

# WMGF News

www.wmgf.us

December 9, 2022

## Season Preview

by Head Coach Jeff Crockett

Hello Dawg fans! Another season is upon us, and this year's team is already in full swing preparing for an exciting year. We have nine new freshmen, all talented individuals with a strong work ethic and great personalities that will only add to our amazing team culture and competitive spirit. We will be traveling to California, Arizona, Texas, and Oklahoma for our away meets this year, as well as participating in the second annual GymACT All Stars Competition that will be held in Memphis, TN. This year will also mark my last year as the Head Coach of this amazing team, but I won't go on about that now, I want to give you all an idea of what this year has in store!

Our nine new freshmen are as follows; **Cole Dollens** is from Acton, CA, his favorite events are floor, vault, and high bar. **Drake Miesel** is from Lake Stevens, WA, and has some unique skills on p-bars, rings, and high bar that might contribute to the team score this year. **Drew Allen** is from Seattle, WA, and is working hard to build his rings strength to be our strongest ring man on the team. **Elyas Sharp** is from Queen Creek, AZ, and will most likely showcase his ability to stick landings this year on floor and vault. **Connor Folmar** comes to us from Livermore, CA, and is already showing promise on his best event, p-bars. **Everett O'Donnell** is from Olympia, WA. He has a solid base on all the events, giving him a chance at becoming one of our

### 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.



Coaches Jeff Crockett and Bob Young

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strongest all-arounders in the next couple of years. **Nathan Vezina** grew up in Bend, OR, and his beautiful lines and solid basics will come in handy as he builds his difficulty throughout the next year. We may end up seeing him compete on one or two events this year. **Riley Line-man** comes all the way from Shrewsbury, MA. He's got some very big gymnastics that may show up on the competition floor this year, especially on high bar. **Zack Murray** is from Washougal, WA, and is looking to compete this year on as many events as possible. Zack also looks to become another all-around contender for the Dawgs within the next year or two.

This team will have some stand-out routines this year with some very difficult and unique skills. However, it is difficult to predict who will certainly be making the lineup for each event as we have so many who could put up some great routines.

This year, the GymACT division has made some adjustments to the rules to make competitions more competitive and exciting to watch. This year, every stuck dismount will receive a bonus based on how difficult the dismount is. So, if an athlete does a 'C' level dismount and sticks it, he will receive 0.2 in bonus added to his final score, and if he were to stick a 'D' level dismount, it would be worth 0.3 bonus (and so on and so forth). This will put a huge emphasis on the dismount landing and

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## Season Preview

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will be that much more exciting when someone nails their landing. Gymnasts will also be rewarded with a 0.5 one-time bonus on the rings for doing the difficult strength moves, like the iron cross, maltese, inverted cross, etc. This is to encourage these athletes to show off the most iconic skills that men's gymnastics has to offer.

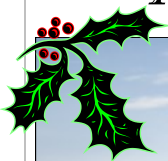
With this new team and new rules, I am very excited to see how our Huskies will perform this year. They have all been working so hard in the gym and out. This year is also shaping up to be the biggest fundraising year we've

ever had. I am already so proud of this team and their incredible attitude toward the amount of work they are required to do just to be able to do the thing they love the most. We really do appreciate EVERYTHING you, our fans, do for us. Whether it be money or time donated, your participation or attendance in the competitions we host, or even just following us on social media. We wouldn't be able to do what we do without our fans! So, thank you!

Go DAWGS!!!



## *Happy Holidays from Your 2022-2023 Huskies!*



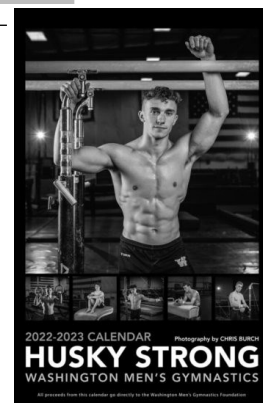
*Back row: Nate Vezina, Oscar Coromina-Pujol, Bradley Stroud, Sebastian Barquero, Drew Allen, Xander Agate, Parker Calomiris, Zack Murray, Brody Lusk, Julian Mui, Andrew Layman, Asst. Coach Bob Young  
Front row: Galen Henriquez, Connor Folmar, Drake Miesel, Riley Lineman, Everett O'Donnell, Murun Jamiyankhuu, Trevor Ruggeri, Cole Dollens, Elyas Sharp, Carter Hawthorne, Riley Sutton, Head Coach Jeff Crockett*

Our *first ever* **HUSKY STRONG** two-year calendar (2022-2023) is *still available!*

All proceeds go directly to the team!

