

WMGF News

www.wmgf.us

December 6, 2019

Season Preview

by Head Coach Giancarlo Mora

Another exciting competitive season is quickly approaching, and with it the countdown to our intrasquad on the second weekend of December. The energy and passion that every one of our team members puts toward this important process for the season is so motivating and uplifting that it has become over the years an event of its own! I encourage you to join us at our training facility CEG in Mountlake Terrace to experience up-close these talented athletes.

Indeed there is a lot of talent returning to the team, starting with both our team captains Mike Sibley from Vancouver BC, and Ben Bloom from Mill Valley CA. They were elected by their peers last summer to be at the front of the pack. Jacob Jarrett from Shreveport LA, Conner Petellin from Coeur D'Alene ID, and Daniel Gordon from Seattle WA, are the other three seniors in this upper class. We'll be keeping a close eye on our junior class: Alex Forcos from Snohomish WA, Zak Kuest from Marysville WA, Alex May from Highlands Ranch CO, and Kody Dominguez from Hilo HI, because at least one of the Huskies' team captains for the 2021 season will most likely be elected from this group. Sophomores Kyle Hendren from Battle Ground WA, Michael 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 complete our returning team for

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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.



Connor Pattison

Photo credit: Cameron Oliva

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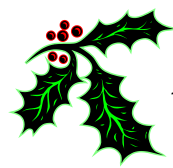
the season.

This already strong team was joined this September by **Adam Kerwin** from Renton WA, **Parker Calomiris** from Petaluma CA, **Brody Lusk** from Spokane WA, **Jameel Ali** from Burlington, Ontario, **Joseph Mischke** from Minneapolis MN, and **Luka Sisauri** from Fox River Grove IL. It does not look like this freshman class will wait patiently for their turn to compete, and they promise to challenge lineup from the very beginning.

Again, our intrasquad will be on the second weekend in December. Whether it's the 13th or 14th will be determined soon, so I urge you to stay tuned to our online updates on our website, www.wmgf.us. The competitive season's kickoff will officially start as always at the Washington Open on Jan 5th, 2020. This home meet has always been a highlight for our team, when the house is packed with Husky fans like you. Just like last season, we will be competing against Arizona State University and NorCal United.

On Feb 8th we will travel to the Golden Gopher's house in Minneapolis for a head-to-head against ninth-ranked Minnesota. We will wrap up the season competing against Stanford, SoCal United, Air Force Academy, and Springfield College before USAG Collegiate Nationals on March 27th – 28th at Tempe, AZ.

Please visit our website for a current 2020 competition calendar and some other home meet updates: www.wmgf.us/schedule.



Happy Holidays from your
Husky Gymnastics Team



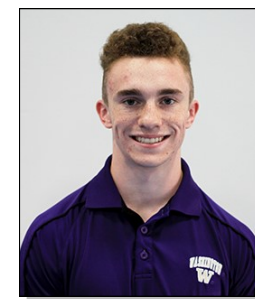
2019 - 2020
WASHINGTON MENS GYMNASTICS

Left-right: Head Coach Giancarlo Mora, Jared Danek, Jacob Jarrett, Ben Bloom, Zak Kuest, Perry Lightfoot, Parker Calomiris, Adam Kerwin, Oscar Hemmert, Alexander Forcos, Joseph Mischke, Kyle Hendren, Connor Pattison, Conner Petellin, Brody Lusk, Luka Sisauri, Daniel Gordon, Michael Sloat, Jameel Ali, Alex May, Michael Sibley, Assistant Coach Jeff Crockett



Meet the Freshmen: Brody Lusk, Adam Kerwin, Luka Sisauri
Jameel Ali, Joseph Minschke, Parker Calomiris

by Michael Sibley



Brody Lusk
Spokane, WA
UW Bothell



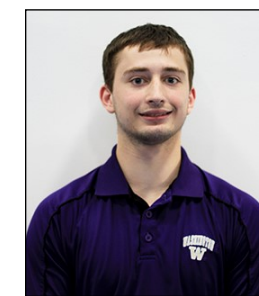
Adam Kerwin
Renton, WA
Shoreline Community College



Luka Sisauri
Fox River Grove, IL
Shoreline Community College



Jameel Ali
Burlington, Ontario
Cascadia College



Joseph Mischke
Minneapolis, MN
Seattle Pacific University



Parker Calomiris
Petaluma, CA
Shoreline Community College

What are you looking forward to most this season?

Brody My first competition as a college gymnast on a college team.

Adam I look forward to beating ASU this season!

Luka Growing and competing with the team. I can't wait to always push through the hardest days with the boys, and to go out and kick some butt during competitions.

Jameel Experiencing the energy of college competition and competing with a team behind me.

Joseph Seeing how I am doing and where my routines are at. I am also looking forward to the chance to compete at a lot of the meets I watched.

Parker I am looking forward to getting used to the rigorous gym training.

Why did you choose Washington?

Brody Because of the school, and it's been a goal of mine since my first Washington Open to become a Husky.

Adam Because I grew up here and had multiple people from my old gym come to UW.

