

# WMGF News

www.wmgf.us

March 2, 2018

## Mid-Season Update

by Giancarlo Mora

Changes are difficult, and this transition season, where long-time coach Mark Russo passed the torch to me, coach Giancarlo Mora, has been no exception for us. Nevertheless, the Huskies are holding strong in our position in the national rankings.

We have started conservatively consistent – from our first meets, the Washington Open and Rocky Mountain Open (Air Force Academy), where we scored 366.400, and 370.600, respectively – to our last competition to date which was at Stanford. There we scored 368.300, a small setback, but we still fought for a great competition at the Cardinals' home. Stanford is ranked 2<sup>nd</sup> at the moment and will most likely stay there behind Oklahoma.

Beyond the team score, the Stanford Open had a lot of individual high points. Sophomore Ben Bloom, junior Jacob Jarrett, and freshman Alex May took the fifth, sixth, and seventh AA places, respectively. Ben Bloom's excellent performance earned him the Gymnast of the Week award for the club division. Gymnast of the Week is an important recognition made by USA Gymnastics to highlight a gymnast's outstanding performance that week in their conference.

On floor, the performance of freshman Kody Dominguez earned him a new accolade. Kody is now the first Husky to compete a front layout with two and a half twists, also

## 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.



Nathan Tsuji on Pommels

## WMGF Board of Directors

### Officers

Rick & Michele Chapman. Co-Presidents  
Joel Hennig..... Vice President  
Mark Russo..... Program Director  
Peter Sawyer ..... Secretary  
Daniel Luna..... Treasurer  
Graham Smith-Gordon.... Press Secretary  
Ben Fisher..... Team Liaison  
Nathan Tsuji ..... Team Liaison

### Members-at-Large

Paul Roggenkamp Kevin Beder  
Dave Nakanishi Ronald Maybruck  
Mace Brady Jon Chapman  
Eugene Burton-Breazeal  
Jennifer Umemoto

Newsletter Editor ..... Daniel Luna

E-mail: [team@wmgf.us](mailto:team@wmgf.us)  
Web: [www.wmgf.us](http://www.wmgf.us)

known as a "Randy" on floor. The Randy is one of only nine skills in the floor exercise's Code of Points system with an E value, worth five tenths of a point. In addition, senior Nathan Tsuji got fifth on pommel horse and sophomore Daniel Gordon brought home the eighth place on rings.

Nathan Tsuji qualified to the 2018 Winter Cup held in Las Vegas this February 15-17. Tsuji qualified by placing 3<sup>rd</sup> all-around at the Rocky Mountain Open held on Jan 13th. Only the best gymnasts in the nation will compete at the Winter Cup to fight for their spot on the National Team. This is Tsuji's second time qualifying and he looks forward to improving on his performance from last year. Only a handful of Huskies have competed as the qualification process is very selective. We are excited to have the purple and gold represented on one of the biggest stages that men's gymnastics has in this country.

By the time you are reading this article, we will have already competed in the Pac-12 meet on Feb 10<sup>th</sup>. Soon to come are the Sun Devil Classic on Feb 24<sup>th</sup>, and UW vs Cal at Berkeley on March 24<sup>th</sup>. We will wrap up the season at Nationals, held at the Air Force Academy on Mar 30<sup>th</sup> and 31<sup>st</sup>. Don't forget to follow us on Facebook and tune in for live streaming of each competition so you don't miss a thing.

As you can see, we are right in the middle of the fun and excitement

(Continued on page 2)

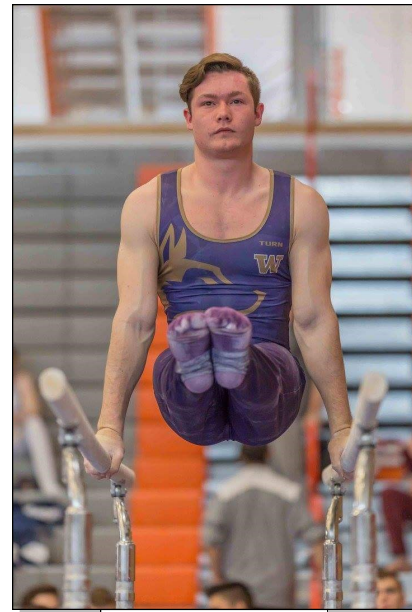
### Mid-Season Update

*(Continued from page 1)*

of the competitive season, and that is the reason why I want to strongly encourage you to regularly check our official website [www.wmgf.us](http://www.wmgf.us) for news and updates on our season 2018. Follow us through Instagram ([uwmensgymnastics](#) and [coach.giancarlomora](#)) and Facebook (Washington Men's Gymnastics). See you in the gym!

Go Dawgs!