This calendar highlights each of our 2021-2022 Washington Men's Gymnastics Team athletes, showcasing their character and strength, brought to print by the talent of CHRIS BURCH photography.

***Purchase now from our website: [www.wmgf.us](http://www.wmgf.us)***



## Meet a Board Member: WMGF Secretary **Peter Sawyer**

by Mark Russo

*Long ago in a galaxy far, far away I met a young Jedi named Peter Sawyer. Peter loved gymnastics and as a member of the age group program I was coaching, he would challenge himself to learn the ways of the Force he so admired watching in the elite level gymnasts. Peter's true Jedi ability has been his near-30-year commitment to Washington Men's Gymnastics! Today I interviewed him as one of the original WMGF Board members. Thank you Peter for the unbelievable gift of your time, hard work, and your ideas!*

***Please tell us when you first knew that gymnastics was something you wanted to do.***

I lived at McMahon Hall my second year at the University of Washington, and read a flyer posted next to the elevator about gymnastics through Washington Gymnastics Academy, down at Hec-Ed. I called to ask if I was too old at 20, and they said, "No, come on down!" I did, and I was hooked. Those guys made everything look so cool, and I immediately started practicing my handstands *all the time*.



Peter and Linda Sawyer

***What other roles have you filled with the Foundation? Has there been one of these roles that stands out as your favorite?***

I help run the scoring system as a fund-raiser for the team, I built a basic contacts database and a meet registration system, that eventually was supplanted by US-AG's system. I convert our mail-out newsletters content to digital form, and I take minutes for our monthly meetings.

I really enjoyed offering the meet registration system and also working the scoring system. It can mean a lot of hours, but sitting at the scoring table, I get to watch gymnastics and get a behind-the-scenes view. For the Oregon meets especially, I enjoy the chance to catch up with my gymnastics friends on the drive down. Plus, I've gotten to know a lot of great people at those meets over the years, and it feels like what I do matters.

***What do you feel are a few highlights that the WMGF has attained?***

Probably the most significant is that we can afford to pay a coach. Mark spent years getting paid nothing or close to it, so it's great that our program has grown strong enough to pay since a coach is essential. It's great having such a large team nowadays as well, and the guys are all so skilled. I'm also impressed by the dedication I see within the Board – we have people who believe in the value of our program at least as much as its founders.

***What do you hope for the future of WMGF?***

It remains my hope that one day we will own our own space, running our own programs that train and inspire people who love gymnastics. As someone who started late, I imagine a program that teaches not just kids, but also adults. In that imagined future, I'd love to see our program extended to include closely-related arts. But most importantly, I hope the roles we've created are firm enough that they can be handed off to each new generation. I want admirable people to come out of our program, and for us to be a model for building them.

***When all is said and done and you are no longer a Board member, what will you take away from your experience?***

A few things come to mind:

- It takes surprisingly few people to make things happen.
- The world needs rule breakers and rule followers, but finding the right balance is not always easy.
- Volunteer-based work is distinct from the normal work world. People do it for reasons beyond money, and it's fascinating how much variety there is in peoples' reasons for helping. **W**

## Meet the Freshmen

by Perry Lightfoot

**Nathan Vezina**

UW  
Business

**Zack Murray**

UW  
Mechanical Engineering

**Riley Lineman**

UW  
Engineering

**Drew Allen**

North Seattle College  
Biology

**Connor Folmar**

Shoreline Community College  
Music

**Everett O'Donnell**

Bellevue College  
Business

**Elyas Sharp**

Shoreline Community College  
Undecided

**Drake Miesel**

UW  
Biomedical Engineering

**Cole Dollens**

Shoreline Community College  
Forensic Psychology



### How long have you been doing gymnastics?

**Nathan** I started gymnastics when I was eight.

**Drew** I have been doing gymnastics for nine years. Starting at Seattle Gymnastics Academy, I transitioned to Cascade Elite Gymnastics where I eventually joined the UW team.

**Elyas** I have been in gymnastics for 16 years.

**Zack** About 15 years, I started really young as my sister did gymnastics and quickly got me into it.

**Connor** About 12 years, I started when I was six.

**Drake** I've been doing gymnastics for 12 years, and I started at CEG.

**Riley** 11 years.

**Everett** About 13 years.

**Cole** I have been doing the sport of gymnastics for five years.



### Why did you choose to come to the Washington Men's Gymnastics Team?

**Nathan** I chose to join the team because I really enjoy the coaching style and the camaraderie of the team.

**Drew** Since moving to the CEG boys team I'd been training amongst the UW team and understood and appreciated the culture behind it, making me want to become a member and contribute to the program.

