

# WMGBC NEWS

## Season Recap

By Mark Russo, Head Coach

**A**nother season has flown by and the Husky gymnasts represented themselves well throughout the season. Our team was small this year, six members, so depth was a big concern. And then, in our final regular season competition, freshman Evan Cabodi tore a thumb ligament that required surgery and put him out of our National Championship. However, we did manage to improve throughout the season with our last two competitions being our best.

Since our last newsletter, we traveled to New Mexico where we competed against NCAA schools Air Force Academy, Universities of Oklahoma, Iowa, New Mexico, and Arizona State University. We were blown away at this meet as the other teams hit and we didn't.

Scores:

IOWA	226.975
OKLAHOMA	226.225
NEW MEXICO	225.475
AIR FORCE	214.750
ARIZONA STATE	212.900
WASHINGTON	192.550

End of story.

We took the next three weeks after this meet and really focused on hitting routines as a team and this helped in our next competition against Arizona State here in Seattle.

Scores:

ARIZONA STATE	208.400
WASHINGTON	205.350

This meet gave us confidence that we could catch ASU by nationals. Going into nationals, I felt that if we hit pommel horse, our first event, we could beat ASU. Luck did not come our way, though, as only one of four routines were hit. The rest of the meet went similarly. We never got the momentum going.

Washington Men's Gymnastics Booster Club

Scores:

1. NAVY	219
2. WILLIAM & MARY	218
3. AIR FORCE	216
4. SANTA BARBARA	215
5. ARIZONA STATE	212 (1 <sup>st</sup> , Club Division)
6. WASHINGTON	205 (2 <sup>nd</sup> , Club Division)
7. SPRINGFIELD	201
8. SO. CONNECTICUT	198
9. VERMONT	189

The lone bright spot was the stellar performance of senior Jeff Johnson. Jeff hit every routine he performed; six as an all-arounder, and two as an event finalist on floor and rings. Jeff scored his highest all-around total as a Husky, 54.0, while finishing fifth on floor and first on rings for his second consecutive ring title. Because of his outstanding performance at this meet and his previous four years of competition, Jeff was named Outstanding Senior Gymnast and was awarded a plaque for this accomplishment, presented to him at the finals competition. Jeff has had an outstanding career as a Husky. He has represented himself, his team, and the University with the highest standards of excellence. It has been invaluable having Jeff on the team. He has been a solid performer worth 52 to 54 points for our team at every meet. Also, Jeff has served as our club president for the past couple of years and has done very well. Jeff has been through the program and excelled tremendously. Not easy when you consider all the other extra stuff we do to be Husky gymnasts. I can sum it up with an event that happened at last week's age-group boys Regional Championship that we hosted. Between the competition and awards, Jeff performed an exhibition on rings. Everyone loved it, including the 100 young boys who lined up after his routine to have their T-shirt signed by him. I thought to myself: Those kids have got it right. That guy used to be one of them, and now look at what he can do and all he has learned. In their minds he is a hero. In my mind he is, too!

Take care, and thanks for all your support!

5529 27<sup>th</sup> Avenue NE  
Seattle, WA 98105