

WMGF News

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February 27, 2015

Mid-Season Update

by Mark Russo

The 2015 men's gymnastics season has hit its halfway point as the Huskies have competed in three competitions so far. We opened the season at Stanford on January 17th against host Stanford and the Cal Bears. Our improved team showed its worth right here in our first competition, scoring higher than we ever have since the new scoring system came about in 2005. The team was led by freshman standout Carl Meader who had a very consistent meet, scoring 79.85 in the all-around and leading the Huskies to a 386.70 team score. Cal came in second at 427.90, while Stanford won with a 435.50. Carl did well on pommels, rings, and high bar where he performed his unique routine that the crowd came alive for, finishing with a triple-back dismount. He scored well on floor and parallel bars. Carl is an extremely original gymnast with a great repertoire of skills. As far as execution goes, freshman Nathan Tsuji (pronounced two-gee) is the king as he turns on the form, making watching his clean, straight lines a joy. Most often he lands without a waver or step, and this brings in the high scores we are hoping for. Nathan leads our team on parallel bars and continues to improve his execution.

In contrast, for explosive power Washington turns to sophomore Justin Rowen, whose tumbling and vault are rapidly improving to world-class levels. Justin is large by gymnastics standards at 5'10", but that's not keeping him from getting his power on. When he takes off, he flies high and performs twists and flips with relative ease due to his outstanding air awareness. Justin led us on floor

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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.



Nathan Tsuji at ASU

Photo credit: Randy Hoberecht

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and vault, scoring over 14.0 on both at Stanford.

Team results:

Stanford	435.50
Cal	427.90
Washington	386.70

UW All-around:

Meader	79.85
Rowen	78.55

Next, we traveled to Fort Worth, Texas for some Texas BBQ and the Metroplex Challenge, to go up against similar collegiate club teams from the south Midwest like Oklahoma, University of Texas at Dallas, and Texas A&M. Unfortunately during warmup, freshman standout Carl Meader's back went "out." Most of us have been there, and I can relate that when that happens, regular life becomes extremely difficult. Carl had to sit this meet out which was not easy for him. Fortunately, freshman Nick Kano and senior Franklin Stutevoss stepped right in as substitutes and performed consistently for the team. Nick had a good meet, leading us in the all-around with a 77.95 score. Nick placed second on rings (his best event), third on High Bar, fourth on vault, and fifth on parallel bars. Mr. Dependable, Nathan Tsuji, again was our standout execution performer doing even cleaner routines than he did at Stanford. I was also impressed with Franklin Stutevoss' clean routines and continued strong support of his team members.

The competition between Oklahoma and us was a good one. Back and forth the lead went as our teams were very evenly matched. We

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Mid-Season Update

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started the meet getting ahead by 5.70 after the first event. They came back and took the lead by 3.50 after event two. They increased their lead to 5.80 after event three. We rallied on event four to take the lead by 1.35. We then increased our lead to 2.80 after the fifth event. At that point we found ourselves going to one of our best events, high bar, while they were going to their best event, floor, for the final rotation. It was going to be close. If we hit our routines, we would win. Uncharacteristically, we had several key mistakes and that was all it took. During round six, they outscored us by 3.35 to win the meet by 0.55. Losing such a close meet stung, especially because we had the lead going into the last rotation. We did not finish strong and this led me to change our practices slightly to emphasize our last two rotations more.

More recently, we hosted the Cal Bears and Arizona State Sun Devils at our home meet this year in Tacoma on February 6th. It was our first time competing there and we were excited to compete in front of the home crowd. Sophomore Justin Rowen brought his A-Game this night, sticking every dismount and leading us in the all-around, scoring a personal best of 79.50. His 14.65 on vault was our highest event score this year. Nick Kano also improved from our last meet, scoring a 78.95 led by his 14.35 on rings. Most importantly, we finished strong on our last two events, parallel bars and high bar, which improved our team score to its highest level this season and ever. We are closing in on Arizona State, putting them in our sights. Stay tuned as we attempt to narrow the gap against them coming up February 21st at their place and then again on March 20th at Collegiate Nationals.

Team results:

Oklahoma	385.75
Washington	385.20
Univ Texas, Dallas	328.30
Texas A&M	248.30

UW All-around:

Kano	77.95
Rowen	73.75

Team results:

Cal	421.30
Arizona State	405.30
Washington	394.65

UW All-around:

Rowen	79.50
Kano	78.95



www.facebook.com/washingtonmensgymnastics

Your 2014-2015 Husky Gymnastics Team



Left-right: Wyatt Zmrzel, Nathan Tsuji, Franklin Stutevoss, Alex Maybruck, Aaron Moss, Nick Kano, Max Soifer, Justin Rowen, Brandon Waller, Chris Ramsey, Carl Meader, Coach Mark Russo

Meet the Team: Carl Meader and Nathan Tsuji

By Franklin Stutevoss

Major? I am undecided as far as what I am majoring in, but I would like to end up with a sports-related major, since I would like to end up coaching gymnastics.

