

WMGF News

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May 30, 2008

Season Review

by Mark Russo

The conclusion of the 2007-2008 season come early this year; since it is an Olympic year, most of the competitions are scheduled to select teams and focus on this single most important gymnastics event. We wrapped up our season in late March and early April with USAG Collegiate Nationals in Springfield, Massachusetts and the USA National Qualifier in Colorado Springs.

This season we had several outstanding individual performances but never put it all together as a team, mostly due to our lack of competitive numbers. In fact, we led the Club Division at Collegiate Nationals for most of the meet until we came to our events where we were one man short of a full team. That makes a big difference now with the open scoring where an average event score of 13 can be tough to beat. At Nationals, we were led by freshman Ivan Koveshnikov whose talent has been unmistakable all season. Ivan put together his best meet of the season winning the Collegiate Club all-around division in his first attempt. Very impressive as well was his ability to qualify to finals on three events. He did not place on these events yet you could see that it won't be long before Ivan is at the top of the awards stand.

Marc Miller performed to his highest level at this meet as well, and his 7th place All-Around finish speaks well to the dedication and work he put in this season. The most reliable and consistent performer all season at practice and in competi-

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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.



Jon on pommels at Nationals

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tion, Marc has the qualities that will take him far in whatever he does. Already in the recent off-season he has dramatically improved in several areas and looks to make a big splash next season.

Similarly, freshman Jon Chapman was another model of durability and consistent routines. Jon steadily progressed all season with some of his best performances on p-bars and floor. Jon is busy right now upgrading his difficulty, especially on high bar where he will be a very important part of the team next season.

Two Huskies, Morgan Chaney and Mohamed Ghanem, also helped the team to the best of their abilities. Morgan competed on floor, vault, and p-bars. Mohamed competed on rings and vault. Both were valued members of the team this year, but have chosen to move on to new goals next season. Morgan has enlisted in the Navy; Mohamed will be devoting full time to school. We wish them luck and are thankful for their time devoted to the team.

Jeff Crockett also competed for the team at Collegiate Nationals as a tune-up for the USA Qualifier. At USA Qualifier, Jeff was attempting to qualify to USA Nationals where if he did well he would qualify to the Olympic Trials. Jeff did do well at the Qualifier, hitting three of four events, but this was not enough to qualify to USA Nationals. However, Jeff is right back in the gym training for 2009 where he is inventing some new moves on

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Season Review

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high bar and perfecting some others to be a force to be reckoned with.

The character represented by the team this year was outstanding. We had very good individuals who won competitions and the team never performed skills above their ability. I was very proud of their desire to get better daily in the gym, and really believe that this group will have their team day in the sun next season. Recruiting for 2008-2009 has gone very well and I am confident that a full complement of scores on all events will propel us to a great season.



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

Where Are They Now: Pat McGunnigle, '55 - '58

by Dr. Eric Hughes

Pat McGunnigle was on the first official gymnastic team at the UW in 1955. I started a competitive gymnastic team in 1950 but we weren't funded and accepted as an intercollegiate sport until 1955 (see the "Where Are They Now" article in the last Newsletter on Jim Lang who was also on the first team). Almost everyone from my first team still donates each year to the WMGF. Pat and Jim are special, however, because they also contribute their time by working at home competitions.

Pat was born in Priest River, Idaho in 1936. During the Second World War, while his father was in the Navy, he lived in many US cities, finally arriving in Bremerton. His mother, a war bride, worked in the shipyards while in Bremerton. After the war, the McGunnigles moved to Everett and then Edmonds. In school Pat participated in wrestling and boxing, not a good sport, he says, for someone with a glass nose like him.

In Edmonds, Pat and a friend started a tumbling club with a membership of two. They watched gymnastics on TV and tried their best to emulate the skills they saw. They taught themselves to do front flips, round offs, back flips, etc. Pat said it took him a year to learn a good handstand but after he gained strength he could press a handstand almost anywhere.

He enrolled at the UW in 1954 majoring first in Forestry then in Fisheries. The Fisheries major enabled him to get interesting jobs in the summer in Alaska.

While at the UW he enrolled in a PE gymnastic class which I taught. He had a French class immediately following but found it more enjoyable to stay in the gym and play on the apparatus than to go to his French class. Many a young man has been led astray by me in a similar manner.

