

# ◊ WMGF News ◊

huskies.w3site.com

May 9, 2000

## Season Review

by Mark Russo

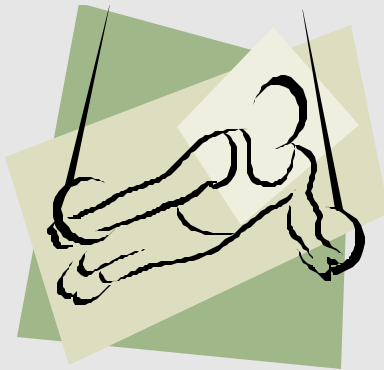
The second half of our season led us to invitational meets in Provo, Utah, and Santa Barbara, California, culminating with the National Championships in Tempe, Arizona. Each meet had a different twist to it, and the Huskies saved their best performance for last to do very well at Nationals.

This year's team had six competitive members with two freshmen training but not competing. That left us very thin...as thin as thin gets actually. On pommel horse we could only field four competitors. When four scores per event count toward our team score, no errors can be made – and on pommels, that is a tall order. Through the season, this proved to be our major weakness. Though we practiced this event more than any other, the nerves of competition tightened us up and we fell. There were, however, many outstanding individual event and all-around performances. More on these later.

On March 4<sup>th</sup>, the Huskies made a road trip down to Provo, Utah, to compete against Temple and Brigham Young Universities in BYU's last home meet ever; the BYU athletic department is discontinuing funding of their strong men's gymnastics program. BYU packs in their fans and put on the best-run college meet I've ever experienced. The 3000 fans were loud and appreciative of all the gymnastics they witnessed, not just BYU's. Intermission time was filled with high-energy music, prize giveaways, and alumni recognition. The competition moved briskly with BYU dominating both Temple and UW. The Huskies had excellent performances by Ryan Welborn on

## 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.



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pommel horse, Aaron Cole on rings, and Lance Bowie on high bar. After the meet, BYU was surprisingly at peace with the decision to discontinue their sport. Gifts were given to all the athletes and coaches as fans filtered out. I just could not believe that they weren't fighting tooth and nail for their great program's future. It was kind of sad and strange, simultaneously.

The following weekend, we flew down to Santa Barbara to compete at the west coast's largest collegiate invitational, the UCSB Invitational. Iowa, Illinois, Cal, Air Force, Santa Barbara, and UW were all on the floor at once. It was another well-attended meet with great college spirit. The Huskies improved from the previous weekend, hitting 70% of their routines. Evan Cabodi had an injured thumb and could not compete for the Huskies, so we had only three scores on high bar. Sophomores Ben MacColl and Ron Minton had improved performances at this meet and greatly helped the team get its qualifying score to Nationals.

Finally, we returned to Tempe, Arizona to contend with ASU again as well as other Division II schools for Collegiate and Club Nationals. The highlight of this meet was Ryan Welborn's all-around performance. Outstanding!!! Ryan scored 55.475. Only 0.575 short of Yoshi Hayasaki's 56.05 UW school record! Here are his routines. Those of you who know these skills understand how difficult they are:

#### Floor Exercise

Opening pass: Front layout, punch-front layout, punch-from rudi

Second pass: Round-off back

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## Season Review

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- handspring, full-twisting double-back.
- Side pass: Round-off, back tuck-open, half-turn, prone fall, stride splits, press to straddle planche, stand, step to corner.
- Dismount: Round-off, whip-back, whip-back with half-twist, full-twisting front layout.

### Pommel Horse

Two reverse loops; backward longitudinal travel; longitudinal travel forward with half-turn at middle to backward travel; repeat previous travel; forward longitudinal travel; single leg turn to pommels; two scissors; pick up to circles; travel down, loop around to handstand with full turn dismount.

### Rings

Ring cast pull; back uprise to handstand; lower to inverted cross; bail to back uprise planche; shoot handstand; Guzoghy; shoot to handstand; bail to backuprise straddle-planche; straddle-L; hollow-back press to handstand; full-twisting double-back dismount.

### Vault

Cartwheel-on, quarter-turn front-layout off.

