

WMGF News

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March 5, 2009

Mid-Season Review

by Mark Russo

The Huskies have begun the 2009 season and are rebounding from early season injuries. Our already small team shrank at our first competition, the Washington Open. Freshman Andrew Hill and sophomore Jon Chapman were both injured during vault warm-ups. Andrew cut his scalp when he hit the back of his head on the vault table. Eleven staples and two weeks recuperation caused him to miss the Rocky Mountain Open in Colorado, but he is back healthy again. Jon Chapman landed a warm-up vault under-rotated/twisted and separated a bone fragment in his ankle. Youth!! Jon has special feet and by that I mean he has the highest arch I have ever seen. His arches are so high that it looks like he's wearing high heels from the middle of his foot to his toes. Obviously landings are a problem for this kind of foot construction, as evidenced by the three 'foot related' injuries Jon has suffered in his three years with the program. Right now, he has begun swinging events in a temporary boot cast, and we hope to see him competing by the end of February. Senior Joe Lawrence was also injured after our first team competition. We traced his injury back to bed. Apparently he slept on his shoulder or had it raised while sleeping, and wound up in serious pain every time he lifted his arm above his shoulder. Not good for gymnastics. Joe's better now though, and competing all All-Around for the Huskies.

Our first team competition happened at the Rocky Mountain Open on January 10th. It was a real treat to go to Colorado and see the sun. Fielding just four All-Grounders, meant we had no margin of error, so we finished 5th behind nationally ranked #1 Oklahoma, Nebraska, Air Force, Arizona State but ahead of the Olympic Training Center. Joe Lawrence

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.



Bobby Miller at Minnesota

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and Marc Miller led the Huskies with Marc scoring the highest single score for the Huskies at 14.35 on the vault.

In late January, the Dawgs got out their sleds and trekked to the frozen country of Minnesota for a quad meet with the University of Minnesota, Arizona State and the University of Calgary from Canada. It was a unique experience to see this part of the country at this time of year, and the competition venue was excellent. I was excited to coach there and would have loved to compete at this gym in my day. Also, I am always grateful for how well other Universities treat us and make us feel welcome and honored. The competition was good, and if we had a full team, we would have been in contention with ASU and Calgary. Minnesota ranks 5th in the country and they have 19 guys(!), so their depth covers any errors they may make. Calgary had a Canadian Olympian on their team as well as the scores and experience to defeat both ASU and us. We were short two scores, one on pommel horse and one on high bar. It's a frustrating situation because we have the talent to compete, but not the depth to overcome injuries. Hopefully we will be healthy by season's end. Minnesota won the meet, followed by Calgary, ASU and UW. Afterwards, Minnesota alumni hosted a great dinner for all the competitors, friends and alumni. Their hospitality was very much appreciated by our team.

Individually, Bobby Miller had his best competition to date, posting a season-high All-Around score of 78.55. It was great to see him in the "zone." This happens to a lot of freshman when they compete in a high energy, fast-moving college competition where it's so much easier to keep the momentum going than in an age-group meet. Freshman Sam Softich scored Washington's highest score of the night with

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a 15.05. Andrew Hill also had a good meet, leading the Huskies on rings with a 12.4. We returned from Minnesota to a balmy Seattle of 32 degrees and snowing. Really, it felt warm compared to Minnesota.

The remainder of the season looks promising as our health improves. We have three more shots at Arizona State. Wish us health, please!

Maui Luzzo

Serious Tumbling

by Assistant Coach Jeff Crockett

Mens' gymnastics seems to get more difficult each year. While at this year's Rocky Mountain Open, we witnessed Oklahoma's Steven Legendre's incredible floor routine. Filled with combinations we've never seen, here's a breakdown of that routine:

First Pass: Round off, back handspring, double layout with 2½ twists... without a doubt the hardest skill on the floor today!

Second Pass: Round off, back handspring, Arabian double pike with a full out. This skill takes off backwards with an immediate ½ twist into a double front pike with a full twist in the second flip—CRAZY!

Third Pass: Round off, back layout with 1½ twists to an

immediate front layout with 2 twists.

Fourth Pass: Round off, back whip to a back layout with 2 twists.

