

WMGF News

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December 7, 2018

Season Preview

by Head Coach Giancarlo Mora

Another exciting season has started. Officially speaking, our pre-season begins in September when all of our team members return from the summer break. However, summer 2018 set several records in our organization which are worth mentioning.

We had a record number of team members who decided to stay for the summer to keep improving their gymnastics at the gym instead of going back home – 11 gymnasts – who were joined by another 18 younger gymnasts who showed interest in our program and visited us at practice to be considered as future members of our team. From those 18, ten were high school seniors, and six of them committed to join the team; which takes us to one of the largest teams we've ever had to date – 17 students! These gymnasts come from nine different states, counting one senior from Canada and one freshman from Australia.

Returning team athletes are: Nathan Tsuji from Santa Cruz CA (Team Captain), Benjamin Fisher from Beaverton OR, Jacob Jarrett from Shreveport LA, Mike Sibley from Vancouver BC – Canada, Ben Bloom from Mill Valley CA (Team Co-Captain), Conner Petellin from Coeur d'Alene ID, Daniel Gordon from Seattle WA, Alex Forcos from Snohomish WA, Zak Kuest from Marysville WA, Alex May from Highlands Ranch CO, and Kody Dominguez from Hilo HI. They were joined this September by Kyle Hendren from Battle Ground WA, Mi-

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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 on Floor

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chael Sloat from Portland OR, Perry Lightfoot from Huntington Beach CA, Oscar Hemmert from Seattle WA, Connor Pattison from Melbourne Australia, and Jared Danek from Antelope CA.

Yes, it is important to mention all of this, because we are almost at full capacity this season and are on track to be at full capacity next year. The progress of the team is helping get the word out about our program across the country which in turn brings in more talent and depth to our team.

It is a pleasure for me to lead this group of humble, hungry-for-success, and smart gymnasts to their next competitive level.

We will kick off the competitive season as always at the Washington Open on Jan 5th, 2019. This home meet has always been a highlight for our team, when the house is packed with Husky fans like you. In a break from the traditional exhibition format, we will be competing against Arizona State University and Nor-Cal United. This Washington Open promises to be an exciting competition.

This competitive season we will return to compete against Big 10 teams at the Windy City Invitational in Chicago, and we can't wait to see how we do on such a big stage.

On March 10th, we will have a head-to-head against Cal on UW Campus at the Alaska Airlines Arena. We will wrap up the season competing against Stanford, SoCal

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United, and Air Force Academy, before USAG Collegiate Nationals on March 29th – 30th at Navy in Annapolis, MD.

It would mean a lot to us, if you came to support us at these two home meets. Please, visit our website under www.wmgf.us/schedule for a detailed competition calendar for 2019.

If you asked me, I can't wait to start the 2019 Competitive Season with these guys on my side and you as fans and supporters of our team. Thank you!



Happy Holidays from your 2018-2019
Husky Gymnastics Team



(Back): Asst. Coach Jeff Crockett, Joseph McDonnell-Myers, Nathan Tsuji, Conner Petellin, Alex Forcos, Kyle Hendren, Michael Sloat, Perry Lightfoot, Ben Bloom, Alex May, Coach Giancarlo Mora

(Front): Michael Sibley, Daniel Gordon, Zak Kuest, Jared Danek, Ben Fisher, Oscar Hemmert, Connor Pattison, Kody Dominguez, Jacob Jarrett

Meet the Freshmen: Kyle Hendren, Oscar Hemmert, Michael Sloat Connor Pattison, Jared Danek, Perry Lightfoot

by Michael Sibley



Kyle Hendren
Battleground, WA
UW



Oscar Hemmert
Seattle, WA
UW Bothell



Michael Sloat
Reno, NV
UW



Connor Pattison
Melbourne, Australia
Shoreline Community College



Jared Danek
Sacramento, CA
UW Bothell



Perry Lightfoot
Huntington Beach, CA
North Seattle College

What are you looking forward to most this season?

Kyle Getting back into routine shape since I've been out of gymnastics for a while. I miss working on routines.

Oscar I'm very excited for the opportunity to travel and compete with the team in different parts of the country.

Michael Remembering what competition feels like and pushing myself to what I'm capable of doing.

