

WMGF News

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December 1, 2011

Season Preview

by Mark Russo

It is that time again when another year of competition is fast approaching. The men's team is assembling skills into routines and from what I have seen so far, we will be working hard to attain last year's team score. Moving on from last year's team are Sam Softich and Jeramie Hardi, two dependable high-scoring all-arounders. Their shoes will be difficult to fill, but right now the team is taking on the challenge and working very hard to do as well as we did last season. Many on the team are training events they did not compete last year, in order to fill our need for four counting scores per event. With six events and four scores counting toward the team total, that's 24 routines we are putting together. I strongly believe that this team can do it if we can stay healthy and injury-free this season.

Two freshmen have joined the team this year: Franklin Stutevoss from Portland, OR and Tim Forro from Bainbridge Island, WA. Franklin will compete on floor, pommels, rings and vault, and train to compete on p-bars and high bar next year. Already noticeable is Franklin's excellent team attitude and work ethic. I know he will excel here with consistent coaching and a team of workout partners. Franklin was steered to our program by former Husky gymnast Drew Grow, who coached him briefly when he was younger. Drew continues to coach part time as he works on his music career down in Portland.

Tim Forro comes to our team a

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.



Jon Chapman at Hec Ed

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little banged up, and is training through his injuries in a limited way until he gets the go-ahead to do full-power gymnastics. I've seen that Tim has good air sense and is very dependable with his attendance. He has a good sense of humor and is patient, which will help him learn the progressions he needs to go through. I look forward to coaching him, as I see a lot of untapped potential to develop.

The team returns four members: Peter Moser, Layton Oka, Jon Chapman, and Greg Steward, who competed well for the team last year. Together, these four will do the majority of the scoring this year.

Peter Moser will begin his second year on the team and will lead the Huskies in the all-around this year. Peter has the makings of a very good gymnast – his handstand is one of the straightest I've seen and his leg quickness gives him a powerful floor routine. He swings well on pommels and his high bar is developing fast. Parallel bars and rings are his weakest events right now, but will not be in the future. He has a good understanding of gymnastics and is motivated to do well at practice. I look forward to seeing how he progresses this season as the main man for the team.

The team will count on Layton Oka, sophomore from Coeur D'Alene to add two to four events to his floor and vault contributions. Layton has tremendous balance on his feet and must learn this same ability on his hands. When he does,

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Season Preview

(Continued from page 1)

he will become a very important part of the parallel bar, pommel horse, and high bar teams.

Jon Chapman has been the most dedicated gymnast on the team for the last four years. During this time, his gymnastics has steadily improved and he received his undergraduate degree in chemistry. Now he moves on to grad school, but remains a vital part of this team. Because of his size, 6'1", Jon has gone through his share of injuries. But his character has never wavered, leading to him become a really good gymnast. Jon's routines on floor exercise, parallel bars, and high bar are really good, and his pommel horse and vault are decent as well. When needed, Jon will even put on his ring grips and do a routine for the team. He is the consummate team player who leads in his own quiet, exemplary way. I really value having him on the team. He is a student of the sport who is extremely knowledgeable of its rules and consistently offers help to his teammates. Keeping him healthy is the goal for this season.

Greg Steward begins his second year on the team. It has been an amazing sight watching "Gigantor" acquire one new skill after another. The 6'2" Lynnwood

native has tremendous air awareness, which has enabled him to advance through skills and progressions relatively easily. Greg will compete in the all-around this year, which is a remarkable feat because a year and a half ago he was not even doing gymnastics. At age 13, Greg "retired" from gymnastics only to pick it up again when his body had grown to man size. Greg's floor exercise and high bar are his best events right now while his vault and p-bars are coming up fast. Pommels will take a season to develop, but will be one of his better events in the future. Greg is very motivated and it's taking his gymnastics to levels that I think are even surprising him. He recently became the athlete representative on the WMGF Board. It has been a real joy seeing Greg resurrect his gymnastics career.