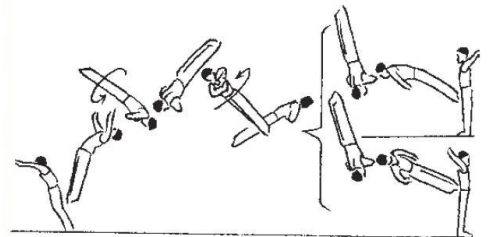
Fifth Pass: Double front tuck to an immediate front layout with a full twist. It is mind-boggling that he had enough energy at this point to even do ONE flip!

Sixth Pass: Round off, Arabian double pike! That's an E-level skill as a dismount!

With the collegiate code skills rated from "A" (easiest) to "G" (hardest), here is the count of each skill category:

- 1 x "G"
- 1 x "F"
- 1 x "E"
- 2 x "D"
- 3 x "C"
- 1 x "B"

24. Double salto arr. t. avec 2/1 ou 5/2 t.
 Double salto bwd. str. with 2/1 or 5/2 t.
 Doble mortal at. ext. con 2/1 o 5/2 g.



See the routine yourself. Search the Internet for: "Steven Legendre 13 flips"

ee E ee

A double-layout with 2½ twists, as shown in the Code of Points

HUSKIES



WASHINGTON MEN'S GYMNASTICS

2009 TEAM BANQUET

PLEASE JOIN US AT OUR ANNUAL TEAM BANQUET AT THE UNIVERSITY OF WASHINGTON.

MEET OUR COACHES, THE TEAM, AND THE WMGF BOARD. FAMILIES WELCOME.

SUNDAY MAY 17TH, 1:00 PM
WATERFRONT ACTIVITIES CENTER AT THE UNIVERSITY OF WASHINGTON



RSVP: TEAM@WMGF.US

A Gymnastics Reunion

by Dr. Eric Hughes

Last Fall, eleven former Husky gymnasts met at the Ram Restaurant at Northgate for lunch. This small reunion was organized by John Anthony for his fellow 1966-70 team members. All of us came from the Seattle area except Bo Bennett, who flew in from California using his own plane. All these men are in or nearing their sixties, but everyone (including me, Coach Hughes at 85 years of age), looked in excellent shape. No big bellies on these guys. It seems though, that memories have matured as well, because those who had mastered only full twists during their team years recalled performing double twists. And single somersaults at 20 years of age were recalled as doubles at 60 years of age. We all accepted these "slight" exaggerations with grace.

Mark Peterson suggested that everyone prepare a one page bio and email it to the others, since it was difficult to talk with everyone during one short lunch. I decided to print a summary of these bios in our Newsletter, and hopefully inspire additional gatherings. An abbreviated report of this reunion was published in a recent Big W Newsletter (edited by Kevin Beder, a gymnastic member from 1974-77) so some of you may have read about it there.

John Anthony 1965-69

Seattle native married to Margaret for 31 years. Two daughters—one at Western Washington, the other a soon-to-graduate Husky. Margaret and I both retired from work with the City of Seattle after 30 years. I worked for Parks, the Budget Office, Transportation, Solid Wastes, City Light and Information Technology where I served as the first Deputy Chief Technology Officer. After retiring I worked as a consultant for two years before taking a position with King County. Both Margaret and I are avid motorcyclists.

Bob Baumann 1967-70

Trampoline specialist and unparalleled "add-a-trick-guru." Married to Audrey Paisely, R.N. We have one daughter, Lori, in Georgia. Taught German and P.E. from 71-79 at Lakeside M. S. Resigned from teaching in 1980 to pursue a mid-life crisis as a professional musician (a bass player) in Rock & Top 40. Still play regularly with AlpenFolk We play often in the Leavenworth gazebo. Taught German and Traffic Safety at Mt. Si H.S. from 87-2005. Now partially retired. Hobbies – Music-all styles and I buy, sell and collect old sport cars.

