
◊ WMGF News ◊

May 27, 2002

Season Review

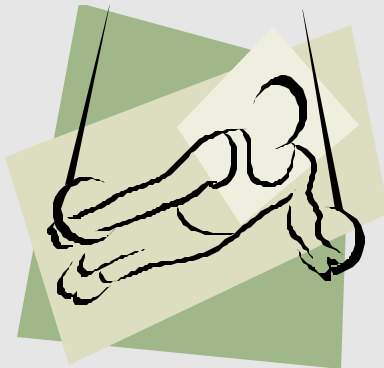
by Mark Russo

Our 2001-2002 competitive season was completed in mid-April at Springfield College in none other than Springfield, Massachusetts (birthplace of basketball and home to basketball's Hall of Fame). This season we traveled around the West to our usual haunts: Phoenix, Las Vegas, Los Angeles, and Santa Barbara. Our season culminated in our trip to Collegiate Nationals mentioned above. We had our best meet of the season at Nationals, which I am very proud of. We also hosted a high-energy dual meet against Arizona State here at home. The home meet was the first we had hosted in two years; there was plenty of enthusiasm amongst the crowd and the gymnasts really enjoyed performing in front of them.

Throughout the season, the team steadily improved; injured teammates became healthy, and everyone improved their routines with greater hit percentages. Our team looked extremely promising in the fall with the addition of two freshmen recruits bolstering our depth. We had definite possibilities of unseating ASU. It was tough for all of us when the freshmen decided to stop participating on the team. Our lack of depth was now exposed as we did not have enough gymnasts to count four scores on Pommel Horse or Rings. Yet these guys pulled together throughout the year, being led by the backbone of our team: all-arounders Lance Bowie, Ben MacColl, and Jeff

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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Crockett. These three guys competed All-Around in nearly every meet – often when they were banged-up – helping the team qualify to the National Meet at Springfield. I commend these guys for their dedication to the team.

Being short-handed meant some guys were going to have to pick up a new event to compete for the team. Aaron Cole added two events, while Matt Coles added three! This enabled us a full team score on all six events and gave us respectability at Nationals. Our team finished second to Arizona State by eight points and we qualified two individuals to two event final competitions. Jeff Crockett qualified on Vault and High Bar, while Aaron made it on Rings and Vault. Both Aaron and Jeff missed their vaults in Finals, but Aaron hit his ring routine for fourth place while Jeff hit high bar, also for fourth place. The Huskies were well represented at this meet, performed with poise under pressure, and showed great team support for one another.

With an extra day, we drove into New York to give our rookies a chance to see the Big Apple. We were all amazed by the happenings at the World Trade Center. Destruction, mourning, and the rebuilding of more than just buildings and a city was strongly felt. It felt more like the rebuilding of the American Spirit. For those who haven't been there, I strongly recommend going.

In New York we also rode the
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Season Review

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subway, went to the top of the Empire State Building, and bought some cheap sunglasses from some guy under the FDR Parkway. The guys felt like they took a good bite of the Apple!

Back home, this season marks Lance Bowie's senior year – his fifth year of competition and involvement with the team. He is graduating this spring from the UW in the field of Geographical Information Systems. Lance is like the Lou Gehrig of our team. Since he's been on the team, he hasn't missed a competition nor has he missed competing All-Around. It's only fitting that our Iron Man did an Iron Cross this year. There were several times when he probably should have rested injuries yet he taped up and toughed it out for the team. Lance is an extremely dedicated, honest, hard-working man who accepts challenges with a shrug and a smile. He loves to tell a story and is an excellent athlete. I'd been waiting for someone to join the team who could play basketball. Finally, Lance shows up and takes me to school on the court!

Coaching Lance was easy as he is always willing to learn new skills and techniques. He has a very open mind and easy-going demeanor as well as a great sense of humor. It has been an extremely enjoyable time getting to know Lance, his family, and friends! Let's all wish him luck in his next endeavors!!



Electronic Scoring System Streamlines Meets and Raises Funds for Husky Men's Gymnastics

by Mark Russo

Three years ago, the WMGF purchased an electronic scoring system for gymnastics competitions. Originally, we rented the system, but then decided to purchase a system of our own not only for competitions that we host, but also to rent out to other gyms hosting meets here in the Northwest.

Primarily due to the voluntary efforts of Daniel Luna (UW alumnus 1990-1995) with help from Peter Sawyer (WMGF Board member) and Jeff Johnson (UW alumnus 1993-1997), the scoring system has become a consistent source of income for Husky Men's Gymnastics. Many of the programs renting the system from the WMGF cite the quality and versatility that come from Daniel, Peter, or Jeff running the system without incident while meet directors can concentrate on the many other facets of running their competition. The days of the scoring system

operator are long, but serve to greatly enhance the competition experience for meet hosts and gymnasts alike. These three guys donate their valuable time for the benefit of our men's program, the meet directors, and the gymnasts of our region. We thank them for their donations.

The scoring system allows judges to enter scores directly into one meet computer – from their respective events – which then digitally flashes the competitor's name and score on an electronic scoreboard. At competition's end, the computer kicks into award classification mode and spits out results quickly and accurately. Gone are the days of manual score flashers, runners taking scores from each judge's table to a central scorekeeper, and the many volunteers used to compile scores. Now one person and one computer can do what used to require 16 to 20 people, and do it faster. Amazing!!