Why did you come to Washington? I came to Washington because I prefer having a smaller group of people that are competitive and easy to work with, and because I believed that I could contribute more to this team than to any other. I also enjoy being able to compete all the events... except pommels!

Favorite part about being on the team? My favorite part about being on this team is being able to work with people who are all at the same skill level, because it creates a friendly competitiveness between teammates, which really pushes us to improve ourselves and help improve each other.

Last movie watched? Zoolander

Nicknames? KA

Favorite Event? My favorite event is the high bar because I really enjoy skills that are a bit out of the ordinary... or require excessive amounts of flips.

Favorite Skill? My favorite skill by far is the triple back. Don't care which event it is on.

What would you like to accomplish by the end of your career? By the end of my career, I would like to have competed a triple flip of some sort on every event that I conceivably can. Making it to some high level competition somewhere would be nice too.

If you could have dinner with anybody, past or present, who would it be? If given the choice, I would like to have dinner with a turtle, because then I could eat, rather than wasting time talking to a person and letting my food get cold. People are so talkative.

Musical genre you can't stand? If I ever wish for my brain cells to commit mass suicide, I will listen to rap... I dislike rap.

Major? Right now I'm studying through the National Academy of Sports Medicine and at the end of this competition year I will take the test to become a certified personal trainer. After that, we shall see where I end up... learning things is fun, and not paying 60 grand per year while doing so is preferable.

Why did you come to Washington? Came up here because I was still undecided about what I wanted to study in college, and this program allowed me the leniency that I needed to pursue the type of education I desired while still competing in gymnastics. I also liked the guys and the atmosphere.

Favorite part about being on the team? With a doubt, interacting with Alex every day in the gym, as well as actually having a team and teammates. I never had ones my age before and it's a blast to have guys my age around to push me and help me along the way.

Last movie watched? Stand By Me

Nicknames? Nene, Nate, Nathaniel; younger kids in my gym liked to call me Lard Bucket, Fatty, etc. Freedivers know me as SharkBait and/or Gumby.

Favorite Event? Floor

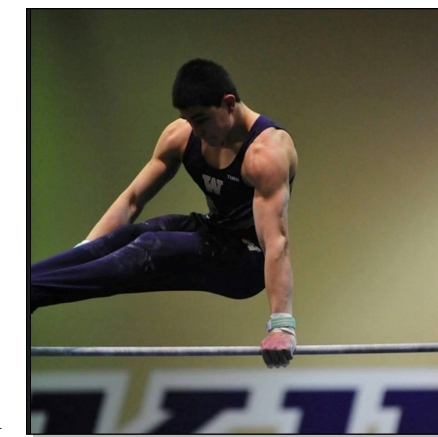
Favorite Skill? Doing a front-half out of anything.

What would you like to accomplish by the end of your career? I want to have received a perfect execution score.

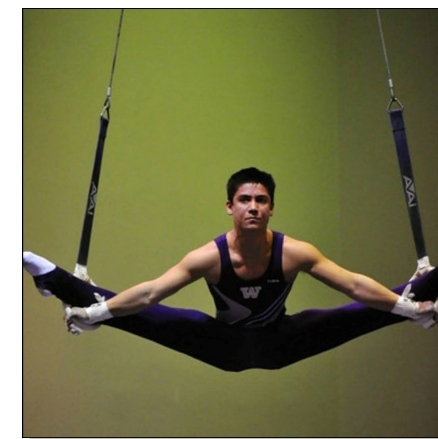
If you could have dinner with anybody, past or present, who would it be? William Trubridge because he never accepts the limits of what scientists think the human body is capable of handling.

Musical genre you can't stand? Disney movie soundtracks

Carl Meader



Nathan Tsuji



Where Are They Now? An Update on Husky Alum John Anthony

by John Anthony

I was a Husky gymnast during the mid to late 60's. A trampoline specialist who occasionally did floor ex. My start in gymnastics occurred about five years earlier when I was in junior high school. Dr. Hughes was part owner of a trampoline center that was strategically located on my route home from school. I walked by the center a couple of times and then one day stopped in to check it out. And the rest, as they say, is history.

During those early years, I got a chance to meet and learn from several of the Husky gymnasts: Bill Crow, Jim David, and Harold Lyons in particular. Three fun-loving, full-of-life characters who just about anyone would have a blast hanging out with. Once I got hooked on the trampoline, I decided to give some of Dr. Hughes' boys gymnastics classes down at the U a try. No big surprise to find tumbling and floor ex as other events that interested me, but the trampoline was my first love.