### Parallel Bars

Glide back-kip to handstand; double-back between rails to upper-arm catch; front uprise; swing pirouette; Diamidov; Stutz to single-bar catch; lower down to side-bar kip, cast to  $\frac{3}{4}$ -turn hop to middle; Diamidov; piked double-back dismount.

### High Bar

Back uprise with full-turn to handstand; immediate Stalder full-turn; back giant; toe-on-toe-off to laid-out reverse Hecht; wrong-grip Endo pirouette; giant;

Stalder full turn to handstand; giant; blind change; Endo; hop to dorsal grip;  $\frac{3}{4}$  giant hop to front giant; pirouette; full-twisting double layout dismount.

These are very difficult routines and he nearly hit them all. He had a slight error on high bar, that's all. He won the all-around over everyone competing (both Division II and Club divisions)!! Truly an amazing accomplishment. Ryan is definitely one of the top gymnasts to ever wear the purple and gold!

In event finals, Ryan qualified on floor, pommel horse, vault, and parallel bars. He hit his pommel horse and vault routines for second place finishes on those events. Aaron Cole broke into finals on vault. He did outstanding in his first finals competition, and placed seventh.

Of the rest of the team, three Huskies achieved All-America status! Lance Bowie and Ben MacColl placed fifth and sixth in the all-around, respectively, to attain this award, which was a tremendous accomplishment for them. Welborn was also All-American in the all-around, pommel horse, and vault. To top it all off, Ryan was voted Athlete of the Year by the coaches at the competition!

As a team, the Huskies scored a season high of 200.075 to finish second behind ASU. We hit our best percentage of routines all year at Nationals and I was very happy that it all came together there.

After the meet, we helped ASU take down all their equipment and pack it into a truck! How's that for celebrating the Husky way? The guys were outstanding there and all year. They really are the hardest working, nicest guys on campus! Even now we are all working hard preparing for next year. Hope to see you next season

## Hec Ed Renovation...

Here's a current in-progress photo of our workout gym: For more updates and photos, visit the following web site.

[www.gohuskies.com/wash-heced-gallery.html](http://www.gohuskies.com/wash-heced-gallery.html)



*Our gym!*

## Husky History: Karl Huntzicker

by Daniel Luna

Former Husky gymnast and National High Bar Champion Karl "Karrot" Huntzicker is one of two Huntzickers to compete for the UW Men's Gymnastics Team. Preceded by his older brother Erik, Karl had an illustrious career at the University of Washington.

Somehow five years have passed since Karl graduated from UW with a degree in Civil Engineering. After graduation, Karl went straight to grad school at the University of Texas, Austin, to earn a master's degree in Civil/Environmental Engineering. He finished there in 1997 and was hired by 3M in Minneapolis. After two and a half years, Karl left 3M to work for Chiron Corporation, a biotech firm in the Bay Area, where he lives now.

Karl grew up in Portland, Oregon and at age five began taking gymnastics classes with his brother at Oregon Gymnastics Center (later to become Oregon Gymnastics Academy). He eventually worked out with the boys team there, which in 1983 moved with coach Ryan Fleck to the famed and exclusive Multnomah Athletic Club. He was also coached there by Shuichi Goto, who continues to run the boys gymnastics program at the MAC.

After competing at the junior level through high school, which included qualifying to Junior Nationals several times, Karl decided to continue with gymnastics at the collegiate level. He narrowed his choices down to UW and UC Berkeley. What made him choose UW? "I decided on UW for a few reasons. I knew several of the team members from junior competitions, and my brother really liked it there. The feeling I got from all of them was that the UW would be a great place to do gymnastics, and that Mark (Russo) was an excellent coach."

We think he made the right decision!

From 1990 to 1995 Karl worked out in Hec Ed and competed for the Huskies. During part of that time he served as team president – the team's liaison with the IMA, which is the governing body of club

sports at UW. Karl is also one of the founders of the Washington Men's Gymnastics Foundation; he and Mark Russo are responsible for incorporating the WMGF as a non-profit organization in the State of Washington.

