

WMGF News

www.wmgf.us

May 7, 2010

Season Review

by Mark Russo

Our season ended on March 27th with a trip to Collegiate Nationals at the Air Force Academy where we finished second to Arizona State for the 4th consecutive year. In our self-funded Collegiate Division we placed as follows:

ASU	326
Washington	295
Brockport, NY	289
Texas	260
MIT	245

It was encouraging to see more self-funded teams than funded, and the level of the self-funded teams has improved. Although variations are common, I believe our collective method of sustaining collegiate men's gymnastics is improving. Most often, the single biggest factor is having an organized adult or group of adults lead the guys through the tough financial times of fundraising for everything. What tends to happen with student-led efforts is that the fund-raising momentum vanishes once that one motivated student leader moves on. So far, only the UW and ASU have stood the test of time.

At the competition, each team member had the goal of hitting 80 percent of their routines. We didn't make it though, hitting just 16 of our 28 routines (57 percent). Our most consistent performer was freshman Taylor Anthony, who had his best meet of the season. Taylor worked hard this year to learn new skills and perform routines under pressure. It

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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.

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Jeramie Hardi's first pommel routine as a Husky

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was rewarding to see him loosen up and have a good time hitting his routines. Although he still has much to improve, I see him taking care of business during practice, so improvement will come quickly for him. He is like many of the gymnasts our team has always attracted—a late starter who has come to the team hungry to improve and happy to be on a such a close knit team.

Next year, the team needs to take a large step to overtake ASU. There is nearly a point per-routine difference between us. It will take a committed offseason and some good new recruits to bring us into contention with ASU. Their huge team of 19 gymnasts made it tough for us to compete since we don't have the same depth and must therefore count some tough scores. I honestly think our team would be larger if enrollment into the UW was not so difficult. Yet in some ways, our extended rivalry with ASU is a good thing, constantly giving us a target to shoot for, a team to beat, and a goal that motivates us.

Nevertheless, we are working on building depth, and key to that is our new recruiting committee. Bob Miller, from Miller BizSolutions, and parent of current team member, Bobby Miller is heading it up, and I can hardly wait to see the full-blown implementation of our plan.

My editorial on our overall season is that we never really got it together as team in any particular competition this year. We experienced some key injuries,

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Season Review

(Continued from page 1)

including one to Sam Softich and another to Jeramie Hardi that had big impacts on the team. Our lack of depth demands that we be 100% injury free, but that is seldom attainable. Still, I am very excited about the off-season, as several new gymnasts have stated they are planning to join the team and it appears as though no one is leaving. These two factors should make us better in 2010-2011.



*The Huskies at the 2010 USAG Collegiate Nationals
Back row (L-R): Andrew Inaba, Jon Chapman, Michael Sloat, Kevin Smith, Bobby Miller
Front row: Sam Softich, Taylor Anthony, Jeramie Hardi*



**Please join us for the 2010
Washington Men's Gymnastics
Team Banquet**

**Season re-cap!
Slide Show! Dinner!**

HOLD THE DATE!

RSVP to: team@wmgf.us

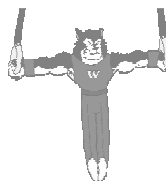
**Sunday May 23, 1:00 - 4:00 pm
UW Waterfront Activity Center (just south of
Husky Stadium)**

Seeking Space



One of our goals is to run our own program. For that, we need a space. Can you help? We're looking for something similar to warehouse or commercial space measuring 60' x 100' x 24' high, and located somewhere between the SODO district of Seattle and Lynnwood.

*Email us: team@wmgf.us
or
Phone: 206-524-9480*



Thank You!

Where Are They Now? An Update on Husky Alum **Bill Carpenter**

(Competition years: 1971—1974)

Bill's destiny as a gymnast would surprise no one who knew him as child. Growing up in Glencoe, Illinois, he enjoyed climbing things, like very tall trees, as well as jumping off of things, like roofs.

