

# WMGF News

www.wmgf.us

February 23, 2012

## Alumni Reunion!

Join us in the Founders Club (above Hall of Fame room) right after the March 2nd home meet against ASU.

Come see this year's Huskies compete, then socialize with previous years' Huskies afterward!

Meet starts at 7pm • Reunion at 9pm

\*\*\* **RSVP** \*\*\*

team@wmgf.us or 206-524-9480

## Mid-Season Update

by Mark Russo

Halfway through our competition season I will say that we are where I thought we would be with our gymnastics, but I had not counted on losing two more guys from an already small group. Tim Forro decided to stop training due to the uncertainty of an injury he sustained before joining the team, and the lack of insurance to pay for the doctor and an MRI to find out what exactly is wrong. It was difficult to lose Tim as he has a great attitude, is very much a team player, and has good work ethic. He fit right in with the rest of the guys. I'm hoping he will be able to get his injury diagnosed and healed so that he can rejoin the team when he is 100%. Layton Oka left gymnastics for personal reasons. We were counting on Layton for depth on parallel bars, floor, pommels, and vault. It's unfor-

## 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.



The team at our 2011 intrasquad in December

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tunate that he stopped, both for himself and the team. I think the team really helped Layton. Onward we go as a small team doing our best to get scores that are respectable.

The intrasquad meet with the UW women was a good introduction to the competitive setting for us and it's always nice to compete alongside our fellow Huskies. They bring a lot of enthusiasm to the competition floor and we do better because of it. UW gymnast Joey Lawrence is training to compete at the elite level, and his routines looked a cut above the rest of the team. His poise and focus are valuable skills the younger guys can learn from him.

Next for us was the Washington Open on January 7<sup>th</sup> and 8<sup>th</sup>. This competition ran very smoothly and guys performed better than in the intrasquad the month before. It is a lot of work to set this meet up and take it down, and our gymnastics performance showed some fatigue from the eight-hour setup before the meet. Nearly 300 age-group kids competed as well in this traditional kick-off competition.

We traveled to Colorado Springs and the Air Force Academy in January, where we competed against the likes of Oklahoma, Nebraska, ASU, the US Olympic Training Center, and host Air Force. It was our first team competition of the year. The guys performed their routines but we, as small team, were three scores short of a full team score.

(Continued on page 2)

## Mid-Season Update

*(Continued from page 1)*

Oklahoma 343.7 Air Force 333.3 Nebraska 331.3  
 USOTC 329.6 ASU 314.1 UW 248.1  
 Peter Moser, highest all-around 72.3

Our second team competition was at Stanford, where we competed against the Cardinal, Cal, and Nebraska. Senior Captain Jon Chapman led the Huskies to an improved team effort. Jon has been the most consistent performer this season in his final competitive year. It is inspiring to see him do his best gymnastics this far into his career. Greg Steward competed all-around for the first time this season, having good routines on vault and high bar.

Stanford 348.4 Cal 339 Nebraska 332 UW 251.2  
 Jon Chapman, highest all-around 71.9

Our season continues at ASU on February 24<sup>th</sup> at the Rawhide Wild West Town. For those of you in the Phoenix area, please come by and say hello. Then we return home to meet ASU in a combined men's and women's competition on March 2<sup>nd</sup> at 7pm in Hec Ed Pavilion. Please come to this competition, see the show, and then stay for the alumni reunion afterward in the Founder's Club above the Hall of Fame.

### High Scores this season:

Floor	Peter Moser	13.1
Pommels	Jon Chapman	11.6
Rings	Peter Moser	12.8
Vault	Greg Steward	13.6
Parallel Bars	Peter Moser	13.1
High Bar	Greg Steward	13.1
All-Around	Peter Moser	72.3
Team		251.2

# W



**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 **Chuck Sanders**

by Coach Hughes

In the 1960s and '70s we could not have done without a couple of good "side horse" – excuse me – pommel horse specialists. A team could not compete with other top teams without their high scores. They were usually tall, thin, wiry, and light in weight. Let me introduce you to one of the good ones, maybe the best we ever had – Chuck Sanders.

Chuck was born in 1950 and grew up as a skinny, bookish nerd in Everett, Washington (his words not mine). He was introduced to gymnastics as a sophomore in his PE classes at Everett High School. His four brothers followed him into gymnastics at Everett, but apparently were not as good as Chuck because I don't remember recruiting them. He says coach Ron Cultum looked favorably on his ability to climb around on the pommels and asked him to turn out for the sport (which he barely knew existed) the next year. At the time he was approaching six feet and 140 pounds fully clothed.

