

# WMGF News

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April 19, 2013

## Season Review

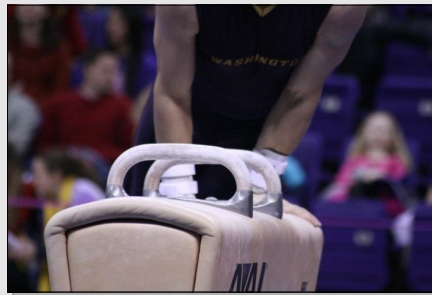
by Mark Russo

Our season this year was scheduled to have a heavy second half with four away competitions, versus two home meets in the first half. I was hoping this would give our young team more time to develop our difficulty. It seemed to be working during the beginning of the second half, but ended up somewhat injuring our team going into our big meet at the end of March. The wear and tear of performing routines took its toll on our team and we limped into our peak meet unable to do our best gymnastics.

In February, we traveled to Arizona State for a dual meet against their improving team. It was a combined Men's/Women's competition which meant we competed alongside the Husky women. The crowd of 3000 enjoyed strong performances, yet we were defeated by the ASU men. The UW women defeated ASU. Greg Steward and Jakob Bochmann led our team this time, as it was probably Jakob's best meet of the season. Jakob nailed both his parallel bar and high bar routines, executing all his skills with minimal deductions and sticking both dismounts. He scored two personal highs for the season, with a 13.15 on both events. Peter Moser actually placed higher in the all-around than both Jakob and Greg, but could have scored three points higher on floor had it not been for three falls.

## 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.



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Team Score	All-Around
ASU 406.05	Moser 74.90
UW 364.05	Steward 74.50
	Bochmann 73.75

One week later, we competed at Stanford against the Cardinal and three other schools: Cal, ASU and a university all-star team from Japan. The team from Japan was stunning to watch; excellent skills with great execution during long routines. They won rather easily, beating Stanford who was ranked #4 in the US at the time. Overall, Greg Steward was our best performer and received his highest score of the season with a 13.95 on vault. This meet was similar to our earlier meet with ASU. It was a good competition for us; in retrospect, we probably were peaking at this competition.

Team Score	All-Around
Japan 438.85	Steward 73.55
Stanford 431.20	Moser 70.85
Cal 422.75	
ASU 389.90	
UW 357.70	

Our next meet took us to the Air Force academy in Colorado. This time, Layton Oka had a knee bruise that kept him from competing floor and vault. Jakob Bochmann could not make the trip so that left us one score short on those two events. Freshman Cory Tsai and Sophomore Franklin Stutevoss tried their best, and with above average routines showed real effort to make us competitive. We did do pretty well, although the

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# Season Review

*(Continued from page 1)*

team score does not show it because of the two missing scores. Standing out were Franklin Stutevoss' floor routine (team high 13.65), Peter Moser on pommels (12.65), and Greg Steward on vault (team and season high 14.0). Still, we were not close to Air Force who had a great meet.

<u>Team Scores</u>		<u>All-Around</u>	
Air Force	431.25	Steward	77.25
UW	343.50	Moser	76.80
		Stutevoss	73.40
		Tsai	72.85

Lastly, we competed at Collegiate Nationals at the College of William and Mary against six other teams. We were hoping for our team high score, but our injuries caught up with us the week prior to this meet. Greg Steward injured his wrist, Layton's knee was not yet

100%, and Franklin's shoulder was keeping him from practicing all his routines. Peter Moser did the best for our team, although he hit only three of his six routines. His vault was his best of the season, and his parallel bar routine finally showed all he had practiced this year. Overall, we did a respectable job all year long. Our team still needs to grow so that we can absorb injuries and compete at practice instead of just at the meets.

<u>Team Scores</u>		<u>All-Around</u>	
Air Force	420.85	Moser	74.25
William & Mary	419.10	Steward	71.30
ASU	407.35	Bochmann	70.90
Navy	404.60		
Springfield	401.85		
UW	358.80		
Brockport	320.55		

## *Your 2012-2013 Husky Gymnastics Team*



**Your 2012-2013 Husky Men's Gymnastics Team**  
*Left-right: Layton Oka, Franklin Stutevoss, Jakob Bochmann, Greg Steward, Peter Moser, Cody Tsai, Alex Maybrook*



Want to keep up with the team? Like us on Facebook for videos, updates, photos and more!