**Elyas** I chose the Washington Men's Gymnastics team for a fresh start.

**Zack** A lot of reasons, one of which was because I really liked Jeff and Bob as coaches. Second, I really liked the team when I visited last year, and just liked the atmosphere and felt like I belonged.

**Connor** Because it was my dream ever since I started gymnastics.

**Drake** I grew up training with them at CEG; it already felt like my team by the time I graduated high school.

**Riley** Aside from the obvious benefit of being able to continue doing gymnastics on an exceptional collegiate

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## Meet the Freshmen

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team, there were many benefits that convinced me to join. The first and most influential was the team atmosphere. The camaraderie of the team is truly amazing, to the point where I already had a sense of belonging during my recruitment trip.

**Everett** I knew the coaches were great and one of my teammates from my old gym went to UW. The most influential reason was definitely my recruitment trip because I got to know the team a little better and that's when I decided I wanted to come here.

**Cole** Because of the instant feeling of family and belonging I felt when I was first introduced to the team. The team's culture and dynamic was nothing like I had ever witnessed before. I had never seen a team have so much reciprocated love for each other. After my visit I knew I had to be a part of this culture and history of Washington Men's Gymnastics.

### *What has been your favorite thing about the team so far?*

**Nathan** My favorite part of the team has been the overall support I've received in and outside of practice.

**Drew** The relationship with my teammates. We see each other almost every day, making us feel more like a family than anything else. All of us have similar goals and aspirations. So having our whole team supporting one another motivates us and keeps us hungry for our goals.

**Elyas** The culture and attitude that my new teammates and Coach have as a whole.

**Zack** Just the positive atmosphere we have, it makes gymnastics fun even when I'm struggling. And the environment is just great to be in, it has really made me enjoy my time so far with gymnastics in college.

**Connor** How close and comfortable we've all become around each other, the team spirit and energy, the support your teammates give you day in and day out. Everybody wants you to do your absolute best and we all want the best for one another and I love that.

**Drake** The connections. It gave me a house and family and character traits that I couldn't be more grateful for.

**Riley** The support in practice. When we do our release or stick challenge, and the entire team is screaming and cheering you on, you get this indescribable feeling. The adrenaline is pumping and you know you have to perform. I love that feeling.

**Everett** Definitely the team members. The energy and friendship isn't something you can get on just any team.

**Cole** The positivity in the gym. Every day I walk in I'm met with smiles and laughs. Every single person does their part to keep the environment fun and upbeat so we can all perform at the best of our abilities.

### *What would you like to accomplish in your time on the team?*

**Nathan** Maintain a high GPA in school while contributing to the team environment through increasing my difficulty and supporting my teammates.

**Drew** The development of life skills I can use after my gymnastics career. I've learned in my time on the team that there is a huge emphasis on creating and retaining life skills. So I'm excited to develop and apply what I have been taught to my professional career.

**Elyas** I would like to gain awesome skills in life, as well as gymnastics, and help the team defeat ASU.

**Zack** I would like eventually to do all-around as well as keep the positive atmosphere alive while I'm on the team. I also want to make it to Winter Cup at some point along with other higher-level meets.

**Connor** I would like to win parallel bars at a collegiate national championship competition.

**Drake** To make lifelong friends that I can count on, and who can count on me... so far so good!

**Riley** My primary goal is to contribute to the team as much as possible, both in the gym and out. What I mean by this is that in addition to the success of the team at competitions, I would also like to contribute to the development of the program through marketing, promotion, sponsorship, and leadership.