Our team is a good group of guys who are becoming more of a team daily. They practice diligently and encourage each other to attain better skills and routines. I feel it is possible for us to maintain our level of competition from last year, and hopefully we'll be pleasantly surprised by their performance. Please come see us on December 10th and again on March 2nd for our home competitions, both alongside the UW women's team.



Your 2011-2012 Husky Men's Gymnastics Team
Back row (left-right): Coach Mark Russo, Jon Chapman, Greg Steward, Franklin Stutevoss
Front row: Peter Moser, Tim Forro, Layton Oka

Where Are They Now? An Update on Husky Alum **Hide Umeshita**

by Coach Hughes

Hide Umeshita is such a modest person that he was quite hesitant to agree to this article. He finally consented if I wrote only about his time at the University of Washington and not about his life after that. So this is really not a "Where Are They Now" article but a refresher of Hide's many accomplishments while at Washington.

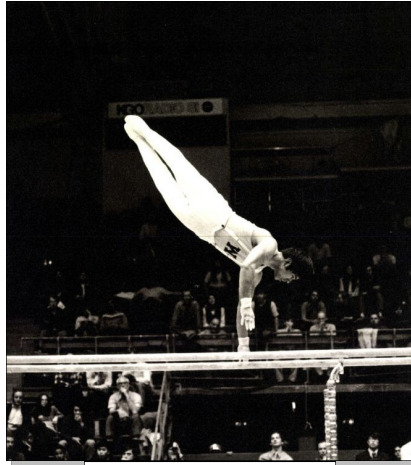
Hide was an outstanding athlete, one of the top five all-around gymnasts I coached in my 28 years as head coach. His exceptional ability and flawless technique were recognized by everyone except himself. Talk to him, and he was barely good enough to be on the team.

Umeshita was born in Minamata, Japan and attended Kumamoto Technical High School. He was one of the four Japanese recruits resulting from my visit to Tokyo at the time of the 1964 Olympics. While there, I contacted the top 25 all-around gymnasts from that year's National High School Championships. Surprisingly, four of them came to the UW.

Prior to entering the University, all four were enrolled in a Seattle area high school to learn English as well as to adjust to the different culture. Hide was accepted as an exchange student at Issaquah High School where one of my former gymnasts, Charlie Denny, coached. (Charlie is a former national champion on the flying rings – yes that is correct, the "flying rings" – which was a collegiate gymnastics event way back then.) As an exchange student, he was able to practice with but not compete for the high school gymnastics team.



Hide enrolled at the UW in 1966 and graduated in June of 1971 with a BS in Physical Education. Delta Tau Delta fraternity provided him with room and board during



Hide on the parallels

his years on the team. He recently mentioned how grateful he was for the fraternity's support. He also recalled that he was right in the middle of what has often been called the "golden years" of gymnastics at Washington, when the team regularly ranked in the top five nationally.

Umeshita was voted Most Promising Freshman in 1967. During the following summer he hurt his back and did not reach top form during his sophomore year. As a junior, he was outstanding. He placed second to Yoshi Hayasaki, another UW gymnast, in the Conference all around. At the nationals he was third in the all around, again behind Yoshi and a gymnast from Temple. This won him All America status. He was further honored at the end of the season as the Most Inspirational team member. In his senior year, Umeshita was fourth in the Conference all around and qualified for the nationals.

Hide was selected as a member of the team of UW gymnasts and former gymnasts that toured South America in the summer of 1970. This was one of the three goodwill tours for Husky gymnastics teams sponsored and financed by the U.S. Department of State. He was one of our best ambassadors of goodwill even though he was still a Japanese citizen.

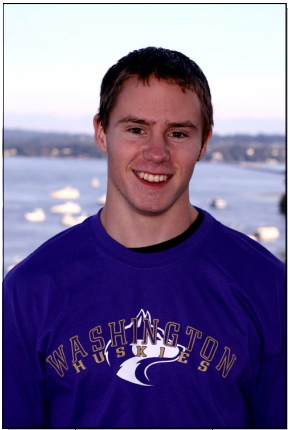
Since leaving the UW, Hide has lived in San Francisco with his wife Sue for over 30 years. We are very appreciative that Hide has been one of the regular donors to the WMGF. He says that although he is not involved in gymnastics anymore, his heart and spirit are still in the sport.