The New Trier East high school he attended in Winnetka offered a great gymnastic program that attracted college gymnastic coaches from all over the country. So it was that Bill found himself at the UW in the fall of 1971 with a suitcase and a sense that a great adventure was beginning. Attending such a large school might have been daunting, but being on the team gave him an immediate identity and a great group of friends. Even better was having renowned Husky gymnast, Yoshi Hayasaki, whom he had previously only read about, as both teammate and mentor.

According to Coach Hughes, Bill tried several events, particularly rings, but wound up as a high bar specialist. He won his Big W as a mere freshman, which was an outstanding accomplishment because of

his high school meets. It was love at first sight, and they went on to marry in 1981, as well as raise two sons. Their boys didn't compete gymnastics, but both are very athletic, with baseball, soccer, and tennis being their favorite sports. Although their kids are attending college now, Bill's family still regularly engages in sports such as skiing, snowboarding, mountain climbing, tennis, ice skating, rollerblading, swimming, sailing, water skiing, and scuba diving.

Reflecting on gymnastics' impact on his life, Bill told us:

"I have no doubt that my experiences training and competing in gymnastics gave me the ability to thoroughly enjoy my life as a husband, father, lawyer, and sports enthusiast. I will forever be grateful to Dr. Hughes for giving me the opportunity to compete for the UW. I have often told my children that my college years were my very best."

Having spent the last ten years specializing in the "less stressful and more rewarding area of wills and trusts rather than litigation," Bill is looking forward to retirement in a few years. With his increased free time, he hopes to visit old haunts and friends like the University of Washington and his teammates.



Gymnastics brought Bill his wife too. He met Jan in high school, where she helped as a score flasher at his high school meets.

the team's great talent and depth. In Bill's sophomore year, he qualified for the NCAA meet and placed 10th. The next year he won the Pac 10 Conference championship and was voted "Outstanding

Gymnast" by his teammates. In his senior year he was undefeated in dual meets and repeated as Conference champion, and his teammates selected him again as "Outstanding Gymnast." Coach Hughes' wrote in his end-of-year report that "Bill was like a machine all year, never missing, always perfect."

After graduating from the UW in 1974 with a business degree, Bill attended law school at the University of Colorado. He graduated in 1977, and went on to become a District Attorney. For four years he prosecuted criminal cases, including first-degree murder. After leaving the District Attorney's Office, he went on to represent clients in virtually every area of law.

Gymnastics brought Bill his wife too. He met Jan in high school, where she helped as a score flasher at

Meet the Huskies - Jeramie Hardi

by Mark Russo



This newsletter we feature old timer freshman Jeramie Hardi. I call him old timer freshman because after working numerous jobs since high school, he's now 24 and just recently enrolled in Shoreline Community College. But this guy brings maturity and poise as well as competitive toughness to a young team.

Jeramie performed this year as an All-Arounder, but several injuries limited his practice time on pommel horse, parallel bars, floor and vault. Yet, to his credit, he sucked it up and hit some tough routines for us this year at Collegiate Nationals. He has tremendous potential because he is small, powerful, fairly flexible, and strong - the build of super hero! In fact, he is currently practicing a high bar dismount that no one in the world has ever performed—a front 2 1/2 over the bar! For this extremely difficult dismount, he releases the bar just before the top of his front-giant swing and completes 2 1/2 forward rotations over the bar before landing

on his feet. It is quite the jaw dropper when you see it. He's gone through many progressions, including learning a new tap to give him the needed power at takeoff, and it's been a great learning process for both of us.

It's good seeing him achieve the potential he demonstrated ten years ago when he made the Junior National team. People take different paths to get to the team and Jeramie is no exception. Although I recruited Jeramie for many years, it wasn't until he was awarded the WMGF scholarship that we landed him on the team. Now he trains to be the best All-Arounder on the team, and he hopes to qualify to USA's next year to celebrate the ten years since he was last there. Outside the gym, Jeramie is interested in cars; he likes to go fast which causes his coach to grimace and cringe. He also continues to work as a coach at Auburn gymnastics in addition to his training and academics (he hasn't yet determined his major though).

