

WMGF News

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May 15, 2012

Season Review

by Mark Russo

The second half of our season saw us have three competitions against rival ASU. First, in late February we traveled to ASU to compete at the Rawhide Western Town, under a tent. Definitely unique! But in the showdown, ASU had too many guns. We were shot down, though some nice shootin' was done by our biggest gun, Jon Chapman, who scored a personal best all-around score of 73.9. Little did we know that this would be Jon's last all-around competition.

ASU	327.65
UW	273.10

Back to rainy Seattle for our annual combined meet with the UW women's team. Both ASU men's and women's teams came up to our house and participated in a good competition. Unfortunately for our team, two similar injuries happened. In warm-ups, Joey Lawrence tore his biceps performing an Azarian (slow backward roll to iron cross) on rings. This ended up being a career-ending injury for Joe who was training to qualify for USA Nationals. Joe had been practicing well, performing many high-level skills and routines on all the events. He trained with motivation and determination to accomplish his goal of qualifying to USA Nationals. We were all stunned when this happened. Then, during the competition, Jon Chapman similarly tore his biceps performing a muscle-up to back lever in his routine and could not finish the meet. I

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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.



*Peter Moser
mid-flight on Vault*

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was beyond stunned. In my 27 years of coaching, no one I have coached has ever torn a biceps. This night we had two in fewer than 90 minutes. The wind was gone from our sails. The other three team members finished the meet as best they could while the injured two iced. Of course, we got crushed by ASU who had a pretty good meet.

After the competition, the UW women's team hosted a reunion for former Husky men and women gymnasts. This was a good gathering of past Huskies, highlighted by a standing ovation for Dr. Hughes. All who spoke talked of gratitude for the program and the many values and experiences gained that have shaped their lives from time on the teams. Then, as our men's team headed back down to the competition floor to tear down the equipment, an unbelievable thing happened. With two of six of us hurt and unable to move equipment, in walks the ASU team of 15 ready and willing to help us move the remaining equipment. I must say that only ASU would be so giving, and it had a tremendous impact on our team and myself. As much as they are our rivals, they are equally our brothers and we respect them more than any other team.

Finally this season, we traveled back to Air Force in Colorado Springs for this year's collegiate nationals. The good news from our home meet vs. ASU was that Jon Chapman's torn biceps was not career-ending, and he was able to do all events except rings. In addition,

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Mid-Season Update

(Continued from page 1)

Franklin Stutevoss had acquired a high bar routine so we would be only one routine short of a team score. I thought about doing rings for the team myself, but after seeing two biceps tear, I figured I'd better keep my arms attached to my body as they would no doubt tear off if I competed. Peter Moser and Greg Steward had their best all-around performances of the season and led the Huskies to a season high. Both Jon Chapman and Franklin Stutevoss were solid as well and it was great to see the team come together at this, the culmination of the season. Heading into our final rotation, we had surpassed Brockport for second place. All we had to do was stay on and hit our routines on pommels. I put this challenge to the team to see if we could perform under the pressure of a "must complete my routine" scenario. But, unfortunately, only Peter Moser hit his routine and therefore we finished third. It was a

great experience for our team to claw their way into second place and face the pressure on their last event. We learned a lot from this situation and look forward to being ready for a similar one next year.

ASU	328.60
Brockport	289.90
UW	287.45

This year's team was a cohesive, hard-working, fun group. We practiced well together and competed at higher and higher levels as the season progressed. They, themselves, accelerated training of routines earlier than ever. They pushed each other to be better, and this showed in the routines they performed. I was proud to lead this group and would say without a doubt, they all are as purple and gold as the rest of us who have been on the teams here at Washington.

Season Highs

Floor Ex	Peter Moser	14.1	@ Collegiate Nationals
Pommels	Peter Moser	12.5	@ Collegiate Nationals
Rings	Peter Moser	13.15	@ Collegiate Nationals
Vault	Greg Steward	13.6	@ Rocky Mountain Open
Parallel Bars	Jon Chapman	13.6	@ Collegiate Nationals
High Bar	Jon Chapman	13.35	@ Rawhide / ASU
All-Around	Peter Moser	78.9	@ Collegiate Nationals
Team		287.45	@ Collegiate Nationals



*The Huskies after Nationals sightseeing at Bishop Castle
Left-right: Greg Steward, Jon Chapman, Coach Mark Russo, Peter Moser*

Where Are They Now? An Update on Husky Alum **Ric Fonceca**

by Coach Hughes

“I really didn’t consider myself a gymnast. I was a pole vaulter in high school but when I arrived at college doing the trampoline sounded like fun”

This may be the way that Ric remembers it, but it is not the whole story of how he got started in gymnastics. Cleveland High School in Seattle didn’t have a gymnastic team but his PE teacher phoned me and said, “I have this kid with a lot of talent but he is too small to be a good pole vaulter in college. You should invite him to turn out for your gymnastic team.” I was skeptical as only very few were able to make the team without a good high school background in gymnastics. When I saw Ric, I knew he would be one of the exceptions. Remarkably, he went from beginner to 1967 Conference Champion at Berkley in just three years. The only gymnast I ever had to do this. Later in the year, he placed seventh in the nationals at Southern Illinois.