<http://www.facebook.com/washingtonmensgymnastics>

## Interview with a Judge

by Peter Sawyer

In this issue, we thought you might enjoy learning a little about the role of a judge, as they are integral to our sport. After the Washington Huskies' February 1<sup>st</sup> meet against Air Force, I spent a few minutes talking to Joe Rank, a FIG-certified judge who is new to the Northwest, but not to gymnastics.

Joe arrived here six months ago from Delaware, motivated by a job tip from a friend. He's now working in a Documents Management position with Energy Northwest in Richland, Washington, while spending his off hours seeing the region and getting back into old activities, like cycling.

As a young man, he competed for both the Naval Academy and for Temple University in Philadelphia. He spent four years in college gymnastics, and a six-inch scar across the back of his head is evidence of a close encounter with the high bar during a triple back dismount. His start in judging came while still at Temple and his coach called and told him they were offering a judging course, and that he should go. Dutifully, he did, and began his 18 years of judging.

I asked Joe a bit about how judging works and he told me there are different levels of judges. For example, to judge age-group meets, you must attend a Juniors training course. Typically the judge then spends a few years getting comfortable with the role before working up to judging college-level or national meets. For this, a judge must obtain FIG certification, which is offered once every four years and includes three days of intense classroom training followed by a written and practical exam. This certification allows a judge to work any meet in the US. To work at international meets, an "Intercontinental course" is offered by invitation only. Working at the upper-echelon meets is largely dependent upon reputation and the relationships established within the gymnastics community. For example, to work

at an international meet, someone must nominate the judge, and then USAG must approve the nominee.

Getting certified is generally not too expensive for lower levels, with fees, background checks, safety certifications, etc. totaling a bit over \$100. However, the FIG course can be considerably more expensive (e.g. \$750), especially after factoring in the airfare to attend.

I wondered whether judges get enough recognition, and Joe felt they do. He believes it's a judge's responsibility to establish good relationships with gymnasts, coaches, and parents. He noted that parents are often confused by the scoring system, since the requirements change from one level to the next, but they are always appreciative when judges take time to explain the rules. Joe noted that coaches tend to focus more on where gymnasts rank among the competitors, rather than on the actual scores, and he explained how he feels it's important for gymnasts to focus on having fun, rather than their score. Joe also acknowledged that judges are human, and mistakes happen, which is another reason why it is important to maintain a friendly working relationship with coaches. Fixing mistakes can often be handled informally rather than through an inquiry form, although larger meets tend toward more formality.

Joe says a good meet for him is one that moves at a steady pace, and admitted that judges love snacks on their table. He also shared that, despite watching dozens of routines throughout a meet, he doesn't get bored, and that pommel horse is his favorite event to judge because it is straightforward to score.

One last thing I asked Joe about was whether he still enjoys just *watching* gymnastics. He replied "definitely", and explained how it's not hard to "turn off" his judging head. He's still impressed by the gymnasts and those big skills – just like any other fan.

SOMEONE'S TURNING 90!

SATURDAY  
8/24/2013

**DR. HUGHES  
BIRTHDAY BASH**

— Details to come —

SAVE THE DATE

W



## Where Are They Now?

### Updates on Husky Alumni **Eigil Flaathen** and **Lars Kolsrud**

For the first time we are featuring two gymnasts in our "Where Are They Now" column. Reason: they have very similar biographies. I had already had two excellent Norwegians, Alf Lind and Kjell Hansen, on my team and thought it would be great to have another. Eigil Flaathen applied for one of our State of Washington foreign student scholarships. One thing a coach always dreams of is a solid and consistent performer. I could almost always count on an excellent score from Eigil. His personal account follows.

On any other UW team Lars joined he would have been the star. As you can read he arrived at a time our team was the best in the U.S. I believe Lars gave a very modest version of his occupation. As I understand it he is the head physician (the boss) of the entire Norwegian international sports medicine program. (If I'm wrong Lars, I apologize.)

I should also add that both of these men are generous contributors to the WMGF.

