

WMGF News

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March 24, 2008

Mid-Season Update

by Mark Russo

The gymnastics season is off and running – we have competed in three competitions to date while getting ready for our big finale at Collegiate Championships in Springfield, Massachusetts the last weekend in March. This year's team is not large enough to field a full team on all events – four scores per event count toward the team score – as we are short one score each on pommels, rings, and high bar. Those three missing scores make a bigger difference now more than ever since the new scoring rules are in effect and we are no longer judged on a 10.0 scale. These days, a good event score is in the 14.0 to 15.0 range, so you can see how much more effect a zero score has on team score competitiveness. As usual, we always have several outstanding individual performers; they have shown good skill and respectable placement alongside some of the best all-arounders in the country.

Freshman Ivan Koveshnikov from Vancouver, Washington, has shown his tremendous skill and great ability to hit routines. Ivan was the recipient of this year's \$4,500 WMGF scholarship (of which \$1,500 was a scholarship-fund-targeted donation from Husky alumnus James Hubbard). Ivan is the base of the team this year. As he competes, so go the Huskies. With several decent all-around performances, Ivan has given the team respectability. In a three-way meet against Air Force and Arizona State, Ivan finished third in the all-around, as did the

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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.



Ivan on high bar at the Washington Open

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Huskies scoring 295.55 to Air Force's 334.9 and ASU's 322.1. Ivan's best events are floor exercise and parallel bars, which is quite surprising considering his 6'0" height. This year's team is large in general. Big Jon Chapman, 6'1", from Everett, also is a freshman on this year's squad and contributes to the team on five events – everything but rings. Jon is the model gymnast and constantly amazes me with his consistent positive attitude and steady progress. He took last year off from competition to train and prepare for this year, and it shows in all the new skills in his routines. Jon recently nailed his p-bar routine at the ASU meet, which is quite amazing considering he broke his nose on the same event during warm-up. That gives you an indication of this guy's personality. Jon also excels on floor exercise and high bar, and is gaining new skills on those events faster than anywhere else. I look forward to seeing how far this guy can go.

Marc Miller is the first gymnast from Wyoming on the UW team. He comes to the Huskies with one of the best work ethics I have ever seen. He actually apologizes when he feels he hasn't been working hard enough! Marc competes in the all around and gives the team valuable scores on rings and pommel horse. I can see rings being his strongest event as he matures and gets his man strength. He also swings well on high bar and I expect we will see some good flying moves from him there.

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Mid-Season Update

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Morgan Chaney is beginning to compete for the Huskies on floor exercise, vault, and p-bars. Although Morg does all around, shoulder problems from injuries past have limited his ability to practice on the other events. He has mad skills on vault with a block that could send him into orbit. We'll try to get him to be the first man into outer space from vaulting EVER!

Mohamed Ghanem continues to provide valuable

scores for the team on rings and vault. He is taking very intense classes right now so he trains when he can. We need more of him on our weak events like rings.

We will be ready for our big meet this season and then begin the process of recruiting more gymnasts for next year as the spring progresses. Thank you for all your support and please keep your positive energy coming this way!

The F-Skills

By Peter Sawyer

If you're like me, you may have lost touch with your Code of Points. Perhaps you wonder about the difficulty of various skills, or perhaps, like me, you simply wonder about what's considered *really tough*?

Well, wonder no more. Below is a compilation of the most difficult (documented) moves being performed today, the F-skills.

Floor

- Any forward salto with 3 twists
- Tucked triple-twisting double-back
- Tucked triple-back
- Double-twisting layout-back, pike-salto out
- Double-twisting double-layout (also 2 1/2 twists)
- Quadruple-twisting back-salto (any position)
- Arabian layout double front
- Arabian piked double front with full-out

Pommel Horse – None!

Rings

- Piked whip-it through to maltese with going through support
- Similar to Azarian, but stop in Maltese (no drop to cross)
- Back-lever, press to Maltese
- Triple-back dismount
- Layout double-back with 1 1/2 twists (also 2 twists)

Vault

- Handspring laid-out front with 2 1/2 twists
- Kasamatsu with 1 1/2 twists
- Diamidov with extra half to one rail from front-

uprise

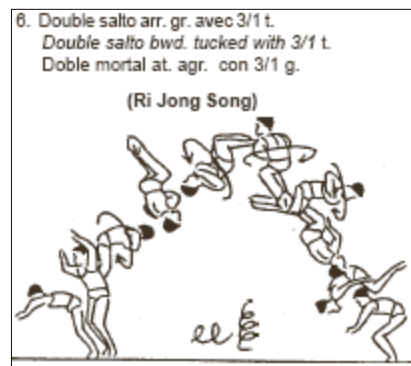
- Front-uprise to piked double-back

Parallel Bars

- Back-giant to piked double-back (Belle)
- Full-twisting Belle
- Back-giant to half-in front+half to upper-arms (Tanaka)
- Peach to Diamidov
- Tucked double-back with full twist dismount

High Bar

- Free-hip to immediate full-twisting Tkatchev
- Full-twisting Kovacs (also laid-out)
- Kovacs with 1 1/2 twists
- Gaylord 2 plus half-twist (Gienger over bar + half)
- Triple-front dismount
- Laid-out double-back with 3 twists dismount



You can download your very own copy of the entire FIG Code of Points at the following site:
www.fedintgym.com/rules

Where Are They Now: Jim Lang, '55 - '60, "The Voice of the Huskies"

by Dr. Eric Hughes

After completing his eligibility in 1960 Jim Lang became the announcer for all home gymnastic meets and was given the title "The Voice of the Huskies." In this way he remained part of the program longer than any UW gymnast. He recently told me, "This gave me a chance to know every gymnast that competed for the UW over a period of 30 years." I'm sure those of you from the "funded" years will remember the outstanding job Jim did. During these years as "the voice" he also announced the women's gymnastic meets for six years, several Pac 10 meets and two national championships for both men and women.