One of the things I've always appreciated about gymnastics in our part of the country is how strong the sense of community is here. After getting into some of the classes at the U, it wasn't long before I found my way down to the Seattle YMCA and the program George Lewis founded down there.

Since my high school didn't have a gymnastics program, the Y provided a competitive outlet for me and it was always fun to travel and compete alongside the Y's women's team. Quite a few of the Husky gymnasts came down to the Y to work out with some of the high school athletes as well as compete as part of that club program.

In addition to having a lot of fun with workouts and club competition through the Y, I'll always remember our Friday evening dinners after the workouts. Seattle's Chinatown was our most frequent stomping grounds and the Hong Kong Restaurant was without question our most frequent haunt. Large spaces to accommodate our big crowd and plenty of great food.

The other thing I'll also always remember about the YMCA program were the truly great people I met there, especially the parents who became role models for me. The moms and dads were all incredibly supportive of their sons and daughters and in addition to George Lewis, Dale Shirley, Jim Fraser and other volunteer coaches, really made that program possible. There's a great Facebook group set up for the Y and it's fun to see pictures of the old gang and their families. Every so often we'll have a reunion with several dozen of us getting together. Strong, lasting friendships to be sure.

When I think back on all of the people I've become friends with through gymnastics, a couple of people pretty quickly come to mind. I met Bo Bennett through the YMCA and Bo and I became lifelong friends, although keeping up with him over the years was always a challenge. Bo and I, often accompanied by one or two of the women gymnasts from the Y, took part in the Berkeley gym camp for several years. We would drop the women off for the first week of gym camp and then Bo and I would go down for a week on the beach at Santa Monica. We found a funky hotel close to Muscle Beach that became our base of operations. We'd often bump into UCLA gymnasts down there working out. One of our most interesting times occurred on one of the evenings when we got sidetracked a bit and ended up driving down Central Avenue in Watts during the riots. No fun at all and we were thankful when we finally found our way out of there!

The other good friend I've been fortunate to keep from those early Husky years is Terry Truman. While Terry was only with us for a year, we've stayed in pretty close contact over the years. Terry has a near photographic memory and it's always fun to hear him tell stories from our first year at the U. I had a chance to spend a bit of time with him and his wife Janice while coming back home from a motorcycle trip. His stories of some of our (my) shenanigans had me cracking up all night.

While other gymnasts from that era will probably remember me more for my poker skills than gymnastics skills, I did manage to make it to the '69 NCAA Championships with Yoshi Hayasaki where I tied for 11th on trampoline. It would have been fun to crack the top ten, but that was not to be. My other distinction is being the first Husky to throw a triple back, narrowly edging out Rick Fonceca who threw one shortly after me. Neither of us ever did one in competition and we both had a tough time remembering if we were doing a triple or a double so thankfully we gave up our triples shortly after we first threw them.

While still at the U, I started to work part time in the Seattle Parks Department, teaching a couple of tumbling classes and helping to supervise one of their recreation centers close to the U. That led to a full time position after graduation and a long and very interesting career in local government. I met Margaret, my wife of 37 years, at Parks but after we got married, the department was a little too small for the two of us so I moved off to the

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John with Rick Fonceca in the late 60's during one of their comedy trampoline shows



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The Complications of Gymnastics Scoring and Judging

by Mark Russo

Many fans of gymnastics and fans of current team members are curious to know how we get the scores we do. Well, it's extremely complicated but in the small space we have here, I will attempt to decipher the mysterious nature of how we are judged.

Men's gymnastics has six events: Floor, pommels, rings, vault, parallel bars, and high bar. Each event (with the exception of vault) has five element group categories of which a gymnast must show at least one and at most four skills from any one element group category. Vault is the exception, as only one skill is performed except at the World Championship or Olympic level where two different types of vaults must be performed.

Let's use floor as the example event. The five categories of skills/elements on floor are:

1. Backward-flipping skills
2. Forward-flipping skills
3. Sideways-flipping skills
4. Strength holds, balance holds, and non-flipping skills
5. Dismounts, which can be backward-, forward-, or sideways-flipping skills

Each element group category is worth 0.5 of a gymnast's total score. If a gymnast performs at least one skill from each of the five categories, he receives $5 \times 0.5 = 2.5$ points toward his start value. Each individual skill has an individual value as well, based on its difficulty. The more difficult the skill, the more valuable it is. Each routine must have at least seven skills, and can have as many as the gymnast can perform. On floor, the gymnast also has a time limit of 70 seconds. The judge will write down all the skills the gymnast performed but the gymnast will only get points for his most difficult ten skills. The value of these ten skills is added together and that total is then added to the previous points received for performing a skill from each of the skill categories.