Head Coach Giancarlo Mora



Ben Bloom on P-bars

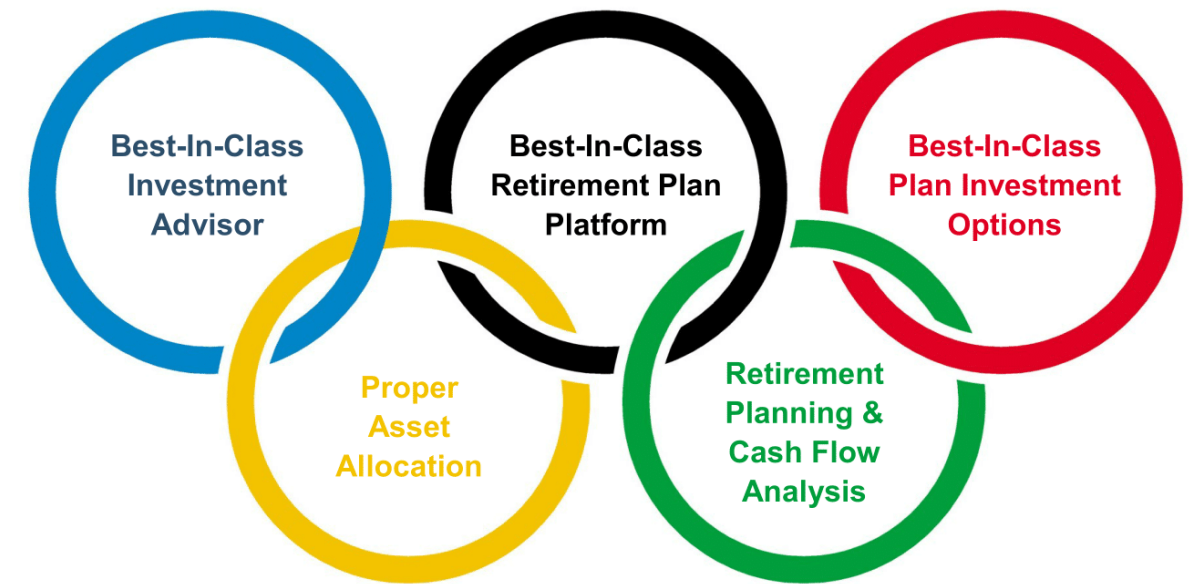


This year's Huskies at the 2018 Washington Open



**Oliver Capital Management, Inc.**  
COMPREHENSIVE WEALTH MANAGEMENT

## How does your 401(k) plan stack up?



**Contact Mark K. Oliver for a personalized review of your 401(k) plan**

### Oliver Capital Management, Inc.

TWO UNION SQUARE  
601 Union Street - 42nd Floor  
Seattle, WA 98101  
Phone: 206.652.3500  
[mko@olivercapital.com](mailto:mko@olivercapital.com)  
[www.olivercapital.com](http://www.olivercapital.com)



**Mark K. Oliver**  
President & Founder - Senior Wealth Advisor

Copyright © 2003 - 2016 Oliver Capital Management, Inc.

## Meet the Freshmen: Kody Dominguez, Alex Forcos, Zachary Kuest, Alex May

by Mark Russo

We're in the midst of the first collegiate competitive season for our four new freshmen! Here's some background on the latest additions to our Husky Gymnastics family.



*Kody Dominguez*

*Alex Forcos*

*Zachary Kuest*

*Alex May*

### Where are you from, and if you are from out of Washington State, how do you like Seattle?

**Kody** I'm from Keaau, Hawaii on the Big Island. Everyone always asks me how I like Seattle and my first response is always, "It's SO cold." I'm still trying to get used to this weather and wearing so much clothes all the time but Seattle has its adventures and can be fun.

**Alex F.** I am from Everett, Washington.

**Zachary** I am from Marysville, Washington, I've lived here for the past eight years and I didn't need to go anywhere to join the team.

**Alex M.** I'm from Littleton Colorado. I enjoy Seattle; there is so much to do up here and the mountains are beautiful.

### What are you studying and what are you hoping to get a degree in?

**Kody** I'm currently studying business and hope to get a degree in a Business Administration or Entrepreneurship.

**Alex F.** Currently I am studying engineering at University of Washington, and hoping to get a degree in Aerospace Engineering.

**Zachary** I am studying to get a degree in Physical Therapy, currently at Everett Community College.

**Alex M.** I am currently taking prerequisites for a Biochemistry major, which I hope to get a degree in.

### What are you hoping to do for a job once you graduate?

**Kody** I'm not entirely sure. Some things I've thought about were to open my own business or be in higher ranks of other businesses.