Connor Competing and contributing to the team. I'm excited to travel with such a great group of guys.

Jared Competing as a family and as a cohesive machine. Each component (person) working together to achieve the impossible.

Perry Traveling and contributing to the team. Having the ability to travel across the country is amazing. This is my first time ever competing on a team and contributing to an overall team score so I want to make sure I score well for the team.

What made you choose Washington?

Kyle I've always liked Seattle and wanted to stay in-state as a Washington resident. Also I like the team and coaching staff.

Oscar The fact that this program was in-state and quite close to home contributed for sure, but knowing how amazing the coaches are was definitely the main selling point.

Michael It's home to me and I want to finish what I started as a returning freshmen. I love the coaches and the team chemistry; I want to contribute and help bring the team up.

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Connor The team atmosphere is awesome. Washington is a beautiful place and provided me with more freedom to explore different colleges.

Jared My old teammates definitely laid a foundation for me and showed me how much fun it was to be a part of something greater. I took their attitudes to heart and now I'm glad I see it the way they did.

Perry The fantastic team atmosphere and coaching that I experienced during my recruiting trip. I felt right at home. Plus, Washington is a fantastic school and their great academic programs drew me in as well.

What is your field of study? What are your interests?

Kyle Biology, I'm interested in all aspects of biology.

Oscar I am majoring in environmental science because I would consider myself pretty passionate about sustainability and the environment.

Michael I'm going to school to get my degree in kinesiology and I want to pursue a career in sports training. Outside of gymnastics my hobbies include building and racing cars and piloting small airplanes.

Connor I'm studying business but I want to also take some music classes or maybe psychology.

Jared I plan to study civil engineering and architecture. With those fields in mind, I wish to shape the way we live in a new kind of way by putting emotion into every curve of a building or structure.

Perry Although I haven't committed to a major yet, I plan to get my Associate of Science degree and then pursue a Bachelor's in a STEM field. I love marine biology and chemistry the most!

What's your favorite event, and why?

Kyle Floor because all skills stem from the same root skills. I also like that you can't fall off floor, just onto it.

Oscar Floor is definitely my favorite, when my legs don't hurt.

Michael Pommel horse. It defies physics and I love the challenge of making something that hard look easy.

Connor Floor because I am bouncy, and p-bars is pretty fun because I feel strong on it.

Jared Pommel horse because everyone dreads it! It makes no sense in a gymnast's mind why anyone would love this event, but for someone with long arms it's their saving grace. Pommels never came naturally to me but what in gymnastics ever does? The amount of time and effort I put into it really pays off in the end.

Perry Floor because I enjoy showing off my tumbling and how powerful I can be! It's definitely my favorite event to compete, too.

What do you enjoy most about the team?

Kyle Having people to look up to and ask for advice.

Oscar I really enjoy the atmosphere that the team is able to create in the gym. It's extremely motivational and is sometimes the only reason I can make it through practice.

Michael The chemistry of the team is awesome and we push each other to be better gymnasts.

Connor The team is very welcoming, they let everyone be their own person and grow.