Luka The environment of the gym, the coaches, and the comfort from the team members really helped me choose Washington. It is my home away from home and every day with these boys truly is a blessing.

Jameel I chose Washington because of how invested the coaches are in their athletes

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Meet the Freshmen

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Joseph One reason is having the option to attend any nearby college; the ability to go to SPU for the smaller college fit and still compete for Washington worked really well for me. In addition, on all my previous trips here I found all the team guys to be really fun and cool.

Parker I picked Washington because I loved the coaching and team dynamic.

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

Brody Psychology specifically Sports Psychology.

Adam Currently I'm getting my AA. Then after that, I'm not sure what I want to major in.

Luka I am currently in school to get my AA and then plan on transferring into the University of Washington to finish my degree. I have not yet decided on a major.

Jameel Business management, and my interests include math and economics.

Joseph I am planning to study math with a focus on the actuarial sciences. Outside of school, I am interested in video games, fantasy books, board games, and anime.

Parker I have not decided on a field of study. My interests include: fun.

What's your favorite event?

Brody Floor and vault.

Adam High bar or p-bars is easily the best.

Luka Pommel horse is by far my favorite event. Circling around the horse and making precise movements is more than a thrill to me. I hope to one day win a gold medal at the world championships on pommel horse.

Jameel Floor, pommel horse, and rings.

Joseph Pommel horse.

Parker That is to be determined.

What do you enjoy most about the team?

Brody I enjoy the brotherhood of the team and how the team guys are there for each other no matter what.

Adam I enjoy how the team is very uplifting and everyone is like a family.

Luka I overall enjoy the brotherhood most from the team. We work and go through everything together. We learn how to push ourselves, and how to push each other, into making our dreams a reality.

Jameel The way we are all focused on the same goal.

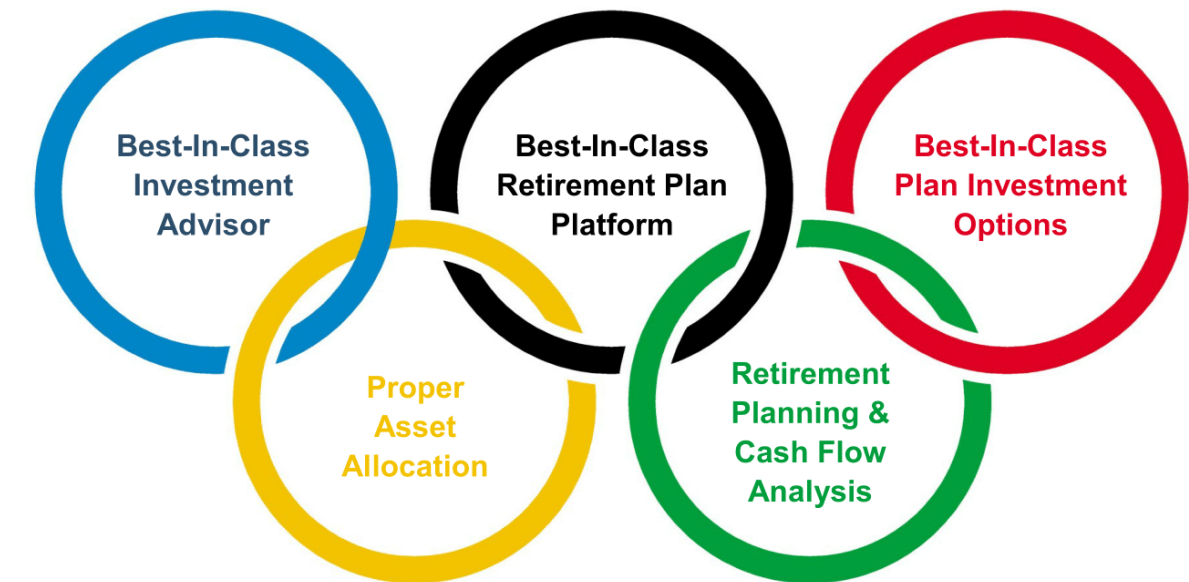
Joseph I enjoy the fun atmosphere that all the other team members give, and how enjoyable they make practice.

Parker I most enjoy the camaraderie.



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Team Travels to the UK

by Giancarlo Mora

Our squad had the privilege of visiting the United Kingdom from July 21st to the 29th for this past year's Husky international camp. The team trained at Huntingdon Gymnastics Club under head coach Ben Howells and his team. During our visit to the old continent we also had the opportunity to explore Cambridge, London, and the British south coast.

Arrival: Monday, July 22nd

8:30 am at Heathrow Airport. My biggest job of the day was to keep everyone awake for the whole day, so they could get a full night's rest before our first full day of practice on Tuesday. After picking up two nine-passenger vans, we drove to the beautiful village of Windsor to visit the famous Windsor Castle. Although we did not get the chance to see the Queen, we were told she was in the Castle at the moment, hence the flag on top of the tower. We then drove to the hotel near Huntingdon, checked in at 6:30 pm, and by 7:00 pm we drove to Cambridge to find dinner. Cambridge is a beautiful college village. After walking through town, we ate at The Mitre, founded in 1754.

