

WMGF News

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March 10, 2023

Mid-Season Update

by Head Coach Jeff Crockett

Hello Dawg fans! We are now midway through the season and there is a lot to catch up on, so let me bring you up to speed.

The Huskies have competed in three competitions so far: the Washington Open, the SC United Invitational, and the SW Cup. The team has shown significant improvement in their hit percentage each time out and has managed to move up to a 2nd place position in the overall GymACT standings from last season, where the Dawgs finished 3rd at the GymACT Nationals and 3rd in the overall standings behind Arizona State and Iowa.

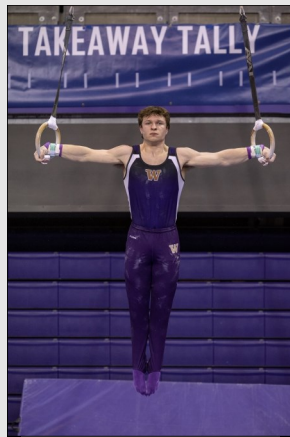
The Washington Open was held on the main arena floor this year, which is not typical. The atmosphere and crowd size made the competition a lot of fun. However, as with any first time out for such a young team, it was a little rocky in terms of the number of hit routines we had. We were well under our team goal of 25 hit routines out of 30, but this didn't bring the team down. Instead, it made them work harder and want it more. The team scored 301.2.

The team had four weeks to prepare for their next meet down in Fountain Valley, California at the SC United Invitational on February 3rd. The Dawgs went up against SC United, Rocky Mountain Mavericks, and Arizona State. Their performance was much improved and even though they didn't reach their hit percentage goal, they got closer, hitting 23 total rou-

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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.

Photo credit: Chris Burch



Xander Agate at WA Open

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tines and walking away with a 1st place team finish. Senior Captain **Brody Lusk** won the floor exercise with a score of 13.15, and freshman **Zack Murray** won rings with a score of 13.5. The dawgs scored 308.9, their highest team score since GymACT changed to the five-up-four-count team score format last year.

At this point in the season, most teams have to deal with some minor injuries. The Dawgs, however, are dealing with quite a few minor and a couple of more major injuries that take out some of our best routines on nearly every event. This has not affected the team's energy and focus. In fact, it has only made them more focused than ever. The guys that are able have stepped up in huge ways the past few weeks to prepare them for their biggest competition of the season so far.

On Saturday, February 25th, the Huskies faced the 1st ranked Arizona State, 3rd ranked Minnesota, 7th ranked SC United, 10th ranked Texas Armadillos, and 11th ranked Nor-Cal United. The team accomplished their team goal of hitting 25 routines! Junior Captain **Andrew Layman** scored career highs on the floor with a 13.9 and on vault with a 14.7. Sophomore **Bradley Stroud** placed 2nd on pommel horse with a score of 12.6, and senior **Julian Mui Feng** scored his career high on high bar with a 13.4! The team finished 2nd place behind Arizona State with a score of 307.6.

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Mid-Season Update

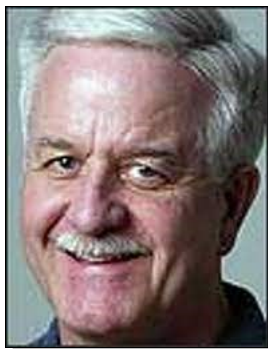
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This incredible team never ceases to amaze me. They are handling one of the most difficult and injury-ridden seasons with determination and focus that any coach would hope for. They are now preparing for their next competition, which will be a virtual meet against the Rocky Mountain Mavericks on March 25th at 3:00pm PST. They will be performing their routines at Cascade

Elite Gymnastics in Mountlake Terrace, Washington. It is free to come watch, and all are welcome, so come support the Dawgs! Be sure to check our social media and website for more information on the rest of the season's schedule.

On behalf of the team members, THANK YOU! Your support means so much to us and we could not do what we do without you. GO DAWGS!!!

In Memoriam: Remembering UW Alum **Ron Young**



Ronald "Ron" Young, a devoted husband, father, coach, and veteran, passed away on October 22, 2022, at the age of 74. He was born on January 26, 1948, in Bremerton, WA, and raised in nearby West Seattle. Ron was a man of many talents and passions, from gymnastics to cars, and he dedicated his life to pursuing them all with unrelenting precision and dedication.

Ron graduated from West Seattle High School in 1966 and enrolled in the University of Washington for a year. During his time at UW, he joined the gymnastics team and excelled as an athlete. However, in 1968, he felt a sense of duty and enlisted in the Navy, where he served in Naval Air during the Vietnam War. Ron spent eight years of active duty, serving on aircraft carriers and based at Naval Air Station Lemoore, CA. He then returned home to West Seattle, reenrolled at UW, and continued training with the gymnastics team.