**Alex F.** I am hoping to have a job somewhere in the field of aerospace.

**Zachary** Physical Therapy.

**Alex M.** Once I get the degree in Biochemistry, I may continue my education and study medicine, to get a job in the medical field.

### How is being on this team different than where you were training before?

**Kody** Where I was training before, I never had older teammates. It's different to be one of the younger guys on the team and be able to look up to the older guys and see what they've done and hear the stories about their experiences. There is also a different vibe when competing JO than there is in college. In JO it was more of an individual and focus-on-yourself kind of feeling, while in college it feels more team-orientated and that you're doing something for more than just yourself.

**Alex F.** The training is a lot more intense, but it's a lot more fun competing for a team.

**Zachary** Training with the UW team is much more intense and more beneficial.

**Alex M.** I love the energy we have at workouts with everyone cheering for each other. It's been a really great experience and I've already made some good friends on the team.

### What do you like most about being on the team?

**Kody** Something I like most is traveling with the team. Travel meets are so much fun and being with the team is just a different experience than being with my family.

**Alex F.** I really like the energy and atmosphere of being on a team.

**Zachary** The coaches pay attention to more than just the skills you're doing, they focus on making sure injuries are prevented through healthy eating, sleeping, stretching, and strength training.

**Alex M.** Cheering for my teammates at competition and watching them hit their sets.

### What is the most difficult aspect of being on the team?

**Kody** For me, being on my own, away from my family, is the most difficult.

**Alex F.** The hours and focus we have to put into each practice is probably the most difficult aspect.

**Zachary** Definitely the time we put in. It takes a lot of time in my week especially since I live over half an hour away.

**Alex M.** Just doing gymnastics. Also being a full-time student with a job, though; I don't get as much free time as I would like.

### What are your hobbies? What do you like doing when not in school or the gym?

**Kody** Outside of the gym I love to go on adventures. Exploring and finding new places to see and do is something I like to do when I'm not in school or the gym.

**Alex F.** Outside of the gym, I enjoy being creative through either painting or music.

**Zachary** I usually spend my Sundays at my church and with my friends. Outside of Sunday, I don't have much time for other things.

**Alex M.** Camping or hiking with my friends.

### Where do you see yourself in ten years?

**Kody** I aspire to travel the world and open my own business, but I don't really know exactly where in the world I'll be.

**Alex F.** I hope to have a stable job, most likely staying in Seattle.

**Zachary** I see myself with a small family, working as a Physical Therapist somewhere local.

**Alex M.** In the medical field enjoying the job I've worked so hard to obtain.

# Where Are They Now? An Update on Cameron Oliva

by Peter Sawyer

Cameron Oliva (that's Oh-lee'va, and "Cam" to many of his gym buddies) is one of those guys who's been around gymnastics a long time. The older among us worked out with him at Hec Ed, while the younger might receive his coaching advice simply by having their floor routine photographed by him at local men's meets. He's coached children, teens, adults, worked as a judge, and made friends with gymnasts from around the world, yet when he started, he'd never heard of gymnastics.

Fifty years ago, Cam attended the Bronx High School of Science when he happened to walk into a gym where guys wearing whites were flipping, swinging, and tumbling (on wooden floors!) and immediately thought it was the "coolest thing ever." He was a skinny kid, not particularly flexible nor athletic, but he decided he wanted to be a gymnast. The coaching came from the handball coach and a weekly Friday-night meetup at the local YMCA where the gymnasts would teach each other, with the occasional help from visiting gymnasts (like U.S. Elite National Team member Steve Posner). The guys worked hard and coached each other, so much so that Cam competed a year in high school before continuing gymnastics at Queens College in New York City.



Cam still going strong at a local gym

Cam describes his college coach there, Anthony Yacovone, as "a fantastic coach ... whatever you put in, he'd match" who gladly accepted Cam's declaration that "I'm going to be a high-bar champ." Indeed, in his final year Cam placed second on high bar in the North Atlantic Gymnastics league as well as fourth on parallel bars. As he reminisced about that time, he laughed and remarked how today's 12-year old kids are performing routines bigger than his winning routine - as he put it: "a double-back back then was a big move." While still in New York, Cam coached at what sounds like an amazing place: three small gyms with huge windows in a building in downtown Manhattan! He said those windows plus the swinging-rings event of the time sometimes made him worry that someone would dismount into the middle of Lexington and 55th - the hard way!

After college, Cam worked his way westward, with time spent living in Denver and then later Spokane. In most places there might be a delay, but eventually he'd

find himself drawn to a local gymnastics gym. After moving to Seattle in 1984, Cam discovered the UW guys working out at Hec Ed and was invited to come in and work out. The team had lost its UW funding by then, but gymnastics enthusiasts like him and others would contribute money to the club to help keep it up, eventually even becoming a founding member and Treasurer for the WMGF. Cam is still involved with gymnastics through local club Metropolitan Gymnastics (where his daughter was also a gymnast), offering coaching advice to the older guys or swinging his own high-bar set.

