

WMGF News

www.wmgf.us

December 8, 2023

Season Preview

by Head Coach Eli Richardson

Hello Dawg fans! We are extremely close to the start of our season and the Washington Men's Gymnastics Team could not be more excited. We will be traveling to Illinois, Minnesota, Arizona twice, New Mexico, and Florida for our away meets this year. In Illinois, we will be showing our skills alongside some NCAA teams in Chicago at the Windy City Invite. The rest of our competitions will be in the GymACT conference which continues to grow, adding one new team this season. We will also have two home competitions this season. The annual Washington Open on January 6th and a dual-meet vs. ASU on March 3rd. The dual meet will be held in conjunction with our UW Women's Gymnastics Team which should prove to be exciting and fun for both athletes and spectators. If you are able to attend any of our home or away competitions, we would greatly appreciate your support.

This year is my first year as Head Coach of this amazing team. I am beyond thrilled and extremely honored to help lead this team! I have a human-first coaching philosophy and my main goal is to help each athlete individually become the best versions of themselves and reach their full potential both in and out of the gym. Our assistant coach **Bob Young** is keeping his role; I look forward to working with him and also learning from his experience and expertise. I already feel we work well together,

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.



Head Coach Eli Richardson

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E-mail: team@wmgf.us

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and we have developed training plans for the season that will help foster our team's development and help us reach our season goals.

Joining me in my inaugural year, we have four new freshmen that will each add their own specific contributions to our exceptional team culture and competitive spirit. Our four new athletes are: **Judah Hirschman** from Seattle, WA, his favorite event is pommel horse. **Jack Miller** is from Seattle, WA, and has some unique skills on p-bars, and floor exercise that might contribute to the team score this year. **Joshua Lutz** is also from Seattle, WA, and is working hard to build his skills on floor exercise to contribute to this team. **Adrián Facundo** from Elmira, OR, is expected to shine on floor and vault this season and is building his skills in the all-around.

Our Team Captains this year are **Bradley Stroud** (Junior), **Trevor Ruggeri** (Junior), and **Andrew Layman** (Senior). Each brings his own unique style of leadership to the gym, and all have already proven to go above and beyond for their team and to help our coaching staff lead this team.

We 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 summer and fall the guys have

(Continued on page 2)

Season Preview

(Continued from page 1)

been working hard to increase their difficulty and reduce their execution deductions. We have hit every team goal so far in practice, and are now fully in our competition cycle which means we are constantly cranking out routines trying to increase our hit percentages.

We have a lot of challenges and big competitions ahead of us, but we are excited to conquer these and strive to be the best versions of ourselves and reach our full potential as a team.



GO DAWGS!!!

Happy Holidays from Your 2023-2024 Huskies!

Photo credit: CHRIS BURCH photography



*Back row: Zachary Murray, Drew Allen, Galen Henriquez, Carter Hawthorne, Joshua Lutz, Xander Agate, Oscar Coromina Pujol, Bradley Stroud, Adrián Facundo.
Front row: Andrew Layman, Cole Dollens, Everett O'Donnell, Jack Miller, Murun Jamiyankhuu, Judah Hirschman, Trevor Ruggeri, Drake Miesel, Riley Lineman, Nate Vezina.*

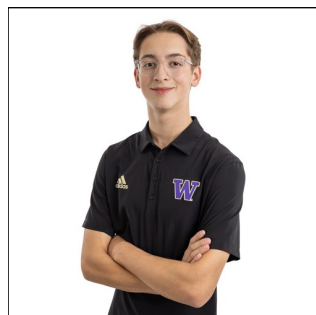
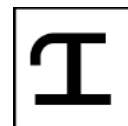
Meet the Freshmen

A big welcome to the newest additions to our Husky Gymnastics family!



Adrián Facundo

Hometown: Elmira, OR
Previous Gym: National Academy of Artistic Gymnastics
Favorite Event: Vault
Go-to Hype Song: "Did It On'em" by Nicki Minaj



Judah Hirschman

Hometown: Seattle, WA
Previous Gym: Cascade Elite Gymnastics
Favorite Event: Pommel Horse
Go-to Hype Song: "Sprinter" by Central Cee



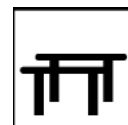
Joshua Lutz

Hometown: Seattle, WA
Previous Gym: Cascade Elite Gymnastics
Favorite Event: Floor
Go-to Hype Song: "Under the Sun" by J. Cole



Jack Miller

Hometown: Seattle, WA
Previous Gym: Cascade Elite Gymnastics
Favorite Event: Parallel Bars
Go-to Hype Song: "What goes around comes around" by Justin Timberlake