There was more to Jim than a voice, however. He had a typical short, muscular gymnastic body and became one of our top performers.

Jim grew up in Seattle, went to Lincoln High School close to the University and started gymnastics in my Extension Classes during his junior year in High School. He entered the UW in the fall of 1955 and became a member of the first funded (official) team at Washington. In 1955 it was a "minor" sport but became a "major" one with big W's awarded before Jim graduated. He had the honor of being selected captain in his senior year and then was asked to serve as an assistant coach in '60-'61 while doing graduate work.

Jim Lang was very versatile as a gymnast competing in five to seven events in every meet. Our ten events in those days included flying rings, rope climb, tumbling, and trampoline as well as the present six. Jim is the record holder on flying rings with the highest score ever awarded at the UW. He was northwest AAU (Amateur Athletic Union) champion on trampoline and flying rings. He also competed in several national championship meets both NCAA and AAU.

Mr. Lang was a teacher and guidance counselor at Queen Anne High School for nine years and Mercer Island High School for 21 years. For many of those years he also coached the boys gymnastic team which

was a varsity sport in most schools at that time. He reminded me recently that, "One of my gymnasts at Mercer Island was Mark Russo, the present coach of the UW team."

Jim has been married for 45 years to Linda, a pharmacist, and has two grown children Greg and Britta. Jim and Linda's passion these days seems to be cruising in their motor/sailer in the Sound, San Juans, and British Columbia. They also travel a lot both in the US and foreign countries. Other hobbies are photography, hiking, and gardening.

Jim says that, "I value my time as a gymnast at the UW. Gymnastics gave me the ability to focus and follow through on projects."

Finally and most important Jim and Linda still support our program both financially and by volunteering to work when we host gymnastic competitions. Thanks Jim and Linda.



Jim flying high in the gym



Jim on rings

Meet the Team

Morgan Chaney

My name is Morgan Chaney. I was born in Boise Idaho. I was enrolled in gymnastics at age two. My grandparents had a free trial class and ever since I've been flipping and tumbling my way through life. I have won the State meet numerous times and been to Regionals eight times.

I graduated from Borah High School in 2006, then took one year of College at Boise State University studying in the medical field. I'm currently going to North Seattle Community College to get a degree in Nursing and possibly become a Doctor. When I was in 11th grade I took a sports medicine class and loved it, ever since then I've wanted to be part of the medical field.

When the guys program was dropped at my old gym (Wings Center), I didn't think I would ever compete again. At that point I became a swimmer more heavily involved in coaching gym-learned I could University of had my mind in August of '07 and friends be- hard waving ryone, not knowing when I would see them next.



Morgan Chaney

I joined the UW team largely because I missed gymnastics so much. It had been my life, and moving to Seattle gave me the opportunity to get my life back. Upon joining the team my expectations were raised immensely. Before I even trained with the team I was introduced to port-a-floor moves. Oh, man, do those things suck... but in my opinion they also bring the team closer together. Being part of a team means a lot to me; in my past gymnastics career I never fully understood what being part of a team meant. Becoming part of the UW team has given me numerous opportunities to become who I am. I'm now on a college gymnastics team, living out on my own, going to new places, and just overall being part of an amazing group of people.



Marc Miller

A lot of people end up moving at some point during their childhood, but I lived in Laramie, Wyoming through high school and one year of college. I was a really energetic kid and my parents had a hard time keeping me from bouncing off the walls. After watching the 1992 Olympics on TV, my parents decided to enroll me in gymnastics classes as a good way to control my energy. They also enrolled me in many other sports to see which one I liked best. I played base-soccer, and swimming but none of them fell into place like gymnastics did. I made it onto the competitive team in 1996 at the Wyoming School of Gymnastics, the only gymnastics club with a men's team in the state of Wyoming. Gymnastics became something that I really enjoyed doing. I qualified for Regionals every year that I competed and ended up qualifying for JO Nationals four times during my years at WSG (in 2001, 2004, 2005, 2006). I also earned a spot on the Regional team twice.



Marc Miller

I was a four-time Academic All-American in high school and graduated 31st in my class from Laramie High School in 2006. During high school I helped coach young kids at my gym and also taught first grade Sunday school at my church. Working with young kids made me want to pursue a career as a teacher. When I became too old to compete at the JO level, I decided that I wasn't ready to be done with gymnastics so I looked for places to compete in college.

I moved to Seattle in September of 2007 to compete for the University of Washington. It has been a great opportunity so far to be able to compete at a higher level of gymnastics with some of the best gymnasts in the nation. Even though pushing a port-a-floor and moving equipment may not be fun, it's all definitely worth it when you realize what you're doing it for.

When I decide to be done with gymnastics I plan on getting a degree in elementary education and becoming a gymnastics coach and judge. I hope to be an effective and inspiring teacher just like the teachers I grew up admiring. Coaching has also always been something I plan to pursue and is a good way to keep me hooked on the sport.

THANK YOU!

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

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Your 2007-2008 Huskies



Your 2007-2008 Husky Gymnastics Team

Clockwise from upper left: Coach Mark Russo, Mohamed Ghanem, Marc Miller, Ivan Koveshnikov, Morgan Chaney, Jennifer Umemoto, Jeff Crockett, Jon Chapman, Eugene Burton-Breazeal

WMGF
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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>March 28</i>	<i>Collegiate Nationals</i>	<i>Springfield, MA</i>

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