

WMGF News

www.wmgf.us

December 12, 2007

Season Preview

by Mark Russo

This year's team looks to rebound from last year when the team was the smallest in several years. Recruiting is one of the most important aspects of college sports and this year we have scored some good athletes from all around the Northwest to improve the team this season. The freshman class is led by all-around standout Ivan Koveshnikov (James Hubbard Scholarship recipient) who comes to the UW from Vancouver, Washington, where he trained across the river in Portland at the Multnomah Athletic Club. This past spring, Ivan paced 23rd at Junior Nationals in the all-around and was Region 2 all-around champion. He has been doing gymnastics since he was a young boy in Russia. Now standing tall at six feet, Ivan can lead the Huskies back to the competitive levels seen in 2006. He has tremendous quickness and coordination, as well as great learning abilities – he turns coaching into skill very easily. His body control while performing difficult skills is very impressive. His Diamidov on parallel bars is one of the best I've seen. He will be the backbone of our team score and we are very lucky to have Ivan on our team.

The state of Wyoming is now represented on the team with the addition of Marc Miller, a community college transfer from Laramie. Marc has shown tremendous dedication and determination toward his improvement and that of the team. I am extremely impressed with his work

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.



Mohamed at Nationals

WMGF Board of Directors

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Dave Nakanishi.....President
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Paul Roggenkamp
Kevin Beder
Mace Brady
Rick Chapman
Graham Gordon

Newsletter Editor.....Daniel Luna

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ethic and with how easy it is to coach him. This guy is on the path to team leader and I have no doubt that his gymnastics will improve greatly.

Last year, as a high school senior, Jon Chapman trained but did not compete with the team. This year, Jon will be an essential component of the dawg squad. Jon has the rare mix of qualities of consistent improvement and unquestioned loyalty, which provide for a steady rise to better and better gymnastics for him and the team. Jon is a large guy at 6'1", and for him to be ready to compete he has had to do a lot of strength training. No problem for Jon, and this year we can't wait to unleash the beast! Look out for Jon. When he sticks his landing, you'll know it.

Morgan Chaney also transferred to our team from a community college in Boise, Idaho. Morgan was coached by former UW gymnast Jesse Dowel. I noticed him at Regionals a couple years ago because he had the best hollow position on high bar at the meet. When I saw him swinging I went up to Jesse asking, "Who is this guy?" Now, some 2 ½ years later, Morg is on the team and I couldn't be happier. Here is a guy built for gymnastics with good basic positions. I am really looking forward to seeing what kind of gymnast Morgan can become.

The one gymnast remaining from last year's team is Mohamed Ghanem. Mo has beefed up his ring routine and is looking much

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Season Preview

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better. The guy is very strong in the planche position and his swing is now to handstand both directions. Mo will also compete for us on high bar and will give us needed scores for the team to be competitive.

The team is in a better position this year compared to last. I really believe that we will again contend for the team title at Collegiate Nationals. Also, remember that in March 2009 we will host Collegiate Nationals here in Seattle. I know that's a year and a half away, but it will be a great meet to come and see. Go Huskies!!!



Sean Liner at 2007 Nationals

WMGF Board of Directors

by Dr. Eric Hughes

It hasn't been easy raising around \$100,000 each year to keep our program going. To do this we formed the Washington Men's Gymnastics Foundation, a non-profit corporation with a Board of Directors. I serve on this Board along with David Nakanishi and Kevin Beder, two gymnasts from my era. Three former gymnasts from Coach Mark Russo's teams – Daniel Luna, Graham Gordon and Jeff Crocket – are also active members.

Four of today's members were never on a UW team but because of their interest in the sport serve on our Board. I recently talked to these men – Mace Brady, Eugene Burton-Breazeal, Paul Roggenkamp and Peter Sawyer – to learn more of their background and why they are helping us in this way.

Mace Brady

Mace started in my children's program at the University at the age of eight, competed for Bothell High School and Eastern Washington University (even though I tried to recruit him to the UW). He coached at both Bellevue and Mercer Island High Schools and

one year as a volunteer assistant coach at the UW. Mace has been married to his wife Janet for 36 years. When I asked him why he became a Board member he replied,

I am involved because I feel strongly about the responsibility of contributing to, or paying back into something that helped my early development. Those who gain so much, as I did, I feel have an obligation to help sustain those values that I treasure and believe will be carried over into all aspects of life. This training/competition provided more than just a sense of belonging or family. The hard work, stamina, perseverance, teamwork are part of what makes us successful in life.

Eugene Burton

Eugene started gymnastics at the Oak Harbor Gymnastics School and competed in the Junior Olympic program through 1999 and later at the US Naval

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WMGF Board of Directors

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Academy where former UW gymnast, Sho Fukushima, is coach. He says he is currently living two professional lives, one as an electrical engineer at Boeing and one as an Explosive Ordinance Disposal Officer for the US Navy. He is an expert in salvage and disposal of explosives – that is, he is on the military bomb squad. He has also coached at Leading Edge Gymnastics Academy in Everett. Eugene said that when he discovered there was a West Pointer on the Board (Paul Roggenkamp) he knew he would also have to join for the stability of the program, that he couldn't entrust the success to an ol' army mule. The UW program was an inspiration to him when he was a young JO competitor, so his purpose on the Board is to give other young men the opportunity to grow and develop morally, mentally, and physically as student athletes.