Where Are They Now: An Update on Husky Alum **Les Driscoll**

by Mark Russo

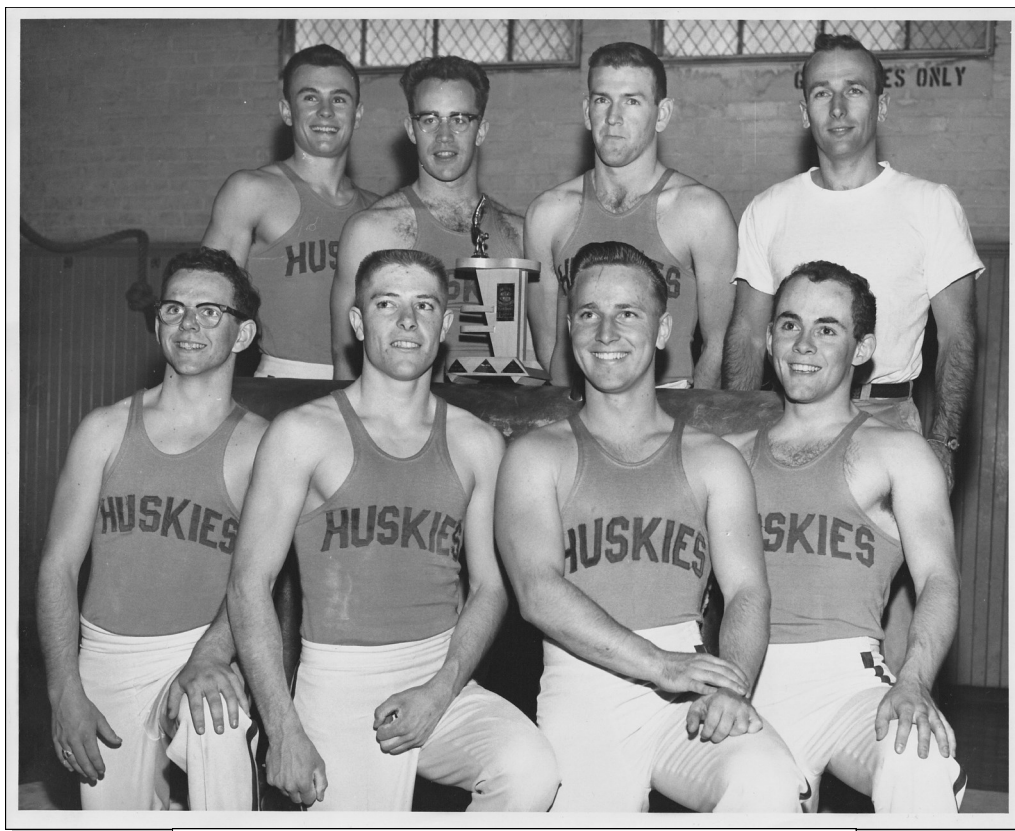
For all the years I was coaching the team and even now after my tenure, Les Driscoll has been a consistent donor and supporter. Les was one of Dr. Hughes' team members in the early days of the program and like many athletes back then, myself included, did many other sports before focusing on being a gymnast. It is a real pleasure and treat to go back to those early days of the program and see how it was. We get that from Les' story in his own words right here. Enjoy!!

I graduated from Ilwaco High School where I was the quarterback on the football team, played basketball, and was on the track team when we won the county championship. The high hurdles, low hurdles, and pole vault were my best events and I took first place in all three. I decided to attend the University of Washington and worked my way through school, as in those days there were hardly any scholarships.

In 1955 when I was on the UW track team my coach, Hec Edmundson, advised me to work out with the gymnasts in order to strengthen my upper body. I was a pole vaulter on the UW track team for five seasons. As a P.E.

major I was required to take a class in gymnastics and Dr. Eric Hughes was the instructor. He emphasized safety and was a very good coach. I joined the gymnastic team and participated in the events of the side horse, rope climb, and horizontal bar. Some of my teammates were Bill Crow, Charlie Denny, Jim Lang, and Pat McGunnigle. I remember very well the first time I did a giant swing on the horizontal bar, and also when I did a backflip on the trampoline after having risen up about ten feet in the air. In 1958, I was honored to be selected as the recipient of the Inspirational Award for the Men's Gymnastic Team.

When I was participating in gymnastics at the university a coach from West Seattle High School, Cale Campbell, used to watch the gymnastic practices and meets. Cale wanted me to teach and coach at West Seattle. I sent an application to the Seattle School District and they hired me to teach Physical Education. I was also the assistant track coach. A while later I became the head track coach. We had many wins. One of West Seattle's pole vaulters, Dennis Peacock, won the state champion-



Les and the 1958 Husky Gymnastics Team

Back row: Bill Crow, George Stratton, **Les Driscoll**, Coach Eric Hughes
Front row: Unknown, Charles Denny, Pat McGunnigle, Jim Lang

Where Are They Now: Les Driscoll

ship. Brian Sternberg took second place and a few years later went on to break the world pole vault record.