Ric on Rings

Ricardo Fonceca was born in England in 1945 to a U.S. father who was in the army and a Scottish-English mother. Two years later, he and his mother moved to the US sailing on the new luxury ship Queen Mary. He enrolled at the UW in 1963 and joined the team as a trampoline specialist. I recall that he was both wild and fearless – not a good combination for survival on the trampoline. He said flying off the trampoline was a daily event but with encouragement from Jim David and Bob Hall, two experts on the team, and friendly competition from two young teammates, John Anthony and Pat Ruckert, things started to come together.

Ric reminded me recently that for his first meet he was so concerned that he would make too many mistakes that he failed to show up. Fortunately for both of us, I gave him a second chance. He added the ring event his second year, so became a two-event specialist. He didn’t have a lot of swing moves but was strong and was great at holding crosses and pulling out of them. I’m sure if he had started his gymnastic career earlier he would have been a good all-round man. Ric still keeps a gymnastic scrap book in his office at Lynnwood Honda and I noticed a photo on his desk of him holding a cross. He, and many of my other gymnasts, tell me they look back to their time on the team as one of the best times in

their lives.

Fonceca majored in Education at the UW and later got his masters at the University of Hawaii. His first job was teaching PE and coaching gymnastics at Punahou School, a large and famous private school in Honolulu. One of Ric’s claims to fame is that in 1974 he had a student in one of his PE classes by the name of Barry (Barack) Obama. He recalls that he was a quiet kid and not very athletic.

For several years while Ric was teaching in Hawaii my family and I spent our summer vacation there. He would borrow a surf board from one of his friends and loan it to me so that I had my personal board while vacationing. We also enjoyed several picnics at the beach together.

After seven years of teaching at Punahou, Fonceca decided to take a break and wound up in the car business first selling Nissans and Hondas in Hawaii. For the last 14 years he has been at Lynnwood Honda, recently as Internet Manager. If any of you readers are in the market for a new (or old) car I’m sure Ric would be happy to hear from you. He says he never dreamed that after getting a BA and MA in education he would end up in the car business for 28 years.

Ric has been married to Kathy for 28 years. They have two daughters, one a recent graduate from the UW in pharmacy and also recently married. The other is a Starbucks employee in Bremerton. He also has an older daughter and grandson from a previous marriage living in Hawaii.



Ric and family



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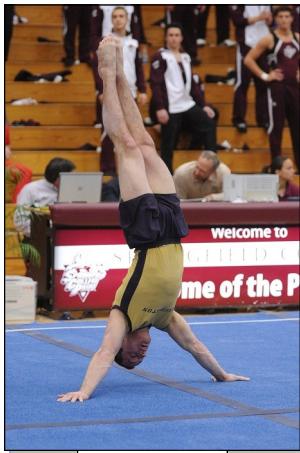
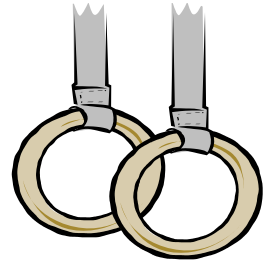
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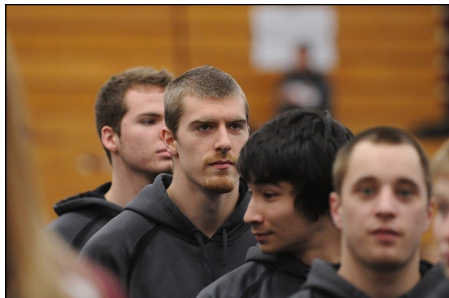


Jon Chapman

Huskies in Action



Greg Steward



Marching in



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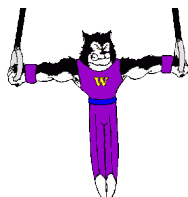
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May 15, 2012



Please join us for the 2012
**Washington Men's Gymnastics
Team Banquet**

Season re-cap! Slide Show! Dinner! Dessert!

*A chance to get together with friends from many
eras of Husky Gymnastics*

HOLD THE DATE!

Date: Sunday, 5/20/2012

Time: 1:00pm

University of Washington

Waterfront Activities Center (*just
south of Husky Stadium*)

Contact person: Mark Russo

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