A strong all-around gymnast, Karl's favorite event was high bar. At 1993 nationals in Springfield, Massachusetts he made high bar event finals, and in 1994 in Denton, Texas he won the event to become the Colle-

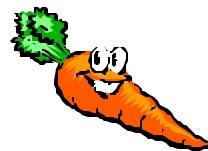
giate Club National High Bar Champion. 1993 was also the year that the Huskies were the 1<sup>st</sup> place team at nationals. "Winning the team title in '93 is definitely one of my best competition memories," Karl says. "It was such a great feeling to pull together as a team to overcome our various injuries and relative lack of depth to take the national title. The high energy and camaraderie were incredible...It was interesting, too, because at the end of the meet we were actually announced as the 2<sup>nd</sup>-place team! I just remember sitting in the hotel afterward with the team, kind of bummed that we'd narrowly missed winning, and Mark - checking and double-checking the 'official' score sheet – found that we had actually won! The meet officials announced the correction during event finals the next day, and we traded trophies with the University of Texas team."

So what were some of the best memories of being on the team, apart from competition? "It was cool because it was like a family; we trained together, studied together, and several of us lived together. We had fun outside the gym, too. Ushering at UW football games to raise money for the team, getting the midnight all-you-can-eat-pancake special at IHOP, living at Qué Lás-tima Casa, and just hanging out. It was more than just gymnastics. It was, as Ignacio would say, 'Amazing.'"

Everyone who has been a part of the Husky gymnastics tradition seems to take many good qualities learned there with them into 'real life' after college, and Karl is no exception. When pressed for details, he notes, "Lessons learned in the gym definitely help me even now. We never had anything easy on the team – training wise, but also support-wise. Just keeping the club going was a huge task – we didn't have the luxuries of funded sports. The things we had to do to ensure our survival – ushering at football games, setting up equipment for the UW women's meets, soliciting donations, dealing with the IMA, etc. – helped strengthen all of us involved...as a team and as individuals."

On a more personal note, Karl adds, "Other than my parents, Mark Russo is the person who has defined my life the most. Gymnastics under his leadership has played a huge role in my later successes, and I have drawn from my gym experiences heavily when it comes to life now."

*For any of you old friends who want to catch up with Karl, you can e-mail him at [karlhuntz@hotmail.com](mailto:karlhuntz@hotmail.com)*



***"Gymnastics under [Mark's] leadership has played a huge role in***

## Husky Gymnast Profile: Lance Bowie

by Mark Russo and Daniel Luna

Who really are the guys who make up the Husky Men's Gymnastics Team? One of them is Junior Lance Bowie (pronounced like 'Louie'), a valuable member of the team who gets to have his deepest, darkest secrets – well, a brief profile, anyway – published in this edition of our newsletter.

Born on Cinco de Mayo, 1979, in Anchorage, Alaska to parents Lance and Phyllis, Lance has one sister, Talia. He started gymnastics in 1987 at Anchorage Gymnastics Association. The owner of the gym, Babe Casell, and Lance's dad were both teachers in the Anchorage School District. Lance started in the recreational gymnastics program at AGA – to try it out, and as an after-school activity since his parents, both teaching at the time, were involved with school until evening.

Sport while growing up didn't consist exclusively of gymnastics, however. A well-rounded athlete like Lance found himself in the role of soccer player, football quarterback, and basketball point guard. Of these, basketball was his favorite; his high school basketball team made it to the State Finals in both of his last two years there.

Now well-settled into college life, Lance is working toward a degree in Computer Programming. The high-tech sector beckons, and Lance is heeding the call.

Lance's favorite aspect of gymnastics is the prospect for broadening his skills and expanding his experience. "There is always more to learn," he says. More specifi-



cally, he says he gets the biggest thrill from performing on pommel horse. While pommels is the bane of many a gymnast's existence, Lance finds that "It feels great...so satisfying...to really nail a pommel routine. Also a nice, stuck vault."

Favorites aside, the most challenging part of being a gymnast for Lance is "making yourself consistent, and knowing you have to put in the time to become consistent." This kind of challenge becomes easier with experience, and as one of the more experienced members of the team now, Lance is getting up to his stride: "I know more what to expect at competitions now...but there are always new situations for all of us."