In the 1955 season Pat was voted the most valuable freshman and in 1958 he was elected captain. This team won the Pacific Northwest team championship which was a well attended meet at the time. At the 1958 Pacific Coast Championships (now the Pac 10) Pat was 5th on rings and 6th in the all-around.

Pat took ROTC in school and in 1959 when he graduated joined the army as a Second Lieutenant. He was sent to flight school where he learned to fly fixed-wing and then helicopter aircraft.

In 1962 he returned to the UW and got his teaching certificate while remaining in the reserves. Later he

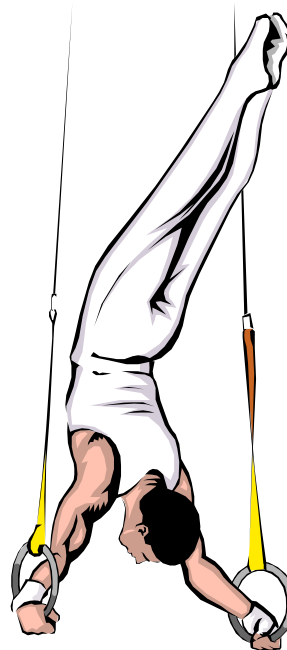
got a M.Ed. in science education also from the UW.

Mr. McGunnigle taught general science, chemistry, biology, and mathematics in the Shoreline School District for many years. He also coached wrestling and gymnastics at Shoreline High School.

In 1971 Pat met Beth who was a student at the UW and also a gymnast at the Seattle YMCA where she was coached by the famous women's coach, George Lewis. Pat and Beth have one son now living in Japan and two married daughters in the Seattle area.

In 1972 Pat and Beth became entrepreneurs. They acquired a boarding kennel and various apartment buildings and mobile home parks. They sold the kennels two years ago but are now in the process of establishing another in the Bothell area where they have purchased a ten acre estate. Beth says she wants to stay busy: retirement is not for her. They have offered their large home and patio to the WMGF as a place to hold picnics and other social gatherings.

Thanks Pat and Beth for all you have done and are still doing for the sport of gymnastics and for keeping the contributions flowing our way.



Meet the Team: Inside the Mind of Jon Chapman

By Eugene Burton-Breazeal

Quick facts

- Born in 1988
- Nickname: "Fatty" - from his unusual height and weight, making it nearly impossible for one teammate to spot him alone during paired strength and conditioning.
- Parents: Michele and Rick, who both volunteer for WMGF. Rick commutes four hours every month, just to attend the Board meetings.
- Siblings: Kris-33, Kammie-31, Erik-28, Codie-24, Jared-9, and Hailey-8.
- First Gym: Oak Harbor Gymnastics School, Oak Harbor, WA 1996, Competed in 1997 season at age eight.
- Favorite Event: "Hbizzle" - under current slang, anything ending in "bizzle" is cool! So a teammate would understand this as, "The High Bar is Cool!"

Our Jonathan currently resides at the "Team House." The team house, for those of you who don't know, is located next to University Village, just down the hill from UW. Jon started gymnastics for various reasons, but he wanted to share with us that he didn't like soccer or baseball, and gymnastics was simply more fun. In soccer, Jon didn't like how one poor player brought the whole team down; in baseball, Jon was the least talented on his team. Gymnastics was more individually oriented, and more "fun" to little Jon.

What are your goals for this coming season?

Next season Jon would like to focus on training hard, adding new skills on the horizontal bar and parallel bars. Specifically: a Jaeger on high bar, and Diamidov on parallel bars.

Why UW?

Jon: "My previous coach at Leading Edge in Everett was [former Husky] Jeff Fausz, and he referred me... I visited... and was invited to come workout."

Jon is currently enrolled at North Seattle Community College and plans to attend for one more year before transferring to the University of Washington.

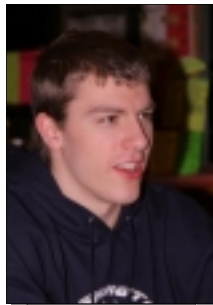
fore transferring to the University of Washington.

Who inspires you?