About our hotel, Ramada Cambridge: I thought the hotel was excellent for our purposes! It had the minimum needed, with clean and excellent service. Plus, the location could not have been better with convenient stores nearby which had everything you could need from food to small items.



Next day: Leave for the gym at 9:20 am.

When we arrived at Huntingdon Gymnastics Club at 9:45 am, coaches Ben Howells (England) and Sergei Simakov (Russia) welcomed us.

The next three days of practice consisted of three hours in the morning, followed by a 90-minute lunch break, and three hours final training in the afternoon. However, we only had a morning session for Wednesday practice. That afternoon, we went swimming at the Jesus Green outdoor pool in Cambridge. This pool opened its doors to the public in 1923 and is the biggest outdoor

pool in England.

After finishing our workout on Thursday, we drove immediately to London in the hope to get to London before nightfall. This was an excellent decision, because driving on the opposite side of the road was not so much challenging as it was a battle. Not only were the streets of London very small, but its drivers were quite aggressive as well!

While in London, we stayed at the Holiday Inn Express London City, a much more luxurious hotel than the Ramada. And although the rooms were much smaller than the ones at the Ramada, these rooms were designed for comfort. The hotel was in a great location with access to public transportation within a couple hundred feet from the hotel in every direction.



Friday, 7/26 – Day 1 in London:

We started our tour walking through the famous and luxurious Oxford street, to later walk through Hyde Park. We then visited the Wellington Arch, Green Park, Buckingham Palace and its changing guard, St. James Park, Westminster Abbey, Big Ben, Westminster Palace, the London Eye, Piccadilly Circus, Leicester Square, Soho, and China Town. Toward the end of the day we rode the Underground – London's subway train system – to King's Cross Station to admire Harry Potter's famous 9 3/4 platform.

Saturday, 7/27 – Day 2 in London:

This time we started at the Royal Air Force Museum, then the British Museum, followed by the Tower Bridge, Tower of London, City Hall, and finished our second day in London at Leicester Square.

Sunday, 7/28 – Drive to the south coast of England:

We drove from London to Stonehenge, from Stonehenge to Durdle Door, then to Tyneham (abandoned WWII town), and then back to London.

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THANK YOU!

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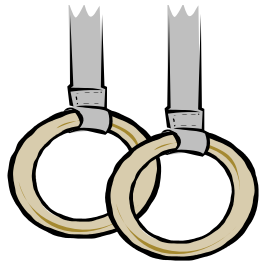
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Team Travels to the UK

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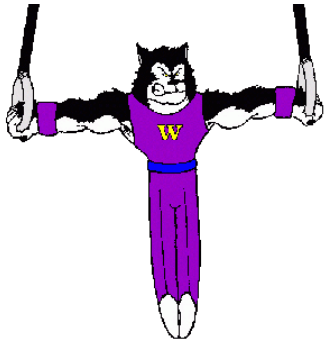
Monday, 7/29 – Heading home:

Our flight departed at 11:30 am from LHR London-Heathrow. Nine hours and 40 minutes later we arrived in Seattle at 1:10 pm having flown over nine thousand miles round trip, bringing back lots of great unforgettable memories.

Thank you to every WMGF board member who helped make this trip come true, especially to Joel Hennig for booking the hotels for the team, but also booking the direct flights to and from London; to Daniel Luna, who helped smooth every aspect of last-minute hiccups with the travelling credit cards; and of course, to Mark Russo, for continuing to make these international trips part of our program's budget.



WMGF
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Seattle, WA 98105



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December 6, 2019

Washington Men's Gymnastics 2019-2020 Meet Schedule

<i>Date</i>	<i>Competition</i>	<i>Location</i>
<i>December 14</i>	<i>Purple vs. Gold Intrasquad</i>	<i>Cascade Elite Gymnastics Mountlake Terrace, WA</i>
<i>January 4</i>	<i>Washington Open, with ASU & NorCal</i>	<i>Marv Harshman Court Seattle, WA</i>
<i>January 11</i>	<i>Rocky Mountain Open at USAF Academy, with Minnesota, Nebraska, Oklahoma</i>	<i>Colorado Springs, CO</i>
<i>February 2</i>	<i>PAC-12 Invitational at Cal with Stanford & ASU</i>	<i>Berkeley, CA</i>
<i>February 7</i>	<i>at Minnesota</i>	<i>Maturi Pavilion, Minneapolis, MN</i>
<i>February 16</i>	<i>at Springfield College, with Temple</i>	<i>Springfield, MA</i>
<i>February 20-22</i>	<i>Winter Cup</i>	<i>Las Vegas, NV</i>
<i>February 29</i>	<i>at ASU with SoCal, University of Calgary</i>	<i>Chandler, AZ</i>
<i>March 14 or 15</i>	<i>Home Meet TBD</i>	<i>Seattle, WA</i>
<i>March 27-28</i>	<i>Collegiate Nationals</i>	<i>Tempe, AZ</i>

Please check online for updates: www.wmgf.us