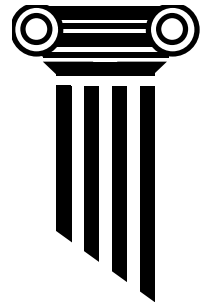
**Rod Minaker** Since September, 1999. Hometown – Kamloops, BC. UW all-around gymnast 1973-77. Competed in NCAA championships twice. Best events – vault, floor exercise. Married, one daughter, age 8 (a great soccer player). Director of Public Affairs at Trend West. Lives in Redmond, Washington.

*(Continued on page 4)*

## Your WMGF Board

(Continued from page 3)

- Dave Nakanishi** Since September, 1999. Hometown – Kirkland, Washington. UW all-around gymnast 1971-75. Best events – horizontal bar, floor exercise. Married, two daughters ages 9 and 12. Owner of dental lab in Bellevue, Washington. Lives in Redmond, Washington.
- Cameron Oliva** Since inception, October, 1994. Hometown – Queens, New York. Gymnast at Queens College 1971-76. Floor, rings, parallel bars, horizontal bar (best). Married, one child age 6 months. Lives in West Seattle, Washington.
- Paul Roggenkamp** Since December, 1998. Hometown – Eureka, South Dakota. Gymnast at US Military Academy 1962-66. Competed in NCAA Championships in 1966. Best event – horizontal bar. Assistant coach at UCLA 1970-73. Built a high bar and rings in Vietnam while serving there. Now has a high bar, rings, and climbing rope in his barn at home in Auburn, Washington. Single. Occupation – commercial property manager.
- Coach Mark Russo** Ex officio since inception, October, 1994. Hometown – Mercer Island, Washington. Coached by former UW gymnast Jim Lang. UW gymnast from 1980-85. UW team coach since 1989. Single. Lives in Seattle near UW. Supports himself with income from three Laundromats he owns (not from a coaching salary).
- Peter Sawyer** Since 1996. Hometown – Marysville, Washington. Participated in gymnastics at UW since 1990 but not as a competing member of the team. Married, no children. Lives in Seattle. Works as a computer programmer for Petplace.com.



## 1999-2000 Husky Men's Gymnastics Team



Left to right: Ryan Welborn, Ben MacColl, Ron Minton, Evan Cabodi, Aaron Cole, Matt Coles (in back), Graham Ackerman, Chris Peterson, Lance Bowie.

THANK YOU!

If you'd like to contribute, please clip and send this portion of the newsletter to:

WMGF
5529 27th Ave. N.E.
Seattle, WA 98105

Enclosed is my contribution\* to WMGF in the amount of:

\$100 \_\_\_ \$200 \_\_\_ \$500 \_\_\_ \$1,000 \_\_\_ \$1,000,000 \_\_\_ other \_\_\_\_\_

\*Remember: if you wish to donate a stock or other security, please contact Dr. Hughes at (206) 632-2151 for details.

Name and Address:
(only if different from the mailing label on the opposite side of this page)

Three horizontal lines for name and address input.

e-mail: \_\_\_\_\_ Phone: \_\_\_\_\_

Comments: \_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_
\_\_\_\_\_



Donate Your Appreciated Stock to the Dr. Eric Hughes Scholarship Fund

We have recently established the Dr. Eric Hughes Scholarship Fund. The proceeds from this endowment fund will be used specifically to provide grants for needy gymnasts.

Stocks or other securities donated to this fund are held in a Waterhouse Securities account separately from donations to the operation fund. In last November's letter requesting contributions this new scholarship fund was mentioned, also. The response to our letter was excellent but no one requested that their contribution go to the Scholarship Fund.

Actually, this Waterhouse Securities account was established specifically to facilitate donations in the form of stocks and bonds to the scholarship fund. Some of you may have bought securities over the last 10 to 15 years that have appreciated tenfold or more.

Example: Stock bought ten years ago for \$1,000
Now worth \$10,000

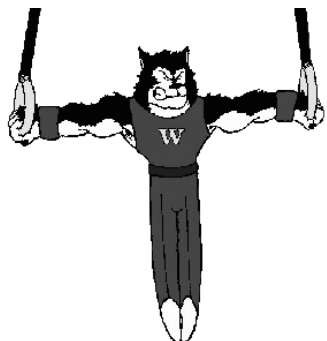
- If sold, capital gains tax is approximately \$1,800
· Donate to WMGF for tax write-off of \$10,000
· Savings at tax time: approximately \$3,000
· Your benefit: \$1,800 + \$3,000 = \$4,800

Those of you who were on scholarship will feel good about giving another struggling young college student the same opportunity you had. Those of you who were not on scholarship and had financial problems in college will feel good about making life easier for someone else.

HOW ABOUT IT? Give Coach Hughes a call at (206) 632-2151 to get details of how to handle a stock transfer, or to get information on how the Scholarship Fund is administered.



WMGF  
5529 27th Ave. N.E.  
Seattle, WA 98105



In This Issue...

Mid-Season Update, Meet Schedule, Husky History, Your WMGF Board



# Washington Men's Gymnastics

## 2000 Meet Schedule\*

\*Subject to change. Check our website for any changes: [huskies.w3site.com](http://huskies.w3site.com)