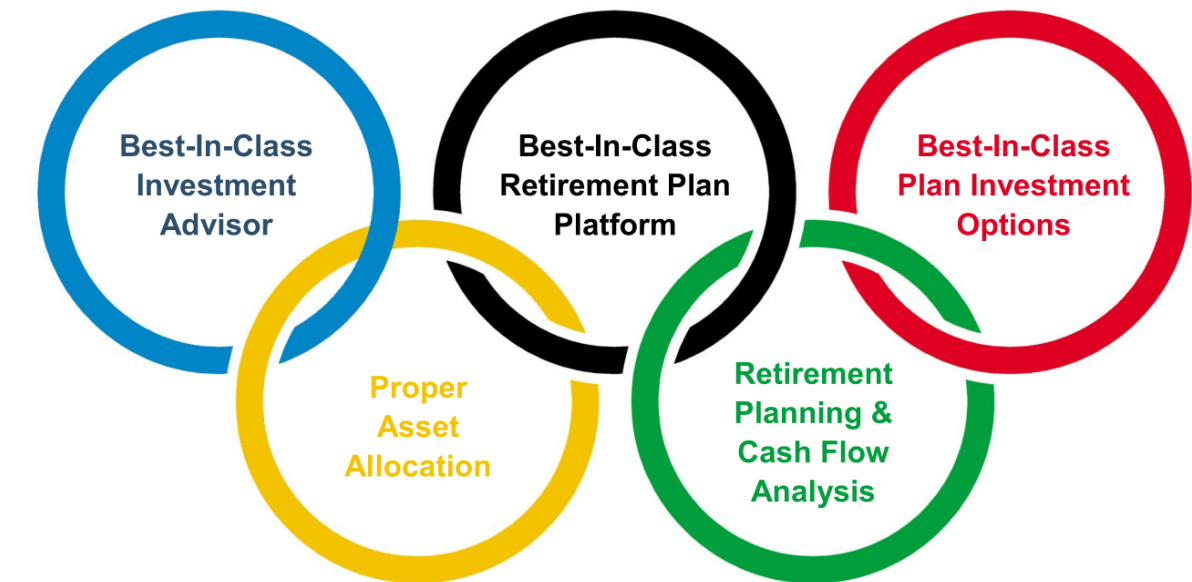
Jared I truly enjoy the environment. Everything from the hustle to the fun times spent fundraising. All the boys work well with each other and this team really has something more to offer than just gymnastics.

Perry I enjoy the team atmosphere the most. The guys on this team look out for one another and push each other to be the best they can be.



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President & Founder - Senior Wealth Advisor

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In Memoriam: Kevin Bylin, 1974-'77 UW Team

by Mark Russo



Regretfully, I must inform all of you that a vital member of our Husky gymnastics family passed away in October. Kevin Bylin died from liver failure and related complications. He was 63 years old. Former Huskies Tony Yonemitsu, Mac Smith, and I visited Kevin in the hospital one month before his passing. At that time, he was hoping

for a liver transplant but an infection in his spine kept him from being selected as a successful recipient. It was extremely difficult for him as his desire to continue living was very strong. I felt tremendous loss with his passing, as he was an awesome coach to the teams I was on and then a valuable assistant to the age-group program we ran at UW. Kevin later became a frequent supporter of our team, showing up to many of our home competitions – always with a word or two of advice about some of the performances he viewed. He was supporting the team one way or another for over 35 years!

Kevin was a standout gymnast for the Huskies on some of Dr. Hughes' teams of the mid- to late-1970s. He came from Kent-Meridian High School where he was coached by another awesome Husky, Gunter Bohrmann. Kevin was a gymnast with tremendous air awareness. One specific example I remember was from an exhibition we did one year at a local high school. Earlier that week, Kevin had sprained his ankle but at this exhibition he still performed on high bar. After a good routine that the crowd oohed and aahed about, Kevin dismounted with a back layout with a half turn to a perfect full-body landing, saving his ankle from any further abuse. It was evident then to me that his comfort in the air was special, and I always admired that quality in him.

When Kevin began to coach the team while working out with us, he had us doing drills and steps that we were starved for to learn more complicated moves. His advice and understanding of skills were a tremendous help to Mac, Tony, and John Daley, who were the backbone and gymnastic leaders of our teams. Mac qualified to USA Nationals in 1985 due in large part due to Kevin's coaching. Kevin had the talent and ability to demonstrate what he was trying to teach, and before the days of video this was extremely helpful. His methods of coaching were honest and sometimes abrasive, I think mostly because

he had such tremendous air awareness that he did not understand the fears most of us without such talent felt. Kevin was a coach who was better than us as a gymnast and who was able to show us every day where we wanted to go. Oh, and did I mention? All the coaching he gave to us was as a volunteer! Amazing!!

Kevin also assisted me coaching age-group boys when we had a program at UW. He was an excellent instructor of kids and helped make our program the best in Washington State at the time. He eventually retired from competitive gymnastics, and his involvement with the team took the new form of supporter and fan. It was always good seeing him at our home meets and to hear his perceptions of how the team looked. I valued his opinions and took them to heart, as he had a great eye for seeing ability and direction in a gymnast.

