

WMGF News

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March 4, 2022

Mid-Season Update

by Head Coach Jeff Crockett

Hello Husky Fans! I hope that you've been able to watch one of our two home meets that we've already hosted here in Seattle. If you didn't get the chance to see us yet, don't worry; the live streams are saved on our YouTube channel and Facebook feed, just search for "Washington Men's Gymnastics"!

Well, we are at the midpoint of our season, and the Dawgs are ranked 2nd in GymACT and 13th overall in the combined NCAA and GymACT rankings. Last year we finished 17th overall, so we are sitting four spots higher right now and we look to gain even more ground after our next competition in Arizona at the end of this month.

All this amazing news is despite the handful of injuries we've had to overcome the past few months. One of our star freshman, Julian Mui, has been nursing a partially torn ligament in his finger that is just now healed up enough to start putting his parallel bars and high bar routines back together. Senior Connor Pattison is now feeling 100% after a high ankle sprain just before the season hit, so look for him to get back to possibly competing for an all-around spot in the next month or so. Junior and Captain Brody Lusk has been nursing a partially-separated shoulder and is just starting to get back to putting routines together on his events, and Junior Adam Kerwin is back from missing the Washington Open due to COVID-19. These four athletes will add a lot of

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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.



Junior Luka Sisauri

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points to our difficulty score and really push us to the next level.

Our healthy younger Huskies have stepped up in a big way while these veterans heal up. Freshman Xander Agate has posted some huge scores on floor, parallel bars, and high bar. Freshman Bradley Stroud has hit some very clean high bar sets. Sophomore Andrew Layman is competing our hardest vault right now: a Kasamatsu with one and a half twists!

Right now, our most solid competitor has been senior, and Captain, Oscar Hemmert. Oscar has competed all-around in both the Washington Open and the Pac-12 Invite and is proving that he deserves that spot. His gymnastics is so fun to watch due to his clean lines and one-of-a-kind style that sets him apart from the rest of the pack! I think he will only get more consistent as the season progresses. He is even working on a few upgrades that he may be able to add before Nationals rolls around this May!

If you'd like to catch up on scores and rankings, visit:

roadtonationals.com

If you'd like to find the live stream of the Pac-12 Invite, visit our website: www.wmgf.us or our YouTube channel:

youtube.com/uwmensgymnastics

GO DAWGS!

Where Are They Now? An Update on Husky Alum **Craig Magaret**

by Mark Russo

In 2020 I had an assignment to get our old VHS team videos into a medium where they could be shared and seen by the internet generation. I contacted former Husky Craig Magaret to see if he could pull it off. No problem! In doing so I thought it would be interesting for the Husky family to hear about Craig and the research he now conducts about viruses, which is pretty important nowadays.

Just to introduce you all to Craig, I must relate one of my most memorable stories. Please keep in mind that it was the early 1990s, pre-9/11. During that time, the team had morning workouts as well as afternoon/evening workouts. I was a real tough, driven coach back then. I came into the gym to find a small box with blinking lights taped to the inside of my locker/box. My first thought was "Holy ----! Someone hates me so badly they put a bomb in my box!" Not quite knowing what to do next, I reached into the box and removed the device to notice a power chord connected to it. As I turned around to see who might have done this, there was Craig saying, "April fools!" I definitely was the fool that day as I did not even know it was April 1st! Kudos to Craig for having the guts to mess with me!

Today Craig works with representations of data from viruses, like COVID. Considering our current political environment, working in virus research takes some guts as well. Please enjoy getting to know a little about one of our family from the 1990s, Craig Magaret!

How did you hear about the team and what was your motivation to join?

I'll start with my motivation, since I'm a bit of an outlier from the rest of the team. I had only the most basic gymnastic training as a kid, maybe totaling an aggregate month of lessons from sports camps I did during summer vacations. I developed a stronger interest in gymnastics in the couple of years surrounding my transition between high school and college, as it seemed like such a pure and natural form of athletics, in terms of being judged by what one can accomplish with their body. I got into weight training as an undergraduate, which was fine and effective, but gymnastics seemed so much more fun than repeatedly displacing slabs of iron in a vertical direction, so when I discovered that the IMA offered recreational gymnastics classes, I signed up and took them for a full academic year. This was my first practical introduction to gymnastics, and it was also how I got introduced to the team, as Mark Oliver (and I believe Jeremy DePalma) were among the assistant trainers. After the classes wound down, my appetite had been whetted for more, and I was encouraged to stop in.

When you did join, what was your impression of the team?

I first stepped into the gym in the fall of 1992. This was the start of my fifth year of college, and note that it took me a full seven years to get my three Bachelor's degrees (graduated in 1995, B.S. zoology and statistics, B.A. anthropology), so this allowed me three full years with the team.