Cultum was a stern taskmaster and had his team spend a lot of time on strength exercises. Chuck had this to say about his high school career: "In my senior year I was undefeated except for one meet where I fell off the horse but snagged first place on floor exercise with mostly hand stands and pommel horse moves. At the state meet in Hec Edmundson I inexplicably grabbed a handful of crotch fabric while scissoring and fell to third place. While I was trying to explain to my coach and team mates what happened, Bruce Denton, the previous years champion and present Husky specialist, recruited me."

Sanders attended the UW from 1968 to 1973 and graduated with a degree in Communications.

While still a mostly wet-behind-the-ears freshman he pledged Phi Kappa Sigma fraternity entirely because Yoshi Hayasaki lived there. He thought it was a great honor to be the roommate of the "greatest Husky" and to tag along when he and a couple of other great UW gymnasts, Mauno Nissinen and Charlie Peters, went out for refreshments.

Because Bruce Denton was injured, Chuck got to go to the Pac 8 Meet in Los Angeles as a freshman. He was thrilled to stay at the Century Plaza with his room overlooking a movie studio. TV coverage of the meet was very good, and the next morning he was thrilled again to see himself performing an acceptable routine on the pommels.

Sanders gives great credit to a former Husky, Steve Eadie, who also went to Everett High School, who regularly came back to the UW to work with him on advanced moves on the ends of the horse and on one pommel. He says Steve's help took him to a higher level. (Wherever you are – thanks, Steve.)

In the Pac 8 finals in his junior year, Chuck needed to place in the top three for a trip to the nationals. When



Chuck on his signature event

he finished his routine the announcer said, "Sanders is now in the lead," and he knew he had made it with only two competitors left. Both had major breaks, so Chuck was Conference Champion as well. For the rest of the year, Yoshi and others on the team went around calling him "Champ."

In 1972, his senior year, Chuck did an extra circle in the compulsories and dropped way down in the standings at the Pac 8 meet. He clawed his way up in the optionals and barely made the eight-person finals. Fortunately, five of the eight fell off and he and Norm Ewald, another UW gymnast, placed second and third. Washington beat Stanford by one-tenth of a point and qualified for nationals as a team. He remembers this as an emotional victory with the whole team getting to go to Ann Arbor, Michigan. Sanders placed 14th at the nationals for the second straight year.

Chuck graduated in the era of the "Boeing recession" and found it difficult to get a job so supported himself as a bank courier, house painter, and assistant teacher. After six months hitchhiking through Mexico he found work in the field he was trained – Journalism. He worked for small nonprofits doing all the nitty-gritty

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## The New Pommel Horse

by Jeff Crockett

The world of gymnastics is ever-changing and evolving. New skills and harder routines call for changes in equipment to help gymnasts stay safe while giving them the opportunity to come up with new and exciting skills. Back in 2000, the vault changed dramatically from a pommel horse look-alike (sans pommels), to the table style we have now that made it much safer for both men and women. Now the sport is calling for a new and improved pommel horse that is slightly

different in shape. The new horse has a flatter, wider surface with cornered edges to make for easier gripping. There is also more padding to help prevent overuse injuries in the wrists and elbows. The pommels themselves are also longer and more adjustable. Though the changes may look minimal to the untrained eye, gymnasts will be thrilled with the new style. The new pommel horse will be used internationally starting after this year's Olympics.



## Where Are They Now?

(Continued from page 3)

stuff as well as camera work, paste-up, typesetting, editing, and writing. In the 80's he got a job at a Seattle legal publishing company where he became Managing Editor. He finally grabbed the chance to work for a real newspaper, the Bremerton Sun (now the Kitsap Sun). For ten years he commuted from Seattle to Bremerton. He rode his bike to the ferry from Seattle's First Hill with a guitar strapped to his back aware that he was becoming a local character. He eventually moved to Bremerton where he could walk to work.

Sanders met his future wife, Ginny, at a music camp in Port Townsend and married in 2004. They moved to West Seattle and he resumed his commute, but now by car not bike.

He says, "At work I inhabit the diminishing area of

opportunity where pages are examined for flaws, be they color, fonts, or just plain failure to measure with a pica pole. I have the authority to say 'stop the presses,' but unfortunately there has to be a very good reason."

It is always a pleasure to write about one of our former gymnasts who has not only been a part of our program as a college student but who also remains active as a donor of both money and time. Chuck and his wife Ginny have been regular volunteers at the Washington Open and have attended the spring banquet on many occasions. Thanks Chuck and Ginny.

