

◊ WMGF News ◊

February 28, 2002

Mid-Season Update

by Mark Russo

Back to our usual season opener, the Washington Open provided the team a great setting to show their stuff as nearly 300 boys from around the state and region crammed into the Hec-Ed Pavilion Addition. I was pleased with the team's effort. The routines we performed were rough but good effort to stay on the equipment was shown. I'm constantly amazed that these guys can energize and perform considering all the work they do just to help make the meet happen. At this meet, recent USA World Team member Jeff Johnson did several exhibitions, wowing the crowd with his 10 second iron cross performed while spinning!! He also did another ring set with extra-long holds, some for more than 5 seconds!! It was great to see the Washington Open back in form after a two-year hiatus and a small meet last year.

The Rocky Mountain Open at the Air Force Academy gave us our first taste of team competition. Air Force, NCAA National Champions Oklahoma, the US Olympic Training Center team, Nebraska, Arizona State, and the Huskies were present. There were many good routines performed, but generally more miscues. Its early season and that's pretty common as routines are not yet routine. We had some memorable performances: Jeff Crockett performed well enough on floor and high bar to make event finals on

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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.



Jeff Crockett on Still Rings

those events. Aaron Cole, Ben MacColl and Graham Gordon all had strong ring routines. Scott Provence nailed his vault cold!! Our team score was close to ASU considering we were one score short on high bar. Though we have some catching up to do, we are within range and that is promising.

This year's Winter Cup National meet was held in conjunction with the Black Jack Invitational in Las Vegas. Jeff Crockett qualified to compete in the Winter Cup for the first time and really rose to the occasion. Jeff hit six of six routines and tied for 15th in the All-Around!! This is the highest any Husky has ever placed in this meet! Way to rock, Crock!! Jeff also qualified to finals on high bar where he ended up 7th!! A great meet for Jeff and all the purple and gold.

In the Black Jack Invitational, Seniors Ben MacColl and Aaron Cole led the way with pretty consistent routines. Scott Provence was injured after nailing his vault. This time he also nailed his heel. He is back practicing already, however. Graham Gordon did an outstanding job on floor and p-bars showing much improvement from the first meets.

In general, we are coming into competition form, nearly ready to peak for Collegiate Nationals in Denton, Texas. The competitions will be getting closer all through the season.

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Husky Junior Graham Gordon

by Graham Gordon

Vital Statistics

Born: June 28, 1982 in Albuquerque, NM

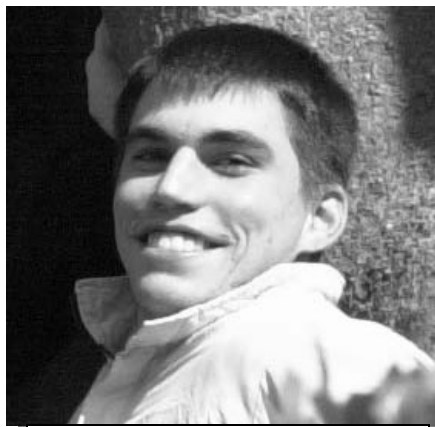
Parents: Creigh and Miriam Gordon

Favorite Event: Pommel horse

I started gymnastics at the age of nine at Duke City Gymnastics in Albuquerque, because a couple of my friends were in gymnastics there (they both quit within a few months of my arrival). I was coached mostly by Jerry Nickels and Michael Welsh. Other coaches that have been very influential include Tim Collins, Matt Arnot, and Rusty Mitchell.

In addition to competitive gymnastics I am also a Nationally Certified judge, and have coached junior level gymnasts. After I finish competing, I hope to continue judging and become more active in coaching.

The three main reasons I came to the University of Washington are: i.) it was a great chance to do



Husky Junior Graham Gordon

competitive gymnastics at a collegiate level, ii.) the family I have in the city of Seattle, and iii.) the excellent school of engineering at the UW.

I am currently a junior at the UW, where I am studying mathematics and computer engineering.

Husky Freshman Scott Provence

by Scott Provence

My name is Scott Provence, and I have been doing gymnastics for almost thirteen years. I started at Seattle Gymnastics Academy when I was six years old. Now, I am a freshman at the University of Washington and am excited to be on the Men's Gymnastics Team. Before coming to the UW, I worked out at Cascade Elite Gymnastics. My favorite event is Pommel Horse.

When I'm not in the gym, I like playing music and Ultimate Frisbee. I have played the French Horn for six years in many different bands and orchestras. In the last year, I have taken up the acoustic guitar as well. I also enjoy writing and plan to become an English major. I hope to be a beneficial addition to the Washington Men's Gymnastics Team and look forward to the next four years.