Kevin kept his friendships alive with his teammates, like Mel Cooley, Dave Nakanishi, John Maseng, and Jay Clark. Like his younger brother Gordy, Kevin had a huge heart which he gave freely to gymnastics. I feel lucky to have known Kevin as he impacted me in a hugely positive way. I am a better person for having been coached by and friends with Kevin Bylin!

Kevin is survived by his two sons, Nick and Ben. Let's all wish the best for them and his brother Gordy.



Kevin competing in 1974

THANK YOU!

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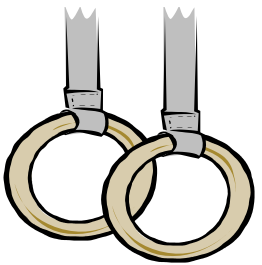
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In Memoriam: Mike Flansaas, 1962-'66 UW Team

With heavy hearts, we relay the news of the passing of one of our Huskies. Below is a reprint of his obituary, from www.tributes.com/obituary/read/Micheal-Flansaas-106300784. Please visit that website if you'd like to leave a note.



Micheal "Coach Mike" Flansaas of Reno, Nevada passed away on Saturday morning, July 21, 2018 peacefully at home with his sister by his side. Mike was born on August 1, 1944 in Whitefish, Montana and moved to Seattle, Washington at the age of 2. He attended Glacier High School, graduating with the Class of 1962.

Mike had a robust gymnastics career where he attended the University of Washington on an athletic scholarship. He helped the Huskies win the National Team Championship of Australia/New Zealand in 1966 along with an individual Regional Championship on the parallel bars. From 1967-1969, Mike was a coaching assistant at the University of Washington. In 1969 he moved to Reno to coach the University of Nevada Reno's

Men's Gymnastics Team and shortly after opened his own gym, The Reno School of Gymnastics.

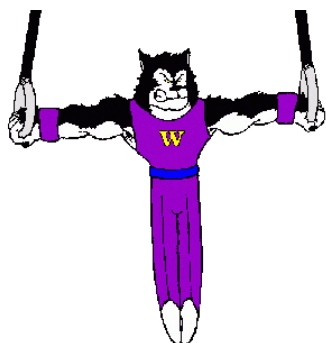
Mike had a long standing career in the casino industry and ultimately went back to his passion of coaching gymnastics part-time until fully retiring a couple of years ago.

Mike loved to share his stories and lessons of the past. He enjoyed giving back to the gymnastics community, teeing off for a round of golf, Lake Tahoe, classic vehicles, and tending to his garden. Mike was known for his fun-loving positive attitude, determination, and kindness. All who were impacted by Mike were affected by his good heart.

Mike is survived by his: Siblings; Barb Schmitz, Vicky Flanagan, and John Flansaas; daughters and sons-in-law; Larisa and Jason Penman, Kirstin and Frank Maestri, Kari and Pablo Estrada, Sharleen and Brandon Lawrence, and his six grandchildren; Spencer, Megan, Brooke, Frankie, Nikko, and Bella.

Mike could always be known to cruise in his 1969 Caddy saying, "Green lights, Blue Skies, and Stick all your Landings."

WMGF
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December 7, 2018

Washington Men's Gymnastics 2018-2019 Meet Schedule

(local meets in bold)

<i>Date</i>	<i>Competition</i>	<i>Location</i>
<i>January 5</i>	<i>Washington Open, with ASU & NorCal</i>	<i>Marv Harshman Court Seattle, WA</i>
<i>January 19</i>	<i>Windy City Invitational at UIC with Illinois, Oklahoma, Ohio State, Iowa, Minnesota</i>	<i>UIC Pavilion Chicago, IL</i>
<i>February 2</i>	<i>PAC-12 Invitational at ASU with Cal, Stanford</i>	<i>Tempe, AZ</i>
<i>February 14-16</i>	<i>Winter Cup</i>	<i>South Point Hotel Casino Las Vegas, NV</i>
<i>February 23</i>	<i>Sun Devil Classic</i>	<i>Rawhide at Wild Horse Pass</i>
<i>March 10</i>	<i>vs Cal</i>	<i>Hec Edmundson Pavilion Seattle, WA</i>
<i>March 29-30</i>	<i>Collegiate Nationals</i>	<i>US Naval Academy Annapolis, MD</i>

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