Simply, "I inspire myself" – Jon. Self-motivation is the name of the game. He finds it fun and encouraging to challenge himself with new difficult skills and months later perform them with the appearance of little or minimal effort. This continuous cycle of challenge and mastery is what fuels his desire to continue! He really enjoys the payoff of those new skills, even when it requires hundreds and thousands of repetitions, falls, and bruises to attain.

Why do you still do gym?

Jon: "It's fun and I like flipping. Overall, I enjoy learning new skills."



Jon Chapman

What are your academic goals?

Jon: "Possibly grad school but that's too far away... so I'll consider my options later." Jon is currently an aspiring Chemistry Major.

What's your weirdest rip?

Jon: "My left pinky finger, from the first to the third joint... doing just a *front giant* (forward straight body swing around the bar) ...the last turn of day, last giant before my *Veronin* (release skill when both hands leave the bar momentarily). All the skin just came off."

How would you like to see gym change in the future?

Jon: "I would like Vault to be better...with less traffic. It would be nice to also have the tape measure and runway secured down. Less setup would be nice."

What other hobbies do you do in your free time?

Jon: "I used to enjoy going to Lake Stevens to visit friends, but now I like hanging out around the team house."

What's with the egos, Jon?

Jon: "It's quick and easy, and tastes great. And it keeps the dishes down."

So how many consecutive meals of eggos have you ever eaten?

Jon: "I once ate four meals in a row... and about

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THANK YOU!

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Meet the Team: Jon Chapman

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700 meals in the last two years." Thanks Jon, well I guess it's evident that eggos play a very critical part of your diet. I'm sure no one at the Team House tells you to leggo of their eggo!

Jon Chapman would like to express his sincere appreciation for the academic scholarship he was most recently awarded at this year's end-of-season Team Banquet. Jon thanks you for supporting him and the team through your selfless donations that are our primary means of support. Your support enables eggo eating, flipping gymnasts like Jon do what we love most... study, train hard, and carry the UW Husky Team across the nation and the world!

2008 Team Banquet

By Peter Sawyer

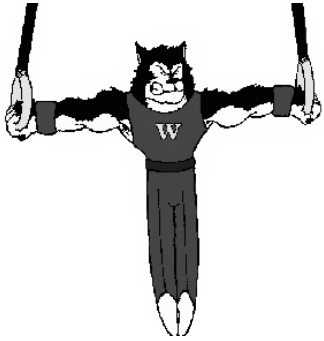
For you alumni who couldn't make this year's banquet on May 18 – you missed some great pie! Nearly fifty of us enjoyed Mark's homemade pies of peach, berry, apple, cherry, and even rhubarb pies while we watched this year's team video.

Of course, Mark handed out awards to the team as well. Jeff Crockett, Ivan Koveshnikov, Jon Chapman, Morgan Chaney, Marc Miller, Mohamed Ghamen all earned UW letters. Jeff Crockett received an All-American award for Vault and Ivan Koveshnikov for the All-Around.

Check out the photos on our website: www.wmgf.us

Hope to see you next year!

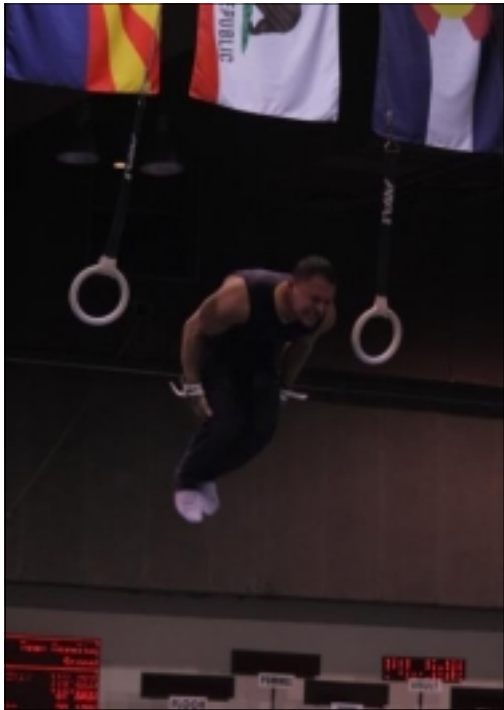
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