
◊ WMGF News ◊

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June 11, 2003

Season Review

by Mark Russo

This season provided some outstanding and memorable gymnastics performances by the Huskies. From a huge Washington Open to Jeff Johnson's performance at Worlds, a full rainbow of color was seen this year in the Pacific Northwest. As the season progressed, it became evident that all healthy team members would have to compete all-around if we were going to make a run at the team title. All five team members came together – Aaron Cole, Ben MacColl, Jeff Crockett, Graham Gordon, and Scott Provence – to build a strong and cohesive unit that any coach would be proud of.

At last newsletter we were in midseason doing an incredible amount of work both inside and outside the gym. I remember one week where we trained on Wednesday, moved equipment that evening, and flew to L.A. Thursday early for a meet that night. We then flew back home Friday early to go right back into the gym to move more equipment in the late morning. Friday afternoon we began selling concessions at the meet we had moved equipment for. This continued into the next two days, followed by equipment-moving Sunday night at the conclusion of the meet. Pretty typical of our weekends during the season.

In late March we hosted Arizona State in a dual meet. Although there was some confusion regarding whether we were going to host this competition (ASU originally had it scheduled for the weekend previous),

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.



Aaron Cole on the Still Rings

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we were able to pull it off after all. With some last-minute e-mails and phone calls we rallied local alumni and friends, and the crowd in attendance was the "who's who" of gymnastics I must say. I actually got to have a conversation with three of my coaches (Jim Lang, Mace Brady, Dr. Hughes) at the same time!! Amazing! We are thankful to all who came to the meet, which was held on the main floor of Hec Ed. The setting provided a great historical scene reminiscent of the "old days" way back in the 70s when Husky gymnastics meets were commonplace there. It is my hope to bring those meets back with two or three thousand people watching.

In April we traveled to Texas Woman's University in Denton, Texas for our Division II and USAG Collegiate Club National Championship. It was our best meet of the year! We rocked our first three events with strong performances on rings by Scott and Graham while Ben, Aaron, and Jeff nailed their vaults. Aaron and Jeff did so well that they qualified to event finals where Aaron won and Jeff finished 3rd. On p-bars the hit parade continued and after three events we were ahead by four points! Ah, but the tide turned, and as it did, we plummeted off high bar with not one guy hitting his set. Still, Jeff qualified to finals. Floor was next and with solid performances we began to close in. Then came pommels and we fell a lot. Not good. We ended up

(Continued on page 2)

Husky History: Dane Boysen

by Peter Sawyer

Former Husky gymnast Dane Boysen continues to excel. He competed as a Husky for five years, helped found the WMGF, and earned two advanced degrees. Today Dane is working to make a big impact in the fuel-cell industry.

His success began humbly in Soldotna, Alaska where he began gymnastics under Bo Bennett, also a UW Alumnus. Around age 14, however, gymnastics in the "Last Frontier" state folded, and with no gyms nearby, Dane quit. As he tells it, he spent the next few years working long hours at a fish packing plant while growing pudgy. What he really wanted, though, was to continue gymnastics in Washington State.

So at age 16, he changed his life. He won a scholarship to Lakeside High School, and moved himself to Washington to live with his godparents. Once there, he began training with Mark Russo at Washington Gymnastics Academy. Dane describes himself then as an out-of-shape bookworm with an attitude. But after a couple of years training with Mark, Dane remade himself into a determined, hard-working gymnast with a passion to excel.

For college, he applied only to the University of

Washington because, he says, "I knew where I wanted to be." Once on the team, he competed all around, with his best events being Rings and Pommel Horse. His favorite event was Pommel Horse because it "didn't require pure skill" and improvement was an obvious result of the "time put in." Chosen as team captain for both 1995 and 1996, he was instrumental in coalescing the booster club in '96 and '97. He remembers his first booster club meeting as just himself and five others. He worked hard over the subsequent years to increase the booster club's membership.

After graduation, Dane moved on to Cal Tech where he earned his Master's in Materials Science, and then began work on a doctorate. Now, his research group's findings on fuel cell membranes is due to be published in the journal Nature, and his post-degree plans include the founding of Proton Conductors where he hopes his research will make significant impacts in the fuel cell industry.

