
◊ WMGF News ◊

December 21, 2001

Season Preview

by Head Coach Mark Russo

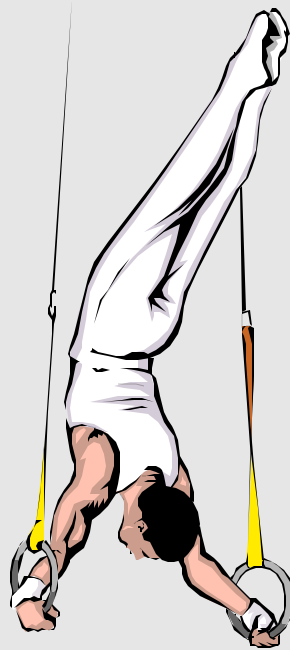
Each year, a new group forms on campus. They fly when given the opportunity, propelling themselves through the air showing the acrobatics of a twisting, turning salmon climbing the falls of their home stream. Yet to the average eye, one would not recognize them. Though they can perform superhero strength, stretch with the elasticity of play-doh and tell you the quadratic equation while upside-down and flipping, unless you saw them in their element, you would never know. Of course I'm speaking of the University of Washington Men's Gymnastics Team!

Superhero training has begun again, and though we lost Captain America (Ryan Welborn) to graduation, new heroes seek to fill his shoes. The brightest prospect is sophomore Jeff Crockett from Boise, Idaho. Jeff will lead the Huskies this year in All-Around. His air sense is second only to his improvement last year and this combination will help make Jeff a solid All-America candidate. Speaking of All-Americans, we welcome back senior Lance Bowie. Lance is the most consistent

GO

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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Husky hero! A leader amongst his teammates, Sir Lancelot is a lot more than a great gymnast. Lance is our student activities President and has to deal with me constantly. Not an easy task. He also takes care of his fellow gymnasts whenever they need a favor. In his fifth and final year, I look for Lance to have his best performance ever!

Backing up Lance and Jeff are a host of heroes. Ben MacColl (all-around, junior, Seattle, WA), Aaron Cole (FX, V, PB, junior, Colville, WA), Chris Peterson (HB, V, sophomore, Seattle, WA), Matt Coles (HB, sophomore, W. Richland, WA), and new freshmen Elliot Marlow from Anchorage, Alaska, and Jeremy Coles (Matt's brother). This is a hard-working group of young men who aspire to be great gymnasts. I look forward to the challenge of creating a team that contends for the title of Collegiate Club Champions!

Though we are traveling mostly to west coast destinations this year, we are headed back east to Springfield as well as hosting Arizona State this year on March 23rd. I hope you can attend our first home meet in three years!!

Thank you for continuing your interest in our program!

HUSKIES!

Husky History: Matt Lyum

by Mark Russo

Husky Gymnastics alumnus Matt Lyum is one of the many people that have contributed to the great tradition of Men's Gymnastics at the University of Washington. Now back in his home state of Hawaii, Matt continues to be a strong supporter of the program. I recently had a chance to catch up with Matt and ask him a few questions:

What are you doing in life now?

I am currently managing Ultimate Innovations, Inc., a Landscape Contracting firm back in my hometown of Honolulu, Hawaii. I also have a consulting business, MLC International, LLC, that specializes in composting, recycling, and aquaculture. My main hobby is deep-sea fishing, and I have been able to share some trips with former Husky teammates Mac Smith and Mark Russo. John Daley is living in Hawaii now, but I have yet to coerce him onboard. He says he'd rather windsurf!

How has gymnastics impacted your life?

UW Gymnastics has had a dramatic impact on my life. Of course workouts and training schedules helped develop discipline and a good work ethic, and I have made lifelong friends through the team and its supporters. But being part of the team during the years we developed into a self-sufficient club was probably the most significant and incredible learning experience I had in college. Organizational skills, people



skills, and perseverance through adversity, were all lessons learned by running the team. It was great training for the business activities that I continue to manage today.

Do you have any humorous stories regarding the team or your coach?