Meet the Team: New Members **Tim Forro** and **Franklin Stutevoss**

by Peter Sawyer

Tim Forro



Tim Forro

Tim is a soft-spoken young man from Bainbridge Island Gymnastics. He first learned about the UW Huskies from his coach, Bryan Garoutte and although he was offered a coaching position at Bainbridge, he decided he still wanted to compete and contacted Mark about joining the team. Despite a partially-torn biceps and Achilles tendonitis, he receives no sympathy and seems to have been accepted by his teammates, who enthusiastically told me that Tim likes to “work out in his pajamas.” Tim plans to compete his favorite event, floor exercise, as well as vault and rings for the Huskies. His vault is a layout Tsukahara, but he wants to learn a Tsuk double-back. He finds working out with the Huskies motivating, particularly since he was the only gymnast his age at his previous

gym. He says that he finds Mark to be quite honest and demanding with high standards, and he appreciates Mark’s “you did it / you didn’t do it” evaluations.

Tim’s daily life includes looking for a job and a long commute from Kent to Mountlake Terrace to train with the Huskies. Starting in Winter Quarter, that trip will be interrupted by a stop at Seattle Central Community College where he will earn his Associate in Arts degree. Afterward, he hopes to transfer to UW, where he may pursue a degree in physical therapy. He’s the youngest in his family which includes two older sisters and a brother, and tells me he spent his early years bouncing on a trampoline, doing gymnastics off and on, playing soccer, and knocking over small trees (at least until one fell on him). I asked Tim about something that people might not know about him, and he said most people don’t know he’s a gymnast. Pressed a little further, he revealed that he likes classical music, although he noted his tastes include metal rock as well. Tim is enjoying his experience with the team, finds the guys helpful and easy to get along with, and particularly enjoys the coaching advice he receives.



Franklin Stutevoss



Franklin Stutevoss

Joining the Huskies from Tigard, Oregon is Freshman Franklin Stutevoss. We almost lost him to Arizona State University, but he enjoyed his conversations with us as well as our close-knit team so much that he selected UW. That’s proven to be a good decision so far; he’s studying business at the UW Bothell campus, sharing an apartment with three other guys, and of course, working out with the UW Huskies. His gymnastics career started at age two at Westside Gymnastics, which led to competition by age seven. Before coming to us, he was coached by Cimin Liang, and although the 20 weekly hours of training with UW are more than he is

accustomed to, he likes Mark’s emphasis on skills “fine tuning.” Because of a long-time shoulder injury, Franklin’s contribution to the team will be on floor exercise, pommels, vault, and rings, with his strongest event likely to be floor. He hopes to upgrade his layout Tsukahara on vault to include a full twist, or perhaps learn a handspring layout-full or layout-Rudi.

When not in the gym, Franklin has been happy to raise money for the team by ushering Husky football games because he enjoys college football. He also enjoys hanging out with friends as well as listening to his iPod, which contains a wide variety of music, particularly country music and tunes from his future wife, Taylor Swift (although she remains unaware of her betrothal). He also likes traveling, and thanks to his grandfather has visited the Bahamas, Hawaii, and Australia. The rest of Franklin’s family includes an older sister attending Oregon State, ex-dance teacher Mom who is now working at home, and Dad who works in sales for an HVAC wholesale company.



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Former UW Gymnastics Team Captain