Outside the gym, Cam runs his company Champa Ceramics, importing Vietnamese pottery. This past year, he also created his photography website (CameronOliva.com) where he publishes his work, including some really cool photos from the 2017 Collegiate Nationals that WMGF hosted. He lives in West Seattle with his wife of 20 years, Tinh, and his high-school-aged son, who plays electric guitar and frequently performs around Seattle. Meanwhile, his daughter is halfway through her first year at UW and considering a career in health care.

When I asked Cam how gymnastics has affected him and what it is he finds so compelling, he told me through various anecdotes about its sense of community - that it feels like family. He says, "I've made so many friends ... I'm not sure if there's something about gymnasts or something the sport develops in them" and that "there's something somehow shared, something beyond culture or age ... just because they're gymnasts." I think my favorite example of him describing this was about skiing: He wanted to go cross-country skiing and so invited along his gymnast friend, Al Berger. Unfortunately, Al couldn't make it but suggested Cam give Dave Shuster a call (also a gymnast). Despite not knowing him at all nor having an introduction, the fact that they were both gymnasts seemed sufficient, and Dave gladly agreed. Cam said with a chuckle that "I picked him up in my truck, we went skiing, and we became close friends" - in fact he was the best man at Dave's wedding.

I get that - maybe it's the reason Cam popped to mind when I was considering whom to interview for this newsletter!

# THANK YOU!

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

**WMGF**  
5529 27th Ave NE  
Seattle, WA 98105

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

\$2,000    \$1,000    \$200    \$100    \$500    Other

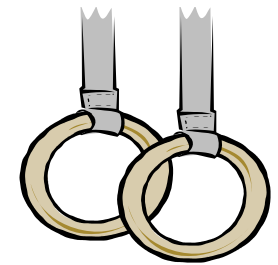
Name and Address:  
(if different from the label on the back of this page)

\_\_\_\_\_

e-mail: \_\_\_\_\_ Phone: \_\_\_\_\_

You can also donate through **PayPal** on our web site: [www.wmgf.us](http://www.wmgf.us)

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## Many Ways to Help!



Amazon will donate a portion of your purchase price to a charitable organization of your choice every time you shop and at no cost to you! Visit [smile.amazon.com](http://smile.amazon.com) and select "Washington Mens Gymnastics Booster Club" as your organization to support!

Does your employer have a gift-matching program? Check if they do - it could be an easy way to increase your gift to WMGF!



Jacob Jarrett on the Parallels

Photo credit: Cameron Oliva



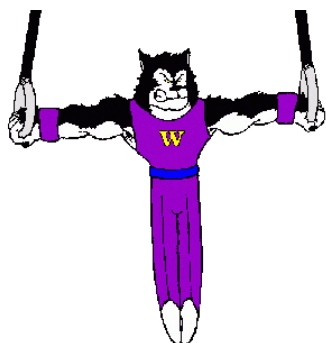
uwmensgymnastics

Find us online



uwmensgymnastics

WMGF  
5529 27th Ave. NE  
Seattle, WA 98105



In This Issue...

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

March 2, 2018

## Washington Men's Gymnastics 2017-2018 Meet Schedule

(local meets in bold)

<i>Date</i>	<i>Competition</i>	<i>Location</i>
<i>January 7</i>	<b><i>Washington Open</i></b> 	<b><i>Marv Harshman Court Seattle, WA</i></b>
<i>January 13</i>	<i>Rocky Mountain Open at Air Force with ASU, Oklahoma, Ohio State, and Olympic Training Center</i>	<i>US Air Force Academy Colorado Springs, CO</i>
<i>January 27</i>	<i>Stanford Open at Stanford with Cal</i>	<i>Burnham Pavilion, Stanford Univ. Stanford, CA</i>
<i>February 10</i>	<i>Pac-12 Invitational at Stanford with Cal and ASU</i>	<i>Burnham Pavilion, Stanford Univ. Stanford, CA</i>
<i>February 24</i>	<i>Sun Devil Classic at ASU with SoCal, NorCal, and Alberta All Star Team</i>	<i>Rawhide at Wild Horse Pass Chandler, AZ</i>
<i>March 24</i>	<i>at Cal with ASU</i>	<i>Haas Pavilion University of California, Berkeley</i>
<i>March 30-31</i>	<i>USA Gymnastics Collegiate Nationals</i>	<i>US Air Force Academy Colorado Springs, CO</i>

Please check online for updates: [www.wmgf.us](http://www.wmgf.us)