Editor's note: Scott was also this year's (and our first-ever) recipient of the Dr. Eric Hughes Scholarship. This year's award was \$1000. The DEH Scholarship is awarded to qualified applicants based on financial need, academic standing, and gymnastic ability. Congratulations, Scott!



Dr. Eric Hughes and scholarship winner Scott Provence.

2002 WMGF Raffle Prizes Awarded

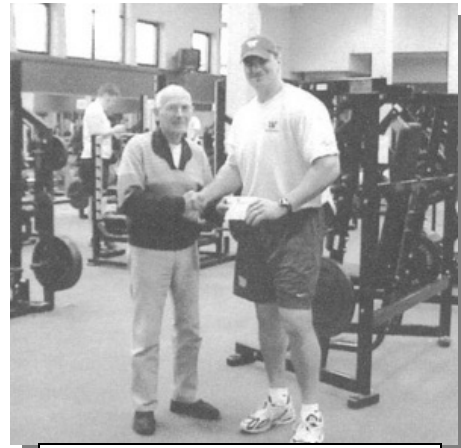
by Dr. Eric Hughes

The lucky First Prize winner of our raffle for 2002 was Pete Kaligis, the strength coach for the U of W football team. This was a pleasant surprise for Pete and his wife who have just had their first child, a daughter, born in January. Pete was a sociology and law enforcement major at the U from 1989 to 1994 and played guard on the football team. He also put the shot on the track team and won this event at the Olympic Sport Festival in 1995.

Pete and his family plan to use their one-week stay at a luxury resort in Cabo San Lucas sometime in the future when the baby is a little older.

Second Prize, the CD sound system, went to Peter Wieging, of Tempe, Arizona. Third Prize, the Skyway Luggage, was won by Jim Huntzicker, of Beaverton, Oregon. Congratulations to all!

Many thanks to Rod Minaker, who is the WMGF Treasurer and an executive at Trend West, whose company provided the three prizes for the raffle which raised approximately \$3,000 for our team.



*First Prize raffle winner Pete Kaligis,
with Dr. Eric Hughes*

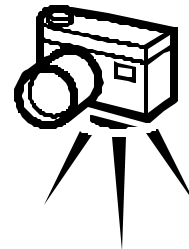
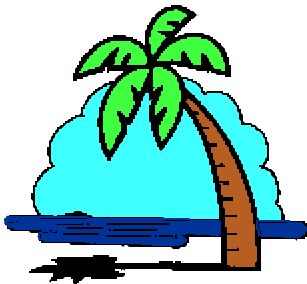
Everyone receiving this newsletter should plan to purchase several tickets this year (see box below). The odds are better than most raffles as we will sell a maximum of 1,000 tickets and we have three excellent prizes again.

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
Third Prize:	Argus™ Digital Camera



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.

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

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

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

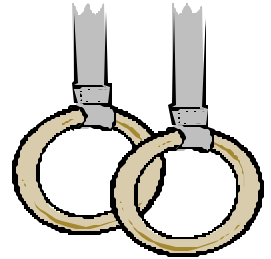
\$100 ___ \$200 ___ \$500 ___ \$1,000 ___ \$1,000,000 ___ other _____

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

Name and Address:
(only if different from the mailing label on the opposite side of this page)

e-mail: _____ Phone: _____

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UW vs. ASU Home Meet Canceled

Unfortunately, Arizona State University will not be able to make it up to Seattle this year, which forces us to cancel the home meet we had planned for this March. Thanks to all of you who had planned to attend - hopefully we'll be able to have the meet again next year!



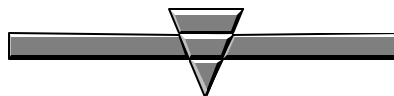
Husky Senior Ben MacColl flying high above the High Bar at the US Air Force Academy for the Rocky Mountain Open

WMGF
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 Seattle, WA 98105



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Washington Men's Gymnastics

2003 Meet Schedule

Date	Competition	Score/Location
January 24,25	Rocky Mountain Open	UW Score: 170.90 / USAF Academy, CO Springs CO
February 22	Arizona State University	ASU—Tempe, AZ
March 6	Peter Vidmar Invitational	Los Angeles, CA
NOTE CHANGE:	UW vs ASU Home Meet	<u>CANCELED</u>
April 16-19	US Collegiate Nationals	Denton, TX

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