Bo Bennett 1966-70

Member of the Husky team that toured Australia and New Zealand in 1966 and won the National team championship of both countries. Last Competition, Canadian Nationals in 1971 (fourth rings). Taught English for three years, Principal for five. Influenced by Husky Bill Haworth to start flying while still at the U. Earned commercial license in 1974 and left education for the "wild blue yonder" in 1977. Worked and lived on four continents, hunted on five and fished on six. Personal philosophy – I'm here for a good time not a long time. Coached and hopefully influenced Rod Minaker and Dane Boysen to become Huskies. One book in print and several ideas for the next. Recently bought a home near Republic, WA. Currently Director of Flight Operations for Kendall-Jackson Wine Estates in Santa Rosa, CA.

Bruce Brinton 1967-71

All-Around until my senior year then specialized in floor exercise. Member of the Husky team that toured five countries in S. America in 1970. Married to Kathryn since 1971. Have two children, Jason 34 and Laura 30. Graduated in 1970 with a B.A. in business. Worked as a bicycle salesman from 71-72, a Systems Analyst from 73-74 and a Residential Mortgage Loan Officer from 84 to present with Banner Bank since 2000. Hobbies are golfing, wood working and bicycling.

Mark Buckingham 1963-68

Participated in gymnastics at Highline H.S. under coach Bob Sarver. A member of the UW team that



L-R: Bruce Brinton, Gary Fox, Jack Heavner, Linda Luna, Eric Hughes, John Anthony, Bo Bennett, Mark Peterson, Mark Bucking-

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An Interview with "Sideburns" Bobby Miller

by Eugen W. Burton-Breazeal IV

The youngest (and among the most gifted) members of our squad comes to us from Atlanta, Georgia. Bobby Miller claims he moved with his family to the Mill Creek area in 1992 by car, but he recalls nothing of the drive. Now 17, he has logged over 11 years of hard work in the relentless pursuit of mind and body control sometimes called Men's Artistic Gymnastics. I asked Bobby what he liked about Gymnastics and how he got his start in this sport. He replied, "My parents were trying to find a good sport for me to do. I was really small and spent a lot of time rolling and standing on my head." He explained that he keeps coming to practice every week because "I've been doing it so long that life without it seems impossible, but also it's the best sport ever. Flipping and twisting through the air... I can't think of a better way to get a big adrenalin rush."

Here is more of my interview with Bobby.

E: Do you have any memorable moments so far?

B: I almost did a perfect floor routine at regionals when I was a Class 5, the only deduction he [the judge] took was from when I fell on my scale in the corner.

E: Do you have a nickname?

B: All my nicknames have to do with my [chest] so.... [Editor: Not "Sideburns" ?]

E: What is a typical response you get from people once they find out you are a gymnast?

B: "Do you do the Beam?" ...ah no, that's a girls' event. "You do different events from girls?"

E: What's in your iPod?

B: Some of my favorite bands are Menomena, and Cold War Kids... [Genre: Indi Rock].

E: Since you are a junior in high school now, looking into the future, what would you like to study in college?

B: I want to study Structural Engineering, and start a career as a Structural Engineer.

E: What is your favorite food?

B: Homemade Italian food, for example, my grandma on my Moms' side is Italian and makes the best homemade red sauce ever.

We are encouraged by Bobby's hard work and positive attitude despite the sometimes daunting workouts. His character reflects what our team seeks because it will lead to success for the him and the team, while growing the fellowship we enjoy every day.

A Gymnastics Reunion

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placed second at the NCAA's in 1965. (I placed 5th on vault). Graduated from UW in '68 with major in history and German. Taught and coached both boys' and girls' gymnastics at Issaquah H.S. for two years and at Cedar Heights in S. Kitsap for four years. Also coached in the community recreation program in both cities. Flew with U.S. Airways for 27 years, retired in 2005. Married to Loraine. Have three grown kids and three grandkids. Hobbies: flight instruction, skiing, tree farming and making a joyful noise in our church choir.

Rick Fonceca 1965-68

I graduated in 1968 and left immediately to teach P.E. and coach gymnastics and diving at the Punahou school in Hawaii. In 1974 I had "Barry the Bomber" (Barack Obama) in P.E. classes. I am married and live in Snohomish with my wife of 25 years-Kathy. We have three daughters, one in Hawaii, one at the UW Pharmacy School and one 21 years old still at home. I have been in the car business for 24 years currently as Internet Manager at Lynwood Honda.