-Coach Hughes

### **Eigil Flaathen**

It all started in 1964 when I was approached by the Norwegian Gymnastics Federation. They asked if I would be interested in applying for a gymnastics scholarship at University of Washington. Kjell Hansen was finishing his studies and there was some interest in renewing the squad with another Norwegian. I applied and was admitted. That set the direction for the rest of my life.

I was finishing off my junior (under 20) competition season with the Nordic Junior Championships in November '64. I came in 8<sup>th</sup>, behind a promising Finn called Mauno Nissinen. The Finns won the team competition and we came in 2<sup>nd</sup>. About four years later I would meet up with Mauno at the UW.

I came to the UW in December '64 and was eligible in winter quarter '65. In this way I was able to be part of the team that came in 2<sup>nd</sup> in NCAA 1965 with Bob Hall as anchor and captain.

In the 1965/66 season the team was not as strong but came in 7<sup>th</sup> in the Nationals at Penn State. I think my own best result was 3<sup>rd</sup> All Around in PNW. I think this team with what we called the 4 F's (Flansaas, Finne, Fonseca, and Flaathen) made a record score on rings that stood for a long time.

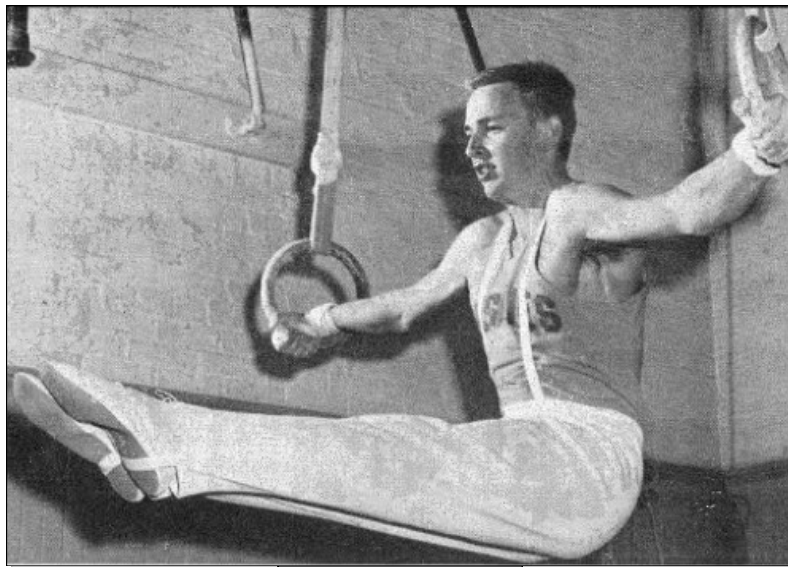
The next highlight, however, was the trip with the Husky Gymnastics Club tour of: Japan - (training session with Yokio Endo); Australia - (won the team competition, and I did well all-around); New Zealand - (again we won the team competition, I came in 3<sup>rd</sup> all-around). Got to meet a lot of friendly people, finishing off at Waikiki Beach.

The 3<sup>rd</sup> season with the team was the best for me personally, but unfortunately not so good for the team.

Mike Flansaas, our best gymnast, was suffering a lot of injuries which definitely affected the team. I scored points regularly, came in 2<sup>nd</sup> in PNW, and got voted Most Valuable Varsity; but mostly I remember this was the year of introduction for Yoshi, Hide, and Sho to the UW and later Mauno.

Since I still had a year to go before graduation and my eligibility

was used up! Coach Eric was kind enough to offer Mike F. and I assistant coaching roles. I got to take care of side horse and p-bars for Yoshi, Sho, Hide, and Mauno. By far the best university team in the U.S. That was fun and inspirational, and I still got to work out. Adding Charlie Peters' progression, it was a "fantastic year" in hindsight.



Eigil back at Hec Ed

(Continued on page 5)

## Where Are They Now: Eigil Flaathen

(Continued from page 4)

I graduated in June 1968 with a B.Sc. in Civil Engineering. Basically I had my last test, got a job at a Civil Engineering Consultant Firm in Bellevue and got married (to Carol Camp, one of George Lewis' YMCA gymnasts) in the same week! Carol and I will be taking a walk around the UW this June celebrating our 45<sup>th</sup> year Anniversary! Looking up our old stomping grounds! I kept in shape by working out at the pavilion after work; Bob Hall and I would come in late and catch and hour or 2 most week days. Carol and I lived up at Green Lake making for short distance to most things.