After graduating from UW, Ron married and had two daughters. He worked at Boeing for over 30 years and developed an expertise in the aerospace industry. However, his passion for gymnastics never faded. Upon rekindling his friendship with Caroline Pingatore Holmes, a former gymnast from their pre-college days, he was inspired to get involved in coaching. He coached the girls' gymnastics team at West Seattle High School and led them to win the Metro League Championships in 2006. Ron's dedication to coaching extended to the Navy Reserve, where he served in Patrol Squadron VP-69 as a flight crew technician. He played an integral part in the

squadron, flying in P-3 Orion aircraft on anti-submarine patrol.

At the end of his career, Ron served as a liaison with Boeing on the P-8 Poseidon program, replacing the P-3s. He retired as Senior Chief from the Navy and continued to pursue his passion for muscle cars. Ron's love for cars began in the late '60s when he built his first car from a 1959 Chevy. He sold it when he joined the Navy but sustained his passion while stationed in California, partnering with a friend to build race cars. They were immaculate, and Ron's '67 Corvette Stingray with a 454 engine and custom-designed front end was a standout.

Ron's legacy will live on through his daughters, family, and friends. He had an eye for detail, and everything he did had to be perfect, or he wouldn't do it at all. Ron's dedication to his passions and his meticulousness in pursuing them were admirable, and he will be missed by all who knew him.



Ron Coaching the West Seattle HS Team

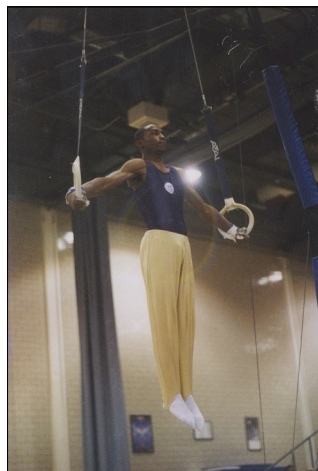
Where Are They Now: An Update on Husky Alum Lance Bowie

by Mark Russo

I recently caught up with Lance Bowie (1997-2002) and asked him about 'where he is now.' I wanted to do a story on Lance after having the opportunity to see him and his awesome family in the summer of 2021 at a re-union of the team from his era. Lance is a great example of the type of person our program aspires to help during their college years. He gave everything to the program while he was on the team: looking out for the guys during social events, leading the team as captain, and training hard to become the best gymnast he could be. I was always impressed with his welcoming smile and how he could make a good friend from a complete stranger in five minutes! Lance continues to make a positive and dedicated difference, whether on the job, coaching kids, or with his family. I feel so proud that our program involves such quality people like Lance. I feel extremely lucky that he chose to be a Husky gymnast, and I am thankful to call him a good, good friend!

P.S. Check out the gymnastics star of this commercial! <https://youtu.be/2YOR3S0VOYO>

I now live in Franklin, Tennessee with my wife Emily and our three kids. Kylie is 12, Zoey is 9, and Ayden is 6. I was born and raised in Anchorage, Alaska so I grew up as a Region 2 kid watching the Washington Men's Gymnastics Team. I learned that not only were they a good program, but they did a lot more than just gymnastics. It was known that these guys worked hard for everything they had and still performed at the highest levels of the sport. As I got older, I decided that gymnastics was truly the sport I loved and that I wanted to work hard to try and make a college team. As a 16-year-old kid, I wanted to press the easy button. I started looking at colleges as a junior in high school and was offered a spot on the team at San Jose State University. Later that year I found out they were ending their gymnastics program, so I started once again looking to see what schools I would be able to attend and actually further my gymnastics career. I met with a few other schools, but none of them felt like home. Growing up in Region 2, I had been to many gymnastics camps with coach Russo. Mark offered me the opportunity to join the team and compete at the next level. But he also told me, "You're going to have to put in the work." I took that as a challenge and wanted to show him I was up for



Competing at Air Force

it. While at UW I received a degree in Geographic Information Systems. I am now the GIS Director for Williamson County Government in Franklin, TN. I work with all government initiatives and have a major focus on public safety. I also help coach and recruit for the Vanderbilt Spirit Program, where I've been involved for 13 seasons. Being in a gym never leaves you and I enjoy helping young athletes achieve their goals.

There are so many funny stories from my time with the UW team... from practice and meets, to traveling or just hanging out. I mean how can you not have fun driving 13+ hours in a van with Mark, Ryan Welborn, and Jeff Johnson. Or getting routed through San Francisco learning our flight had been canceled and was now leaving the next morning. Which was just great since the competition started at like 12 and we landed at 11. So needless to say, we landed and ran off the plane, got dressed in the van, and completely missed warm-ups... but still all had a pretty good meet!