My initial impression was that they were very driven, serious and focused, and possessing skills that were way out of my grasp. I was definitely a fish out of water in those early days, and I felt that my top responsibility was staying out of the way of everyone else. But they were still welcoming and encouraging. I didn't feel ostracized in any way, or made to feel that I didn't belong. They also made sure that I never had any unrealistic expectations, but at the same time they fully accommodated my status as a determined neophyte and let me carve my own way.

Tell us a story that you feel will give the readers an idea of how the team was back then.

No single story comes to mind. When I think back to that time, my memory goes straight to the dynamics between everyone on the team, whether it was within the gym (such as how the team rallied behind Mike Williams's successful attempt to be the first American to perform the triple back on floor), or outside of the gym (making the team videos, or making a trip to go jump off of the I-90 floating bridge).

One of my fondest memories of that time was at 1994 Collegiate Nationals in Denton/Dallas, Texas, when all went to Medieval Times for dinner. We were all seated in a single group, and during the main show, we got into the spirit of the event -- by being loud and banging our cups on the table as a form of applause -- only to get castigated by the server for having too good of a time.

Did you look up to someone on the team and what were your goals as a gymnast?

I looked up to practically everyone, really. Everyone provided an excellent example of how to be a dedicated athlete and how to function as a team. Looking back, I respect some of my former teammates for their leadership contributions (namely Mike Williams, Mark Oliver and Mark Curtis (who was briefly the assistant coach)), and others who I had closer friendships with (such as Daniel Luna, Dane Boysen and Mark Hager).

My goals as a gymnast were quite modest. I wanted a fun way to keep in shape while developing new skills and abilities. The camaraderie and being part of the

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Where Are They Now?

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team was a great and unexpected bonus, and it's what has lasted with me most to this day.

Tell us about your current family and how that came to be; how did you meet your wife?

I have been married to Amalia since 2006, and we have a 13-year-old son named Max. They are my home base.

Amalia and I met in 2001 while researching sexually transmitted infections. Which is to say, we met at work. She was doing her biostatistics postdoc at Fred Hutch when we met, just before getting hired by the UW's Virology division. She has since migrated into the field of pediatrics, and now works with a research group at Children's Hospital, studying ways to prolong the lives of people with cystic fibrosis.

What do you do for work now and what is interesting to you about it?

My day job is with the Fred Hutchinson Cancer Research Center, where I lead a small bioinformatics team in the field of vaccine and infectious disease research. My work involves pathogen genomics, and I spend a lot of time analyzing the genetic sequences of gnarly microbes that you should do your best to avoid. I've been involved with this work since 1998; the majority of it has been with HIV, but I've dabbled with other pathogens from time to time.

As part of the HIV Vaccine Trials Network, which is the largest vaccine clinical trials network in the world, we were enlisted early to get involved with the push to create a COVID-19 vaccine, and became the operational arm of Operation Warp Speed (under the name of the Coronavirus Prevention Network). My own personal contributions pertain to (among other things) variant surveillance, assessing how well the vaccines work against different variants, looking for previously unknown mutations that affect vaccine efficacy, and using viral genomes to identify possible transmission events between people.

In addition to my day job, I am also involved with a side project, doing work for a startup biotech company, Prevencio, Inc. The company identifies biomarkers pertaining to cardiac health and we develop diagnostic/prognostic tests for various cardiovascular conditions. My first patent for one of these tests was issued earlier this year, which was a geeky thrill.

What do I find interesting about my job, you ask? I love intellectual challenges, and I love being able to do something that has public relevance, especially in the health domain. I'm also a numbers/data nerd, which makes this field especially right up my alley. This was the kind of work that I dreamed about doing back when I was an undergraduate, but the field itself hadn't been in-

vented yet. I had to wait out a few years and do a lot of searching before finding this opportunity, but today this kind of work has become more ubiquitous.

The new COVID developments have definitely been interesting as well, but interesting in the same way that putting out a fire in my basement is interesting.

How do you feel your time on the team has impacted your life?

The impact of my time with the team was definitely positive. First, just being a part of this group of determined people who were working together on this mission, of both performing at their athletic best, and putting in the effort required to sustain the team's existence. Evening enduro workouts, setting up equipment for women's meets, ushering Husky football games ... everyone did it with a sense of duty and without (serious) complaint. It was a great example to learn from and be a part of.

I've also retained the importance of fitness and especially flexibility. I do what I can to keep fit, and I've maintained a stretching regimen that is basically my warmup routine from when I was on the team, doing it several days per week.

What do you feel is a good role for alumni of the team in the current team's success?

This depends entirely on the alumni themselves, as people have different drives and resources. Personally, I'm in the situation where I have no substantial spare time, but my family has some spare income, so financial donations are a natural option for us. I also try to attend meets and the annual picnics when I can, to provide support in person. Other roles for alumni could be volunteering at team events or getting involved with the Foundation.