**Everett** To use the experience to push myself to work hard and learn from it, and more importantly, to have fun.

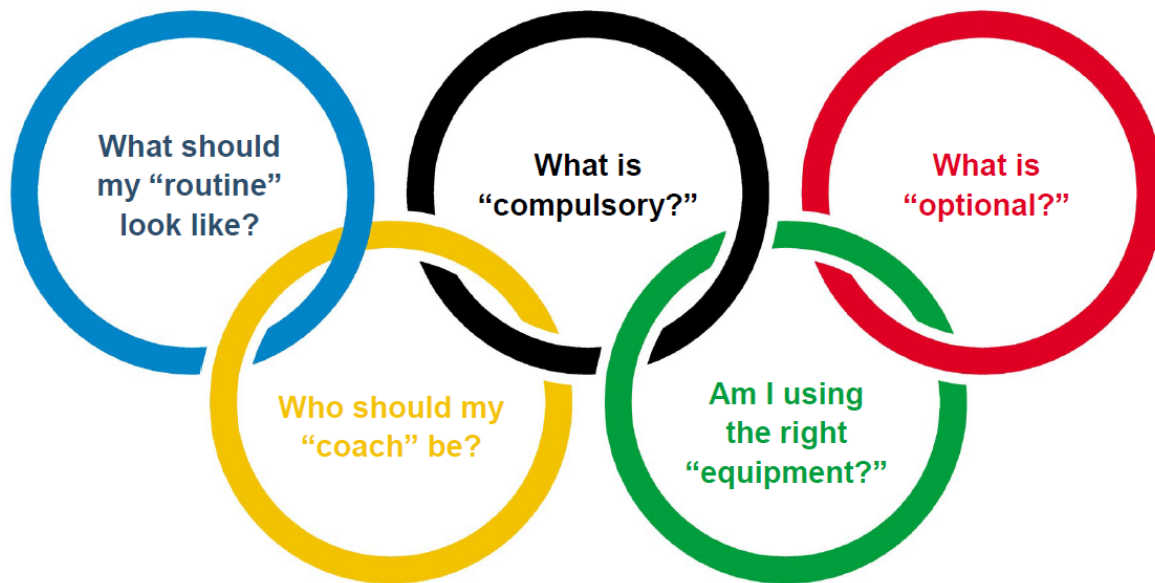
**Cole** To contribute the best I can in line-ups on floor, vault, and high bar. My biggest goal non-gymnastics-

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**Mark K. Oliver**  
President & Founder - Senior Wealth Advisor  
Former UW Men’s Gymnastics Team Captain

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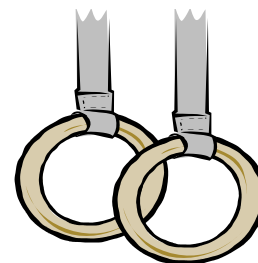
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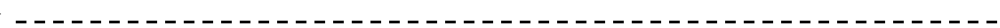
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## Meet the Freshmen

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wise would be to spread as much love and kindness to my teammates and coaches as I can, and keep the good culture we have throughout my years on the team.

### ***What's one interesting thing about you that not many people may necessarily know?***

**Nathan** I played piano for 10 years.

**Drew** That gymnastics has shown me that I am truly passionate about health and rehabilitation. Thanks to gymnastics I've been in a lot of physical therapy sessions in my lifetime, which has shown me how interested I am in the rehabilitation process, so I am striving to become a physical therapist.

**Elyas** A fun fact about me is that I trained at our team's rival gym for most of my life.

**Zack** I want to eventually work with prosthetics including designing and building them, which is why I went into engineering. This has sort of been my dream along with doing gymnastics in college.

**Connor** I am a hippie.

**Drake** Something people may not know about me is that I'm an avid outdoorsman, and sometimes I'll take impromptu hiatuses to go skiing or camping or hiking, or something else outside.

**Riley** I was almost named Dash. Dash Lineman would have been a killer name. I'm still kind of salty about it, if I'm being honest.

**Everett** I have no ACL in my left knee.

**Cole** I love to surf. I'm originally from Southern California, so going to the beach and surfing with friends back home was a common activity. Surfing was my favorite activity outside of gymnastics, because there is truly no better feeling than standing up on your board and riding a wave as long as you can. **W**

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December 9, 2022

## Washington Men's Gymnastics 2022-2023 Meet Schedule

<i>Date</i>	<i>Competition</i>	<i>Location</i>
<i>December 17</i>	<i>Purple vs. Gold Intrasquad</i>	<i>Cascade Elite Gymnastics Mountlake Terrace, WA</i>
<i>January 7</i>	<i>Washington Open</i>	<i>Alaska Airlines Arena Seattle, WA</i>
<i>February 4</i>	<i>SC United Invite vs. SC United</i>	<i>Fountain Valley, CA</i>
<i>February 25</i>	<i>Rob Survick Invitational vs. ASU, Texas, SC United, Minnesota, &amp; Rocky Mountain</i>	<i>Chandler, AZ</i>
<i>March 18</i>	<i>Virtual Meet vs. TBD</i>	<i>Virtual</i>
<i>March 31</i>	<i>GymACT All-Star Meet</i>	<i>Memphis, TN</i>
<i>April 29</i>	<i>GymACT West Conference Championship</i>	<i>Galveston, TX</i>
<i>May 13</i>	<i>GymACT Nationals vs. top 12 GymACT teams</i>	<i>TBD</i>

*Home meets in bold. Please check online for updates: [www.wmgf.us](http://www.wmgf.us)*