*PS - Chuck would like to know if anyone has video or film of his routines as his wife would like to see them. If you know of any, please contact us at [team@wmgf.us](mailto:team@wmgf.us).*





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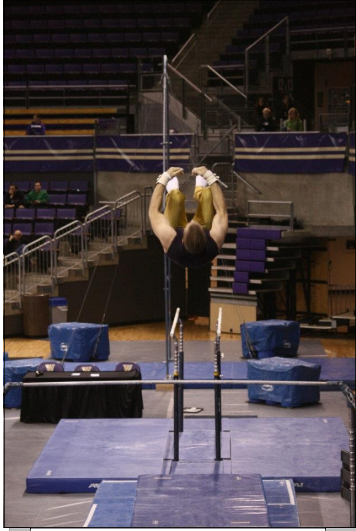
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# Your 2012 Huskies in Action



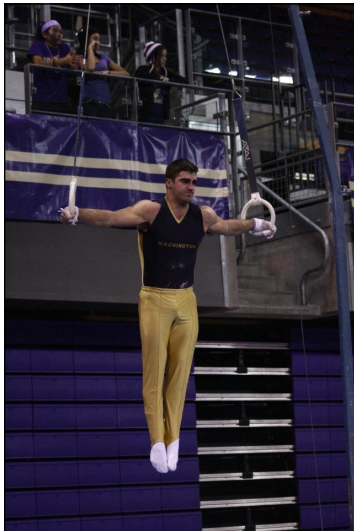
*Senior Jon Chapman dismounting from high bar*



*Freshman Peter Moser on P-bars*



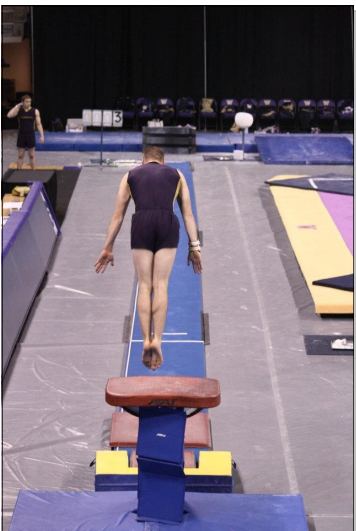
*Coach Mark Russo*



*Joey Lawrence on the rings*



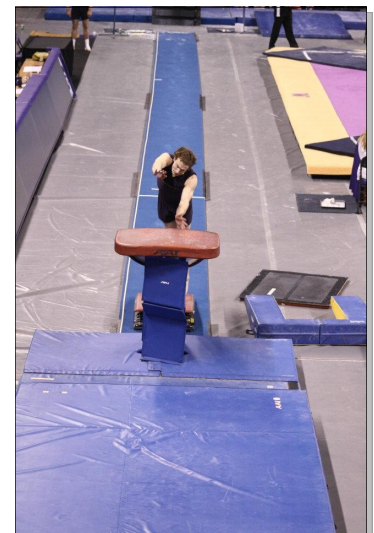
*Freshman Franklin Stutevoss on pommel horse*



*Junior Greg Steward competing his Yurchenko layout*



*Senior Jon Chapman on floor*



*Freshman Franklin Stutevoss on vault*

THANK YOU!

To contribute, please clip and send this portion of the newsletter to:

WMGF  
5529 27th Ave NE  
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Enclosed is my tax-deductible contribution\* to WMGF in the amount of:

\$2,000 \_\_\_ \$1,000 \_\_\_ \$200 \_\_\_ \$100 \_\_\_ \$500 \_\_\_ other \_\_\_

\*Remember: if you wish to donate a stock or other security,  
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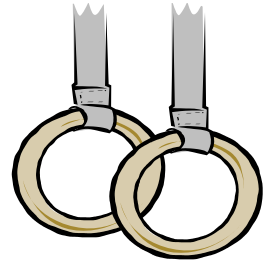
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## UW MEN AT HOME vs. ASU

with  
UW WOMEN  
vs. ASU



**HOLD THE DATE!  
FRIDAY MARCH 2**

**Date: Friday, March 2**

**Time: 7:00 pm**

**University of Washington**

**Hec Edmundson Pavilion**

**Come cheer on the Huskies - both men and women!**

***Alumni Reunion after the competition!***

***Please RSVP for the reunion gathering: 206-524-9480 or***

***team@wmgf.us***

WMGF  
5529 27th Ave. NE  
Seattle, WA 98105



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Mid-Season Update, Where Are They Now, and more...

February 23, 2012

# 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