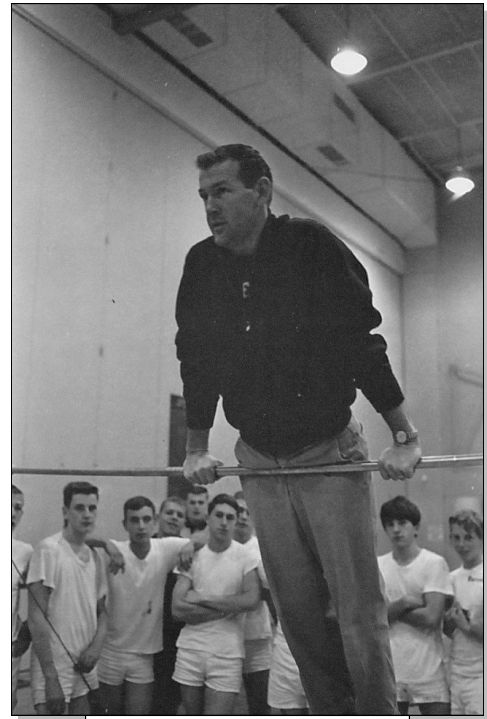
When Seattle Schools added gymnastics as a sport, I gave up coaching track so I could implement and develop the gymnastics program at West Seattle High School. We had strong gymnastics teams. Our team won the city championship most years. In 1972 we won the state championship. Scott Maxwell was a champion on the rings and Ron Starheim was state champion on the vault. Around 1974, Seattle Schools dropped the sport of men's gymnastics in order to comply with Title IX. That year the West Seattle women's gymnastics coach was transferred. The principal asked me to accept the position of women's gymnastic coach so that the sport would not be dropped. We had good teams and won many dual meets. One of the women gymnasts, Mona Heisterman, won second place in the state for the all-around.

I have been married to my wife, Ann, for sixty-three years. We have two sons, Daniel (a UW graduate) and Dennis. Sadly, our daughter Ava passed away a little over a year ago. She was also a UW graduate.

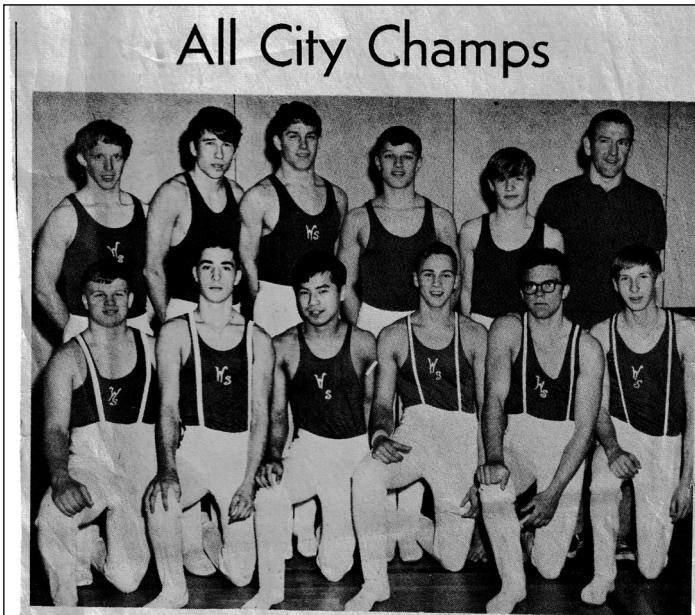
For many years our family spent the summers on Willapa Bay at Oysterville, Washington where we owned a small oyster business. Last year the business was sold. We now live in Ilwaco, Washington.



Les with Dr. Hughes in 2011



Coach Driscoll showing his West Seattle team how it's done!



West Seattle's champion gymnastic team won the All-City Gymnastics Meet on February 24. The team consists of (top row) Corky Russell, John Lager, Bruce Smith, Mark Harrison, Tom Watson, and Coach Les Dricoll. (Bottom row) Jim Young, Brad McElroy, Kenji Hattori, Gary Fox, Mark Weigelt, and Ed Yuskoff. — Barnes photo.