Gary Fox 1968-72

In 2008 I retired after 38 years of law enforcement in Seattle, Tukwila and Kent police departments. I worked as patrol and traffic motor officer, undercover narcotics detective and SWAT Team Commander. My last 18 years were with the Attorney General's Office in the Sexually Violent Predator Unit. Highlights of my career were receiving the Medal of Valor in 1975 and the Governor's Recognition Award in 2002. Recently I had both of my shoulders rebuilt after many years of abuse on the rings and not being careful in my power lifting days. My wife Kathy and I are blessed with two children Jennifer and Ryan and two grandchildren. Our interests are boating in the San Juans and Gulf Islands and traveling.

Jack Heavner 1965-69

Seattle resident since 1960 with one break of four years in Norway from 1981-85. Have a B.S and M.S. in Civil Engineering and work as a structural engineer designing buildings. My wife Obadinah, a professional illustrator, and I have been married 29

THANK YOU!

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

WMGF
5529 27th Ave. NE
Seattle, WA 98105

Enclosed is my tax-deductible contribution* to WMGF in the amount of:

\$100 ___ \$200 ___ \$500 ___ \$1,000 ___ \$2,000 _other ___

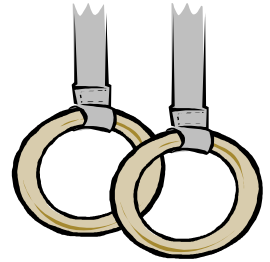
*Remember: if you wish to donate a stock or other security, please contact Dr. Hughes at (206) 632-2151 for details.

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A Gymnastics Reunion

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years. Our son Ryan works in Silicon Valley. We have lived in Ballard for 20 years and enjoy home remodeling with an occasional break for a long road trip.

Mark Peterson 1965-69

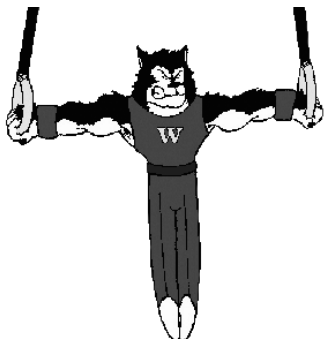
After graduation I taught biology at Newport H.S. in Bellevue for 10 years and coached boys' gymnastics for 6 years. I left teaching to take up my hobby of electronics and am currently employed by SEACOM, a small manufacturer of marine radios in Mountlake Terrace (you can see one of our radios in "The Perfect Storm"). During this time I coached girls' gymnastics at Roosevelt H.S. for nine years. My wife, Camille, and I celebrated our 32nd anniversary last Aug. We have two boys, Ryan and Chris, both of whom work in downtown Seattle.



L-R: Rick Fonceca, Dr. Hughes

Although gymnastics is no longer a varsity sport at Wash the spirit of the sport lives on in the heart of groups of ex-gymnasts such as this. They say old gymnasts never die, they just fade away (and can't remount in 30 seconds).

WMGF
5529 27th Ave. NE
Seattle, WA 98105



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Mid-Season Review, Gymnastics Reunion, Bobby Miller interview and more... *March 5,*

Washington Men's Gymnastics

2009 Meet Schedule

<i>Date</i>	<i>Competition</i>	<i>Location</i>
<i>January 3</i>	<i>Washington Open, University of Washington</i>	<i>Hec -Ed Pavilion Addition, Seattle, WA</i>
<i>January 10</i>	<i>Rocky Mountain Open, US Air Force Academy</i>	<i>Colorado Springs, CO</i>
<i>January 24</i>	<i>Minnesota/ASU/Calgary</i>	<i>Minneapolis, MN</i>
<i>February 5-7</i>	<i>Winter Cup/Black Jack Invitational</i>	<i>Las Vegas, NV</i>
<i>February 21</i>	<i>Pacific Coast Classic</i>	<i>Oakland, CA</i>
<i>February 28</i>	<i>Southwest Cup</i>	<i>Tempe, AZ</i>
<i>March 26-28</i>	<i>Collegiate Nationals</i>	<i>Williamsburg, VA</i>

Please contact Mark Russo for any updates: 206-524-9480 or team@wmgf.us