In 1970 we moved to Norway, mostly for me to finish my military service in Norway at the Army Corps of Engineers, but not before I was able to introduce a new Norwegian gymnast to the team, Lars Kolsrud. I kept active while in the military since I would get time off for workouts.

From 1971 there would be more and more coaching for both Carol and me. Due

to work and family (two kids during the seventies), I didn't have the capacity to coach men but I followed a group of girls in a local club for one generation - meaning they were from around 10-11 years old to about 18-20 and we still keep in touch. Some of them became quite good and almost all of them look back on this period with joy, which I think is "cool."

Carol and I were responsible for making a basic gymnastics progression program at that time. She did floor ex. and ballet and I did vaulting. I was also coach for the Norwegian Woman's Team to the World Championships in 1978 in Strasbourg, France. By the way, here I got the chance to meet up with Mauno and Yoshi again.

From 1980 my workload, family and health considerations excluded active gymnastics, and made the path in to more aerobic activities. Together with some gymnastic friends, including Lars, we started jogging and cross country skiing; making goals, entering street runs

and cross-country skiing races. This gave us an excellent platform to stay in shape. Lars and I entered runs and mass-skiing "competitions." We would enter competitions in several European countries with absolutely no ambitions other than completing and enjoying the atmosphere. Berlin Half Marathon, right after the wall came down was amazing and Engadin Ski Marathon in Switzerland were highlights.

Lars and I did this actively for 15-20 years, and we still meet up for joint workouts, although now we are walking uphill, making "jog-like" movements on the flats and jogging downhill! But we are diligently noting down split times and times for every workout. What we'll do with it? Who knows!

I started work for a medium size Norwegian Construction Company in 1976 (VEIDEKKE INC.). At that time it employed around 400 people and I've been lucky enough to follow this company in a key position all these years until my retirement a couple of years ago. It has devel-

oped into Norway's by far largest company in the area of construction, building, property development, and civil engineering companies, and now employs around 6500 people with activities in all the Scandinavian countries, and is listed on the Norwegian Stock Exchange.

Nowadays we are a group of old gymnastic friends traveling to see high class gymnastic competitions. Last time was London Olympics and the World Cup Final in Stuttgart, Germany. Next is the World Championships in Antwerp, Belgium in October. In addition, we try to support some Norwegian talents in hope that we one day will be able to root for a Norwegian gymnast in the finals of a major International competition. In the meantime, we can root for some fabulous gymnasts from the U.S. and contemplate a fantastic life, thanks to gymnastics.

-Eigil



*Eigil and Lars after a run with famous Norwegian Marathoner Grethe Waitz*

## Lars Kolsrud

How did it start?

As a young teenager in Norway, I was a promising gymnast, two times Norwegian Junior Champion, silver medalist in the Nordic Junior Championship, and internationally I had defeated Germany's best gymnast at my age, Eberhard Gienger. This combined with the fact that the five-year older Norwegian, Eigil Flaathen, had been a Husky gymnast for four years, and he presented my name to Coach Eric Hughes. I was asked if I was interested in a scholarship at the UW, and of course I was.

My main goal when I came to Seattle in the fall 1969, was to be so good in gymnastics that I could qualify for the Olympic Games and represent Norway in Munich 1972. Very soon the Japanese Huskies, Yoshi, Hide, and Sho, gave me a strong reality check. They were excellent gymnasts, much better than me, and still they were in USA because they were not good enough to represent Japan in the Olympic Games! Should I keep my goal for the Olympics – and if I succeeded – be pleased being placed around 100 in the Olympic competition? My first months in Seattle really shook my dreams, and pragmatic as I am, I changed my goal. How could I do gymnastics, keep my scholarship, and prepare for an education that could give me something else than gymnastics to build my life on in the future?