An example routine on floor and the points associated with it:

	Skill Value Skill	Skill Value Skill	Element Group	Skill Value Total
First tumbling pass:	0.1 Round-off, back handspring	0.3 Double-back flip	Backward, 0.5	0.4
Second tumbling pass:	0.1 Front handspring	0.3 Front layout with full twist	Forward, 0.5	0.4
Third tumbling pass:	0.2 Round-off, side flip		Sideways, 0.5	0.2
Corner moves:	0.1 Splits	0.2 Press to handstand	Non-flip/strength, 0.5	0.3
Fourth tumbling pass:	0.0 Round-off, back handspring	0.2 Back layout flip	Dismount, 0.5	0.2
Totals:			2.5	1.5

= 4.0

You may see here that in this routine, the gymnast performs a back handspring twice but only gets credit for it once. This is a rule. You only get the value of a given skill once per routine. The gymnast has at least one skill in each element group for 2.5 points total, then we add the value of each individual skill, 1.5, for a total of 4.0. Now, the judge is also watching the execution of each skill and taking deductions based on the severity of mistakes made while performing each skill. He deducts 0.1 for small form breaks, 0.3 for medium ones, and 0.5 for large errors. If a gymnast falls or stops swinging, the judge takes 1.0 in deductions for that skill during which the gymnast falls or stops. These deductions are added all up and then subtracted from 10.0. Using the example above, let's say the gymnast had a total of 1.9 in deductions; $10.0 - 1.9 = 8.1$.

We now take the gymnast's previous total of 4.0 and add 8.1 to get the gymnast's final score of 12.1. Remember, each event has five element groups. Each element group has individual skills within it. These are combined to give a 'start value.' Execution of the routine determines the deductions a judge takes away. Deduction totals are subtracted from 10.0 and then this new number is added to the start value to give the final score. I hope this helps somehow, someday!

THANK YOU!

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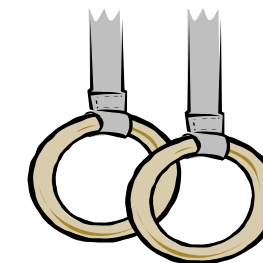
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Where Are They Now: John Anthony

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City's Budget Office were I managed their public safety team. From there I did stints in Information Technology, Solid Waste, Transportation and then back to IT where I finally retired as the City's Deputy Chief Technology Officer. After leaving the City, I worked as an IT consultant for a few years and then one of my clients, King County, hired me away after 9/11 and I worked for them for another five years before hanging full time work up for good. I still do some occasional consulting in Emergency Management, another field I thoroughly enjoy.

One of the things I will always carry with me from my experience working in Seattle government are the great elected officials I had the good fortune to work with over the years. I still see Charley Royer, one of our Mayors, on the golf course from time to time. I have great memories of working closely with George Benson, one of our former Councilmembers. I met George when he became a Councilmember while I was working in Parks. I'd then work with him on a variety of budget, public safety, transportation, and solid waste issues over the years.

My wife and I live not too far away from the U and we're lucky to have our two grown daughters still resid-

ing in Seattle. Both of them have very interesting jobs and we're thankful to have them close by. I help moderate an online motorcycle forum and enjoy golf whenever possible as well as caring for our gardens. My wife who is also retired has been champion of the West Seattle Women's Golf Club for the last couple of years and participated in the qualifier for the 2014 US Women's Amateur championships.



John and alum Bo Bennett

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February 27, 2015

Washington Men's Gymnastics

2014-2015 Meet Schedule

(local meets in bold)

<i>Date</i>	<i>Time</i>	<i>Competition</i>	<i>Location</i>
<i>January 4</i>	<i>2:30pm</i>	<i>Washington Open</i> 	<i>Marv Harshman Court Seattle, WA</i>
<i>January 17</i>	<i>7:00pm</i>	<i>Stanford Open</i>	<i>Ford Center Palo Alto, CA</i>
<i>January 30</i>	<i>7:00pm</i>	<i>Metroplex Challenge</i>	<i>Fort Worth Convention Center Fort Worth, TX</i>
<i>February 6</i>	<i>7:00pm</i>	<i>vs. Cal, ASU</i> 	<i>Tacoma Convention Center Tacoma, WA</i>
<i>February 21</i>	<i>7:00pm</i>	<i>vs. ASU</i>	<i>Rawhide at Wild Horse Pass Chandler, AZ</i>
<i>March 7</i>	<i>4:00pm</i>	<i>vs. Air Force</i>	<i>US Air Force Academy Colorado Springs, CO</i>
<i>March 13</i>	<i>7:00pm</i>	<i>vs. Cal</i>	<i>UC Berkeley Berkeley, CA</i>
<i>March 20,21</i>	<i>4:00pm</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