When speaking of how gymnastics has affected his life, Lance says, "It's greatly influenced my life. I'm more willing to try new things – there are not many things harder than gymnastics." To young gymnasts or other athletes just starting in sports, he offers this advice: "To get good and achieve your goals, you have to put your time in, no matter what your ability level or what sport you're doing."

On a final note, Lance feels that the single most important attribute for one to have to be happy and successful in life is "Being true to yourself. If there's something you want to do, don't let anybody stop you. You keep yourself happy by following what you want to do."

Look for Lance to put out many strong performances

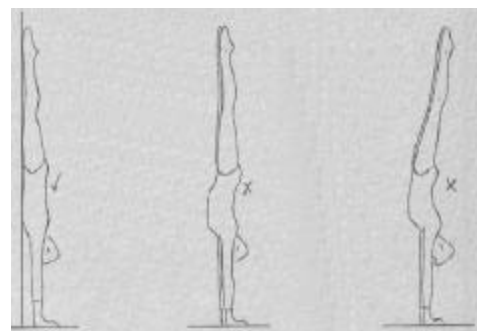
## Settin' it Straight: The Handstand

by Peter Sawyer

The handstand is the most basic and common skill in gymnastics. It is also the most commonly abused skill – because it's difficult to do correctly. Years ago, a handstand with a "graceful arch" was the goal, but today's standards call for STRAIGHT. Easier said than done - let's consider all the things a gymnast must control in a handstand.

Starting from the top (the feet), a gymnast must point their feet AND toes. Sometimes you'll see toes curled, but foot not pointed. Ankles must be together and legs straight – not just straight but *flexed* straight. Try it yourself – flex your legs and you'll understand this requires serious effort.

The next problem area is the waist, since people naturally bend at the hips. How to correct it? Flex the buttocks. Really – try it. Stand up, flex those muscles, and try to bend over. It's very difficult or impossible. Doing this also helps eliminate arching in the lower back.



Correct! Arch, pike. Arch, shoulder angle.

Lower back arch is probably the most common problem (see the center handstand in the figure). Flexing the stomach also helps to eliminate an arch. To understand this, lay on the floor on your back with legs bent, and contract your stomach to force your lower back to the floor. This contraction feels awkward and makes breathing difficult even when

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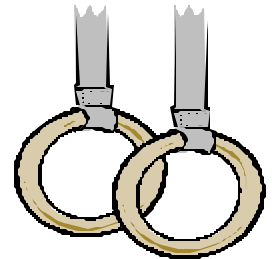
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lying down, let alone while upside down.

Next is the chest, where coaches constantly command the gymnast to "hollow!" This term refers to the shape of the chest. To understand this position, straighten your arms, lift them in front of you, and push your hands away. You should feel your upper back round and your chest "sink" or hollow. Keep lifting your arms all the way over your head. The idea is to keep the ribs from sticking out while keeping the upper back aligned with the lower back.

To get everything aligned, you will likely feel like your arms must flex slightly behind your head. This requires shoulder flexibility and is often referred to as "opening your shoulders." See the third handstand - the gymnast hasn't opened the shoulders and is arching. Hip flexibility and toe-point both affect the amount of arch, also.

Other fine points, such as head position, must be controlled as well; holding a good handstand requires fine control in nearly every part of the body. Mastering this skill allows a gymnast to more easily acquire other skills, and makes the subtle distinction between good form and great form.

You're Invited!

Come join us at our

2000

Washington Men's Gymnastics Team Banquet

When: 2:00pm, Saturday, May 20

What: A re-cap of our season, A look at the future, A chance to get together with friends from many eras of Husky Gymnastics, Dinner and dessert.

Where: To Be Determined!

If you are able to come, please call Mark Russo at (206) 524-9480 for the final details.

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# Washington Men's Gymnastics

## 2000 Meet Results

Date	Competition	Team Score
January 28	Arizona State	189.90
March 4	Brigham Young University, Temple University	188.00
March 11	University of California at Santa Barbara Invitational	187.20
April 5-9	USAG Collegiate and Club Nationals	200.075 - 2nd Place Club Team