Husky Gymnasts Compete in Mexico

by Lance Bowie and Ben MacColl

THE TRIP OF A LIFETIME...

When we both were first invited to go compete in Mexico with some of ASU's team members against the Mexican National Team, we both jumped on the chance. There was no down side; it was an extension of our season. While we still had to work our routines, even though nationals were over, it was well worth it.

So with the WMGF paying our way, we flew down to Phoenix on Tuesday, May 14, to meet up with the ASU team. Then, early the next morning, ten of us in all flew to Monterrey, Mexico. Not used to the hot, mugginess of the land, it was always a relief to walk into a building with air conditioning. Unfortunately, tanning was not much of an option due to the constant overcast present.

So what did we do in Mexico? Well between sightseeing, shopping, drinking lots of bottled water, eating food slightly strange to us, spending the afternoon barbecuing at an ostrich ranch, and partying on Friday and Saturday nights, we also competed in a meet.

Not knowing that we had to bring our own chalk, we were able to borrow some from the meet director, and make do with the not-so-perfect equipment. Fortunately, they did have one of the

new vault tables set up, as opposed to the horse which has been replaced by the table.

So, at about 8 o'clock Friday night, we began competing on Rings, and floated through the rest of the events, finishing on Pommel Horse, just having a lot of fun throughout. After the meet was over (about 10:00) we were all bombarded by lots of young Mexican female gymnasts. One of them had a permanent marker, and we all went to work autographing what must have been close to 30 T-shirts, if not more. We all felt like celebrities.

Sunday afternoon brought a solemn parting. We had all had so much fun, none of us wanted to leave yet. But alas, it was inevitable, and we left. Flew back to Phoenix, and to round out the trip, drove straight from the airport to the movie theater to watch "Star Wars: Episode II."

All in all, it was definitely the trip of a lifetime for me, and I certainly had the time of my life. For my first time in Mexico, I have nothing but great things to say.

“Even though Nationals were over, it was well worth it.”

Husky Gymnastics Coach honored as Coach of the Year

by Paul Roggenkamp

Mark Russo, coach of the Men's Gymnastics team at UW for the past twelve years, received a prestigious and coveted honor on March 30, 2002, when the members of the National Collegiate Gymnastics Coaches Association voted him the Western Region Coach of the Year, 2001-2002 for NCAA Men's Gymnastics. This honor is especially significant in that, as a club coach, Mark was up against coaches of fully-funded programs throughout the United States.

The Mercer Island native, who competed for the University of Washington from 1980-1985, has demonstrated a truly remarkable, unselfish dedication to the sport of gymnastics and to his athletes by coaching, teaching, mentoring, and motivating

countless student-gymnasts to compete and win at the highest level of collegiate competition. During his tenure, three of his gymnasts have been National Champions, ten have achieved All-America honors; several of which have been recognized multiple times. In addition, Mark Russo has selflessly given of his time and expertise to mold young student-athletes into outstanding citizens as well as exceptional gymnasts.

Congratulations, Coach Mark Russo, you have truly earned this honor and have brought great credit to your teams, past and present, the University of Washington, and a great sense of pride to all who know you.

Thank You Donors!

We would like to acknowledge and say *THANK YOU!* to our 2001-2002 donors:

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Husky History, In Memoriam: Rich Gaylor, 1951—2002

by Daniel Luna

It is with regret that we report the passing of one of our own. Rich Gaylor passed away on April 20, 2002 at Sequoia Hospital in Redwood City, California, at the age of 50. Born December 8, 1951 in Tulsa, Oklahoma, he was a long time resident of Redwood City.

Rich competed All-Around for the UW team in the early seventies under Dr. Eric Hughes' leadership. During his time as a Husky, he was a dedicated member of the team and even served as Team Captain. An All-American, he placed second on Vault at Nationals in 1973. After gymnastics, he became an avid golfer.

Upon getting his degree from the UW, Rich

worked for many years as a Project Manager for Sun Microsystems. He had also coached in Reno, Nevada, and spent some time in Japan for international marketing.

He is survived by his wife Bruna Gasparini-Gaylor of Redwood City, his step-children Carrie, Christina, and Nina. He is also survived by his brother Charles, his sister Joyce, and his nephew Trevor.

Portions of this article are reprinted from the San Jose Mercury News. Thanks also to Kevin Bylin for additional information.

If you'd like to contribute, please clip and send this portion of the newsletter to:

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You're Invited!

Come join us
at our

2002

Washington Men's Gymnastics Team Banquet

When: 2:00pm, Sunday, June 2

- 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, dessert, and raffle.

Where: UW Campus—HUB room 310

*If you are able to come, please RSVP to Mark Russo
at (206) 524-9480 or e-mail ossurkram@hotmail.com.*

WMGF
 5529 27th Ave. N.E.
 Seattle, WA 98105



In This Issue...

Season Review, Husky History, International Competition, 2002 Team Banquet, and more



Washington Men's Gymnastics

2002 Meet Results

Date	Competition	Team Score
January 24, 25	Rocky Mountain Open, US Air Force Academy, Colorado	151.450
February 16	ASU Invitational—Tempe, Arizona	180.800
February 21	Peter Vidmar Invitational—Los Angeles, California	167.500
March 9	UCSB Invitational—Santa Barbara, California	172.450
April 11	US Collegiate Nationals—Springfield, Massachusetts	185.550