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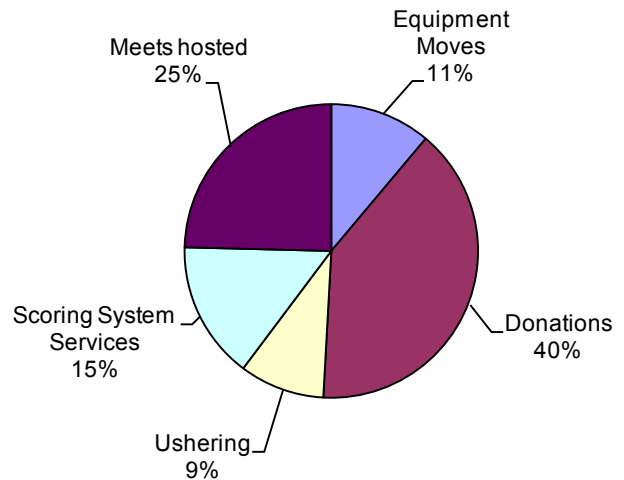
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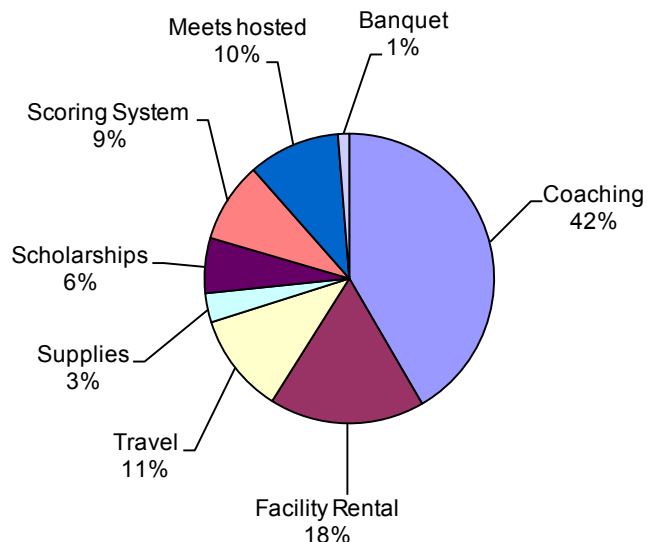
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Here is a brief summary of WMGF finances for the past year. As you can see, your donations are a significant portion of our funding. Your volunteer time to help with activities like meet hosting and ushering also directly contributed to the income that keeps us going. Thank you for staying involved and ensuring that the Washington Men's Gymnastics tradition continues!

WMGF 2010-2011 Income



WMGF 2010-2011 Expenses



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Washington Men's Gymnastics Picnic a Success

It was a beautiful day for our WMGF Picnic in August. Thank you to Dave Nakanishi for graciously hosting the event at his cabin near Deception Pass. Alumni from several generations of Husky Gymnastics gathered for a full day of fun activities, great food, and friends. There was kayaking guided by Dr. Hughes' friends from

the Seattle Canoe & Kayak Club, amazing salmon barbecue by master chef Rick Chapman, and great stories shared by a big range of gymnasts—from the current team to alumni from 1950s Husky Gymnastics. We look forward to the next one!



A great showing for our August barbecue



Dr. Hughes and Wendland Beezhold

WMGF
 5529 27th Ave. NE
 Seattle, WA 98105



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December 1, 2011

Washington Men's Gymnastics

2011-2012 Meet Schedule

(local meets in bold)

<i>Date</i>	<i>Time</i>	<i>Competition</i>	<i>Location</i>
<i>December 10</i>	<i>5:00pm</i>	<i>Intra-squad with UW Women's Team</i> 	<i>Hec Ed Pavilion Seattle, WA</i>
<i>January 7</i>	<i>7:00pm</i>	<i>Washington Open</i> 	<i>Marv Harshman Court Seattle, WA</i>
<i>January 14</i>	<i>7:00pm</i>	<i>Rocky Mountain Open</i>	<i>US Air Force Academy Colorado Springs, CO</i>
<i>January 28</i>	<i>7:00pm</i>	<i>Stanford Open</i>	<i>Stanford University Palo Alto, CA</i>
<i>February 25</i>	<i>7:00pm</i>	<i>Sun Devil Classic</i>	<i>Rawhide Chandler, AZ</i>
<i>March 2</i>	<i>7:00pm</i>	<i>vs. ASU with UW Women vs. ASU</i> 	<i>Hec Ed Pavilion Seattle, WA</i>
<i>March 23</i>	<i>5:00pm</i>	<i>Collegiate Nationals</i>	<i>US Air Force Academy Colorado Springs, CO</i>

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