I have now been away from the team for a while and have followed what they have been up to every season. I'm proud of the way the program is today. I personally thank Mark Russo for helping develop me as a young man. That's what this program is based on. It develops good people. Coach Jeff Crockett was a teammate of mine and I consider him my brother. I'm very proud of the direction he has taken the program. I have been and always will be grateful to all involved with this program. If I could change anything, I would change the level of my involvement since I've left. I've always supported but need to be and will be more involved. I was honored to be asked to join this team as a kid. I was honored to be asked, and to serve as captain for a few years as well. I am proud to say I'm an alumnus of the Washington Men's Gymnastics program. The guys I trained with are my brothers, and we all stay in



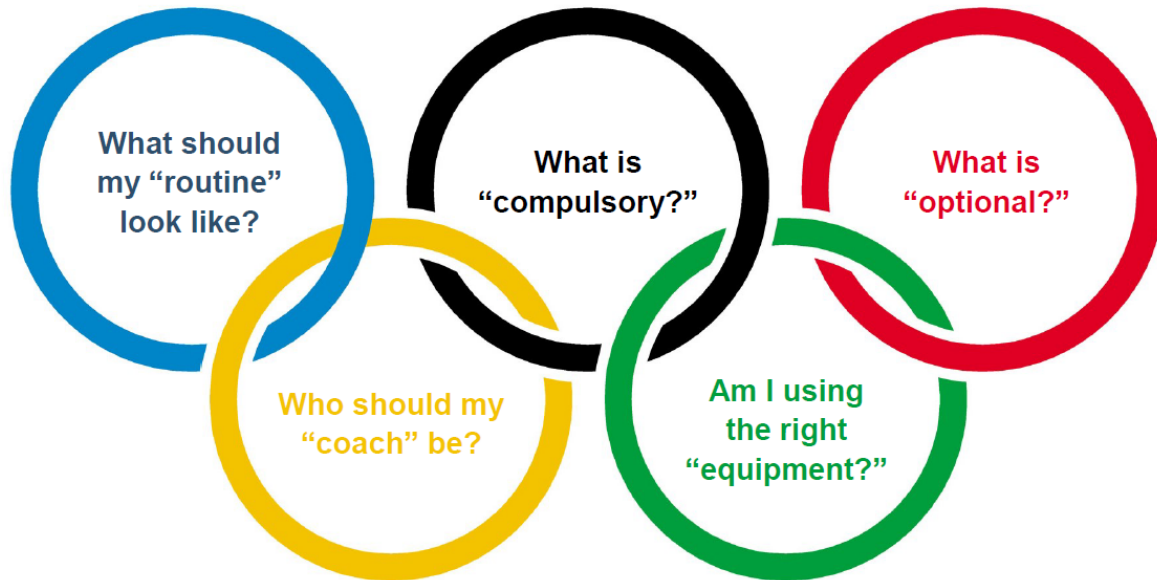
Lance and family

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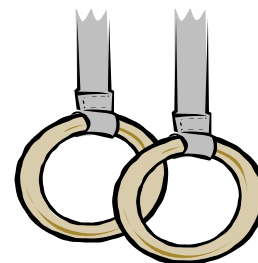
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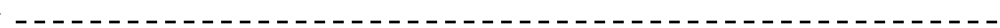
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Where Are They Now: Lance Bowie

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touch. We even all got together a few summers ago to celebrate the life of our late teammate Chris Peterson.

If I were to give any advice to the current team members, it would be to enjoy all of it: the practices, equipment moves, ushering, competitions, etc. It's hard at times, but if it was easy everyone would be doing it, and it truly is worth it in the end. Being a part of this program makes all of you a part of my family and I'm more than willing to help you if I can.

To anyone involved with Washington Men's Gymnastics, please do not hesitate to reach out. **W**

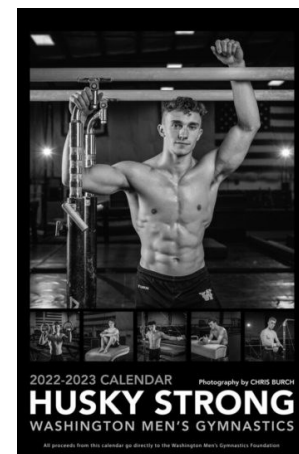


Our *first ever* **HUSKY STRONG** two-year calendar (2022-2023) is *still available!*

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



WMGF
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March 10, 2023

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, & Rocky Mountain Pride</i>	<i>Chandler, AZ</i>
<i>March 25</i>	<i>Virtual Meet vs. Rocky Mountain Mavericks</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