I left UW after two very educational good years and happy to be a "letterman" in gymnastics both years and qualify for the NCAA in 1970 (going with Yoshi who was the overall winner with Hide placing third). Seattle has ever since had a place for me as my "second home" and I have been watching "Frasier" and "Gray's Anatomy" eagerly to get a glimpse of the well-known city skyline. Those years also gave me a roommate and a "brother" (with different father and mother), the Canadian gymnast, Ron Hunter. Now, forty-two years later, we still call each other every Christmas to update each other on our lives. Ron and I have also arranged to meet skiing in the Austrian Alps and up in Whistler Mountains, visiting Seattle and Victoria and we even met in Würzburg in Germany to run a street race, celebrating 2500 years since the first historic marathon run.

This last summer Chuck Sanders visited my hometown, Oslo, and I was happy to be home to meet him again after all these years. Chuck looked the same and I believe he is the same - except on the pommel horse.

How has my life been since my University of Washington campus days?

I started at the Norwegian School of Physiotherapy in the fall of '71 after I returned from University of Washington. During my intern year as a physiotherapist, I felt a desire to learn more anatomy/physiology. The best organized way to do this turned out to be at the Medical School at the University of Oslo, so I continued my education at the Medical Department in my hometown.

As a physiotherapist/physician, specializing in Physical Medicine & Rehabilitation and Sports Medicine, I have reached my goal to be part of the Olympic Games. Not fulfilling my big childhood dream as a competitor in gymnastics, but being part of the Norwegian Health Team as a Team Physician. I have been working in sports medicine since 1984 and full time at the Olympic Center in Oslo since 1998. My patients at the Olympic Center are all the best athletes in Norway, representing both summer and winter sports. This way, I have been part of the Olympic Games in Seoul 1988, Lillehammer 1994, Sidney 2000, Salt Lake 2002, Turin 2006, Vancouver 2010, and I



Lars in his UW days

am now preparing with the Norwegian winter athletes for the Games in Sochi 2014. I have written two books about my experience with the Olympic Athletes ("In the head of a top Athlete" and "How to reach your potential"). The last book is being translated to English these days, and will probably be printed and called: "Passion and Motivation, the very best Medication."

Since my gymnastic days at UW, I have had contact with the Athletic Department's former Head Physician, Dr. James Garric. Through letters, his books, talks and lectures at Sport Medicine Meetings, and two visits to his Sport & Dance Clinic in San Francisco, he has been a kind of professional mentor to me.

I am married to a longtime friend and former gym-

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THANK YOU!

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

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Where Are They Now: Lars Kolsrud

(Continued from page 6)

nast, Ann-Helen. We have a very positive, good, and fun life together, sharing both old friends and interests, since she is very active as an International Gymnastic Judge and working for the our National and the International Anti-Doping Bureau (WADA).

Eigil got me to University of Washington. I knew Eigil from gymnastics in the early sixties and by far, I consider him my best friend. When we both were back home in Norway in the seventies, we followed each other as male coaches for the Norwegian Gymnas-



Lars and his current running companion

tic Team for women, but our close contact and friendship has developed mostly through training for and taking part in 10k and half-marathon races. We are both slow runners (moving our legs from the knees and

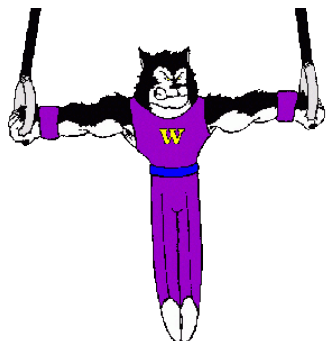
down), but we have met each other wearing running shoes about two times weekly for more than 25 years. That makes a lot of running activity, but more impor-

tant, a lot of good talking and friendly guiding during our training sessions. Eigil has now retired from his top job in the biggest Norwegian Construction firm, Veidekke, and as he is not so often in Oslo I have had to replace him with "another dog," Trixie, as a running companion. Eigil is working out more than ever in his hometown, Drammen, is in

very good shape, and he does his "happy handstand" and cross split sit just as well as he did during his UW days.

-All the best, from Lars

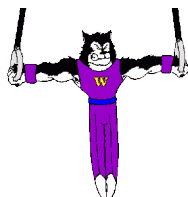
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In This Issue...

Season Review, Where Are They Now, and more...

April 19, 2013



Please join us for the 2013  
**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, 5/19/2013**

**Time: 12:00pm (noon)**

**University of Washington**

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

Contact person: Mark Russo

Phone: 206-524-9480

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