When asked about his memories as a Husky, Dane repeatedly describes his experiences as

(Continued on page 3)

Season Review

(Continued from page 1)

third. Here are the results:

| | |
|------------|---------|
| 1. ASU | 198.375 |
| 2. UCSB | 195.925 |
| 3. UW | 189.075 |
| 4. Vermont | 169.200 |

All Around results:

| | | |
|------------------------|------|-------|
| 1. Jeff Crockett | UW | 52.6 |
| 2. Don Mahr | UCSB | 50.75 |
| Bryan Rowe | ASU | 50.75 |
| 3. Paris Gianola-Bland | ASU | 50.15 |

Jeff Crockett finished the season with his first national all-around title!! He won by almost two points!! Not only did he win the all-around, he also took first place honors on floor and high bar! He was 3rd on pommels and vault, and 8th on p-bars. Quite an accomplishment! What a season by a guy who had originally planned to go on his Mormon mission this past year, but put it off by a



Jeff Crockett on Pommels

year to rejoin the team in November. Jeff will be going on his mission this fall. We wish him the best and look forward to his return!

Finally, a unique opportunity to compete in an International Invitational in Costa Rica came about this season, and the gymdaws are headed south this June to compete

against Central America and other gymnasts from

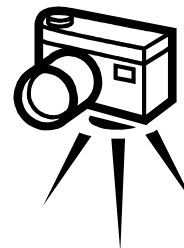
around the World. It should prove to be a great experience for the team, and a milestone for the program. We'll keep you posted if we come back!!

2003 WMGF RAFFLE

Tickets are now available for our 2003 raffle!

The drawing will be held on **Wednesday, December 31, 2003.**

| | |
|---------------|--|
| First Prize: | One-week stay at Coral Baja Resort, Mexico |
| Second Prize: | 5-inch Black & White TV/CD Player Combo |
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Tickets are \$5 each – all proceeds directly benefit Washington Men's Gymnastics

For tickets: contact **Rod Minaker** at **800-722-3487 ext. 2686**,
e-mail ossurkram@hotmail.com, or request tickets with the donation form on the following page.

Husky History

(Continued from page 2)

"intense." He talks about how the team guys worked hard to raise money, the times spent during practice, and the good times spent sharing a house with other team members. He describes Mark Russo as "the most incredible person I've ever met" and remembers how many of the guys would describe their coach as a "force of nature."

One event in particular sticks out in his memory. One year Dane accompanied the team to watch them at Club Nationals. Dane had come injured, so planned on just watching. However, Drew Grow injured both ankles during vault and couldn't compete on Pommel Horse, so they turned to Dane. He did his best, competing with a broken sternum. To his amazement, his mediocre score proved to be enough to push the Huskies into first place.

Talking with Dane, it's obvious how gymnastics has affected his life. Despite his studies, he maintains a deep passion for the sport, having even founded a boys team in Pasadena. He still works out regularly, and speaks hopefully of his company contributing to the Husky program. Even after all these years, he still

wants to help the program. During my interview with him, he kept volunteering to call former teammates and ask for donations. He also made a number of suggestions for the Foundation, and found himself musing over how to continue growing the program.

With this kind of dedication, it's easy to believe Dane when he says that he and his teammates did gymnastics out of the "pure love of it." He says Mark taught them not only to be good gymnasts, but good people.

For any of you old friends who'd like to catch up with Dane, you can e-mail him at boysen@caltech.edu.



Thank You Sponsors!

We would like to acknowledge and say *THANK YOU!* to our 2003 meet sponsors:

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The team after competing at the Air Force Academy.

Left - right: Jeff Crockett, Graham Gordon, Scott Provence, Jeff Fausz, Ben MacColl, Aaron Cole

THANK YOU!

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

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New WMGF Web Site Launched

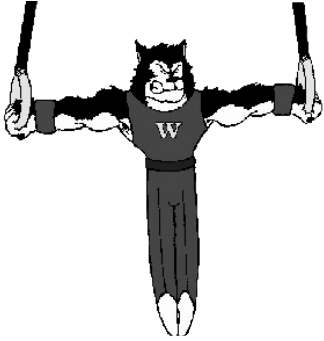
Yes, we have finally created a new WMGF web site! Check out www.wmgf.us for news, schedules, photos, archives, and more. It is still a work in progress, so please bear with us as it is updated. If you have any suggestions, comments, or content you'd like to see on the site, feel free to e-mail them to:

team@wmgf.us



Ben MacColl on Floor

WMGF
5529 27th Ave. N.E.
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In This Issue...

Season Review, Husky History, New Web Site, and more...