If you want humorous stories, I wouldn't know where to stop. Any time 13 college gymnasts travel via 8-passenger van for away-meets, things happen! I'll skip the details, but I'd have to say the best would be a tossup between two occasions. One was when Jim Holt's prosthetic leg was passed around while being pulled over by the Tempe Arizona Police Department for speeding during the '85 Pac-10 road trip. The other was Mac's initiating me to snow (three feet deep as I recall) by pushing me over while I was relieving myself at Snoqualmie Pass. Growing up in Hawaii didn't prepare me for getting out of the white stuff, and everyone was laughing too hard to pull me out!

Is there any message you would like to convey to your teammates and/or current team members?

I guess the best lesson learned from the Husky experience was: "the more you put in, the more you get back." I see the current team performing awesome gymnastics while raising money for the club, so you're already practicing that philosophy. Mark has taken the spirit of what we tried to start as a club sport to a higher level. Everyone on the team should be proud of yourselves...I'm sure proud of you!



Husky History: Steve Yates

by Rod Minaker



After leaving the University of Washington in 1974, Steve migrated to the Mayo Clinic in Minnesota to continue his education in Physical Therapy. He returned to the Pacific Northwest looking for a job and ended up in Portland with every intention of returning to Seattle some day. It didn't happen! Steve and a partner went on to found three Physical Therapy Clinics in the Portland area. Steve carries full clinical responsibilities and his practice consists of both Orthopedic and Sports Medicine. Lampkin of the Mariners rehabbed with Steve's clinic prior to this season, as did Picabo Street prior to her Gold Medal. Steve claims to see lots of gymnasts in his practice.

Steve and his wife Katie have two boys: Cameron, 13, and Brandon, 10. Both boys are avid soccer players in Classic and Rec programs. Accord-

ing to Steve the Yates family spends many a weekend on the soccer field. To escape the hustle and bustle of Portland, Steve and Katie own a home at Black Butte Ranch where they can enjoy a slower pace of life. Steve claims to be nearing the big 50 mark but doesn't seem bothered by it at all. He said "I'm an older dad compared to the rest of the dads... the only Big W winner amongst them... probably in better shape too. Touch my toes? After I loosen up!"

I was fortunate to have spent my freshman year training with Steve during his senior year at the University of Washington. Steve and I both had a passion for vaulting. Steve was a great role model and mentor and I was pleased catch up with him after all these years. "What a long, strange trip" as Steve would say!

HAPPY HOLIDAYS

From your 2001-2002
Husky Men's Gymnastics Team



Back row, left to right: Lance Bowie, Elliot Marlow, Jeff Crockett, Chris Peterson
Front row, left to right: Aaron Cole, Jeremy Coles, Ben MacColl, Matt Coles

Reader Survey:

What would YOU like to see in our newsletter?

We've received some great feedback from a few of you about what we include in our newsletters — mostly requests for more of our "Husky History" alumni updates. We'd like to hear from a few more! Maybe you'd like to let our 'community' know what

you've been up to in recent years. If you'd like, please fill out the following questionnaire and send it back to us. We'll print highlights from responses in a future issue.

Name: _____

What is the source of your interest in Husky Gymnastics? _____

When were you on the team or otherwise involved with the program? _____

Do you have a funny Dr. Hughes/Dick Foxal/Jim Holt/Mark Russo story? _____

What are you doing in life now? _____

Can you still do a handstand? _____

Who of your teammates or other gymnasts have you been in contact with recently or since your time with the program? _____

Any other comments? _____

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

WMGF
5529 27th Ave. N.E.
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Enclosed is my contribution* to WMGF in the amount of:

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

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Washington Men's Gymnastics

2002 Meet Schedule*

Date	Competition	Location
January 5	Washington Open	UW—Seattle, WA
January 25-26	Rocky Mountain Open	US Air Force Academy, CO
February 7-9	Winter Cup/Blackjack Invitational	Las Vegas, NV
February 15	ASU and UCSB	ASU—Tempe, AZ
February 21	Peter Vidmar Invitational	Los Angeles, CA
March 8,9	UCSB Invitational	UCSB—Santa Barbara, CA
March 23-24	ASU	UW—Seattle, WA
April 11-13	US Collegiate Nationals	Springfield, MA

**Tentative! Please contact Mark Russo for any updates: 206-524-9480 or ossurkram@hotmail.com*