What is your hope for the team now and for the program in the future?

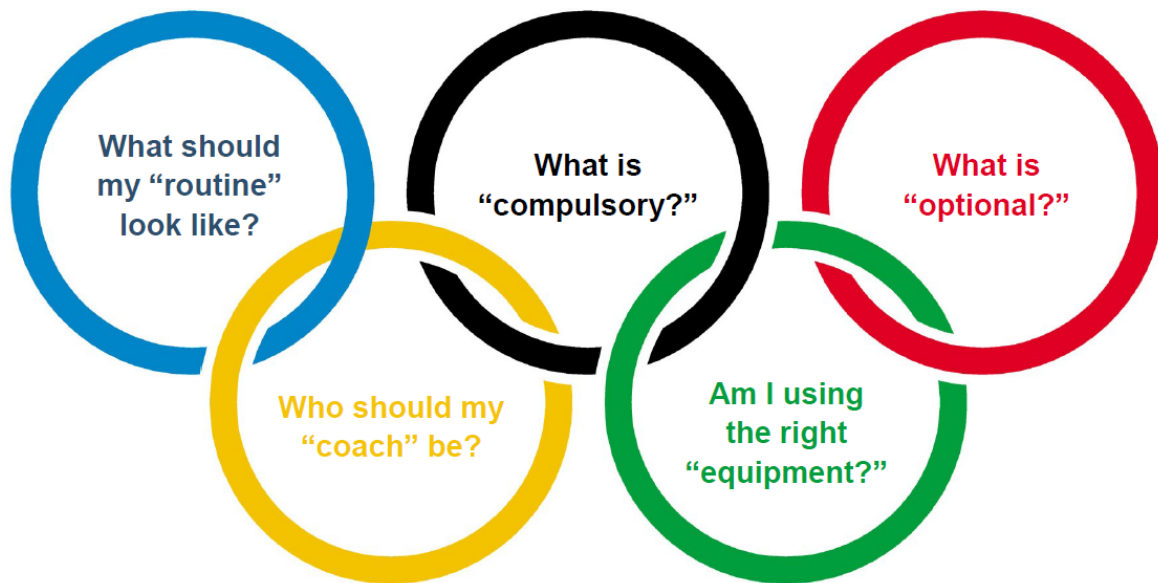
My primary hope for the team is that it can continue self-sufficiently, so that future gymnasts can have the experience of competing at the collegiate level. Even though I didn't compete myself, I found the experience of being on the team so enriching that I think it's a terrible shame that most universities limit such opportunities only to those students who have focused on a sport that is one of the Big Three. Additionally, if the team can obtain the resources to actually issue athletic scholarships, that would be a great attractor of talent, which would keep the team vital.





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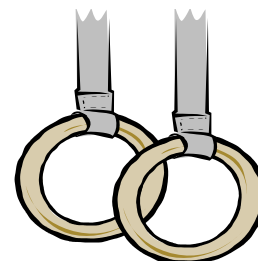
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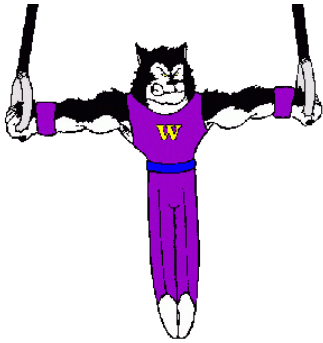
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Washington Men's Gymnastics

2021-2022 Meet Schedule

<i>Date</i>	<i>Competition</i>	<i>Location</i>
<i>December 18</i>	<i>Purple vs. Gold Intrasquad</i>	<i>Cascade Elite Gymnastics Mountlake Terrace, WA</i>
<i>January 8</i>	<i>Washington Open vs. Boise Eagles</i>	<i>Alaska Airlines Arena Seattle, WA</i>
<i>February 4</i>	<i>Pac-12 Open vs. ASU, Cal, Stanford</i>	<i>Alaska Airlines Arena Seattle, WA</i>
<i>February 26</i>	<i>Sun Devil Classic vs. ASU, Rocky Mountain Pride</i>	<i>Chandler, AZ</i>
<i>March 11</i>	<i>Co-ed Dual Home Meet vs. Iowa</i>	<i>Alaska Airlines Arena Seattle, WA</i>
<i>March 25-26</i>	<i>USA Gymnastics Collegiate Nationals</i>	<i>Annapolis, MD</i>
<i>April TBD</i>	<i>GymACT West Conference Championship</i>	<i>Virtual</i>
<i>May 14</i>	<i>GymACT Nationals</i>	<i>Mesa, AZ</i>

Home meets in bold. Please check online for updates: www.wmgf.us