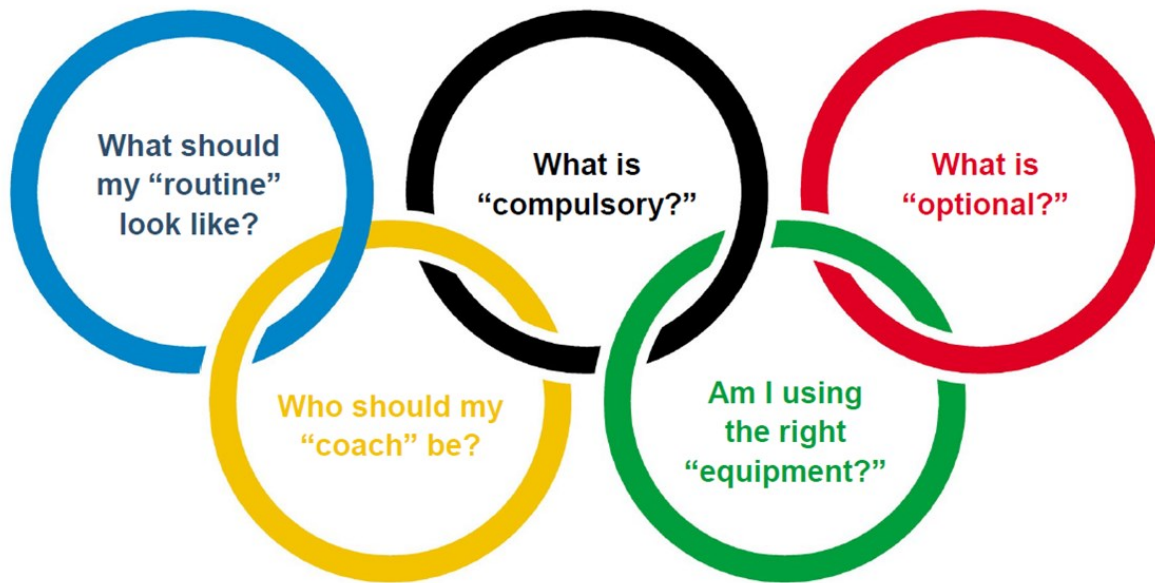
Les with one of his many champion teams. Note a couple other names from Washington gymnastics history: Jim Young and Gary Fox





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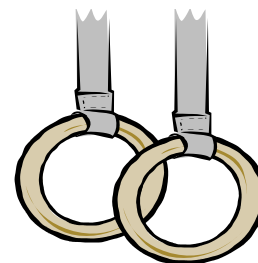
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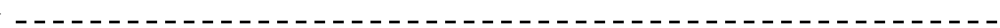
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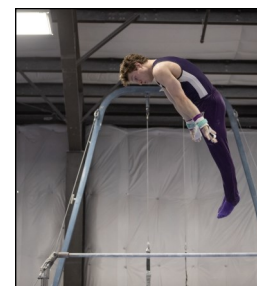
Scenes from last season



2023 Washington Open



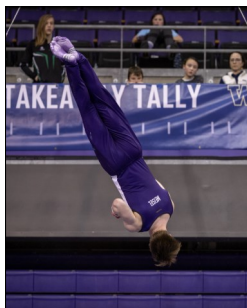
Andrew Layman



Xander Agate



Carter Hawthorne



Drake Miesel



End-of-Season Banquet at the WAC

WMGF
5529 27th Ave. NE
Seattle, WA 98105



In This Issue...

Season Preview, Where Are They Now, and more...

December 8, 2023

2024 SCHEDULE

*WASHINGTON OPEN... PURPLE AND GOLD MEET	JAN. 6TH - 7:00PM MARV HARSHMAN COURT
WINDY CITY INVITATIONAL... VS. ILLINOIS, MICHIGAN, UIC	JAN. 13TH - 5:00PM CHICAGO, IL.
ICEBURG OPEN... VS. MINNESOTA, IOWA	FEB. 3RD - 5:00PM SHAKOPEE, MN
SUN DEVIL CLASSIC... VS. ASU, MINNESOTA, SCU, ROCKY MOUNTAIN, IOWA	FEB. 24TH - 6:00PM CHANDLER, AZ.
 WINTER CUP... -INDIVIDUAL QUALIFICATION-	FEB. 23-25 LOUISVILLE, KY
*ARIZONA STATE... WITH UW WOMENS GYMNASTICS	MAR. 3RD - 12:00PM ALASKA AIRLINES ARENA
 GYMACT ALL-STARS... 2024 NAIGC NATIONAL CHAMPIONSHIP	APR. 10-13 ALBUQUERQUE, NM
 GYMACT WESTERNS...	APR. 27TH CHANDLER, AZ.
 GYMACT NATIONALS...	MAY 11TH - 3:00 PM OCEAN ARENA - DAYTONA BEACH, FL.

*HOME MEET
ALL TIMES LISTED ARE PACIFIC.