Paul Roggenkamp

Paul's first exposure to gymnastics was in his first year at West Point in a PE class. As a sophomore he was cut from the football team so decided to try and

“Gymnastics has given me so much - a sense that I could overcome any challenge.”

make the gymnastics team. In his junior year he chose to concentrate on the horizontal bar and earned his varsity letter,

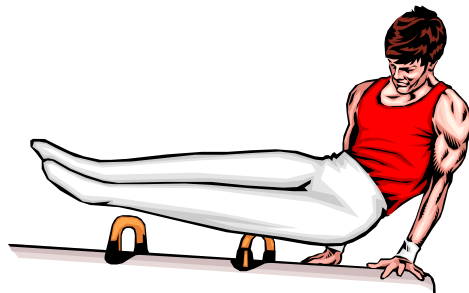
then as a senior qualified to compete in the NCAA Championships. He retired after 22 years in the army and now is working in commercial property management. He has a horizontal bar, rings, and rope in his barn and works out regularly because he “can never get his fill of gymnastics.” He has also coached and taught gymnastics over the years – as an assistant coach at UCLA from 1970-73, for the Kirkland Parks Depart-

ment with Dave Nakanishi from 1976-77, and for Auburn Parks from 1988-89. Paul recently married Lorna, who grew up in the same hometown. They met at an all-class reunion of their high school. He has two daughters from a previous marriage and grand children. Why is he a member of the Board? “I absolutely love gymnastics and enjoy being part of the team's activities such as announcing at home meets. Gymnastics has given me so much – a sense that I could overcome any challenge. I also enjoy watching young athletes grow into mature gymnasts through dedication, work ethic and team work.”

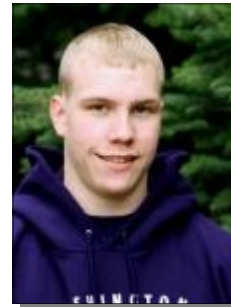
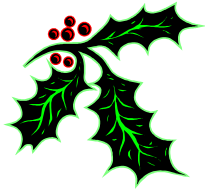
Peter Sawyer

Peter started gymnastics in college in a recreational class and then had some real training when Mark Russo coached him on the age-group team. Now 38, he likes to “throw a few flips, pop some handstands and substitute coach an adult recreational class.” Peter graduated from the UW in aero/astro engineering but abandoned aerospace and now works for Microsoft. When not in the gym he is at Microsoft or at home with his wife and 2.5-year-old son. He says, “I volunteer as a WMGF Board member because I believe gymnastics is a great sport. It's fun, and also clearly demonstrates that hard work pays off.”

Note: Several very active previous Board members have had to drop for various reasons. One of these, **Terry Vanderpham**, must be mentioned as she was a VERY active member for many years but recently moved to New Zealand where her husband is doing graduate work.



Happy Holidays from your 2007-2008 Husky Gymnastics Team



Your 2007-2008 Husky Gymnastics Team
*From top left: Coach Mark Russo, Assistant Coach Jeff Crockett,
Mohamed Ghanem, Jon Chapman, Morgan Chaney, Marc Miller,
Ivan Koveshnikov, Eugene Burton-Breazeal, Kevin Perkins, Jennifer Umemoto*



THANK YOU!

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

WMGF
5529 27th Ave. NE
Seattle, WA 98105

Enclosed is my tax-deductible contribution* to WMGF in the amount of:

\$100 ___ \$200 ___ \$500 ___ \$1,000 ___ \$2,000 ___ other _____

*Remember: if you wish to donate a stock or other security, please contact Dr. Hughes at (206) 632-2151 for details.

Name and Address:
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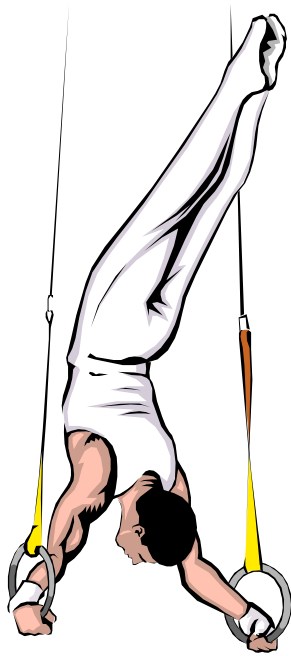


James Hubbard Scholarship

Freshman Ivan Koveshnikov is this year's deserving recipient of a \$1,500 scholarship generously donated by Husky alumnus James Hubbard.

If you would like to donate a scholarship in the amount of \$1,500 or more, please let us know on the above donation form. Scholarships are awarded to qualified applicants based on financial need, academic standing, and gymnastic ability.

Congratulations, Ivan, and thank you, James!



Freshman Ivan Koveshnikov

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Seattle, WA 98105



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December 12, 2007

Washington Men's Gymnastics

2008 Meet Schedule

<i>Date</i>	<i>Competition</i>	<i>Location</i>
<i>January 5</i>	<i>Washington Open, University of Washington</i>	<i>Hec -Ed Pavilion Addition, Seattle, WA</i>
<i>January 12</i>	<i>Rocky Mountain Open, US Air Force Academy</i>	<i>Colorado Springs, CO</i>
<i>January 26</i>	<i>Stanford Open</i>	<i>Palo Alto, CA</i>
<i>February 7-9</i>	<i>Winter Cup</i>	<i>Las Vegas, NV</i>
<i>February 23</i>	<i>Pacific Coast Classic</i>	<i>Oakland, CA</i>
<i>March 1</i>	<i>at Arizona State</i>	<i>Tempe, AZ</i>
<i>May 22 or 29 (TBD)</i>	<i>Collegiate Nationals</i>	<i>Springfield, MA</i>

Please contact Mark Russo for any updates: 206-524-9480 or team@wmgf.us