In person, Jeramie is pretty quiet, consistently practicing and improving. But on his great days, he comes alive with talk and you see who he really is: A great gymnast finding the family within our team, and an increasingly important part of the Husky gymnastics tradition.



The Youngest Donor

by Mark Russo

The other day we received a donation that caught me off guard and made me realize how amazing it is to be supported by people who genuinely care that our program continues. The donation was unique in that it came from a 7-year old boy who I am great friends with. He receives our newsletter and has begun reading them with his parents. He has always loved doing gymnastics and I have enjoyed teaching him on occasional Saturdays at Cascade Elite, where the UW team trains. He has a good time learning the basics of how to roll forward and backward leading to the day when he can flip by himself. Each time he comes to the gym with the unlimited energy of a happy young boy. For someone at his age to decide to give his well deserved money to our program

really blew my mind! This made me want to say thank you! sincerely, from my heart to ALL of you for donating to our gymnastics team. Anson Willoughby Pham's donation came from his heart and was delivered with the generosity I feel from all of you. This, I believe, makes our program the intense experience that it is. It is one of the main reasons I coach, and I am honored to be part of this program and feel tremendous respect for all who came before me and those who give now, young and old as we move forward into a new decade of Washington Men's Gymnastics.

Thank You!

THANK YOU!

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:

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

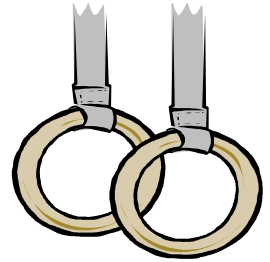
*Remember: if you wish to donate a stock or other security, please contact Dr. Hughes at (206) 632-2151 for details.

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

Three horizontal lines for name and address input.

e-mail: _____ Phone: _____

Comments: _____



Grips and Guards

by Peter Sawyer

"Hand guard" and "grips"- is there a difference? My veteran contacts confirm there is. But before elaborating, I should point out that although high bar, rings, and parallel bars arose somewhere in the early 1800's, I could find no reference to what men might have worn then.

The earliest reference to hand protection comes from a 1949 gymnast who tells how the earliest hand guards were simply gauze wrapped around the fingers, stretched across the palms, and then wrapped around the wrist. The leather-type "hand guards" most of think of arose somewhere in the 50's and were constructed from cloth, canvas, or leather, with loops for the fingers and a strap fastened at the wrist. They fit over two fingers, and was were worn snug down to the knuckles. Men wore them while competing high bar, rings, parallel bars, and even pommel horse.

Hand guards gradually evolved to be longer and worn over the first knuckle of the middle two fingers. The extra length caused the leather to fold inward at the fingers, thereby assisting the gymnast's grip.

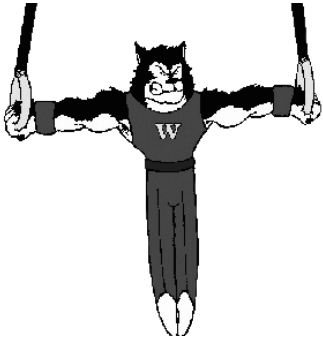
Sometime in the 70's, hand guards began being made with a dowel sewed in near the finger holes, further assisting the grip, and consequently guys started calling them "grips". Nowadays there are two styles: high-bar grips that fit over three fingers, and ring-grips that fit over two. Both are worn with the finger holes wedged between the first and second joints. Hand protection is almost never used now on p-bars or pommel horse.

One more piece of trivia: before grips were easily available, gymnasts modified their hand guards with a broken pencil, a couple of rubber bands stretched over the fingers, and some gym tape to create makeshift dowels!

Beginner grips similar to earlier "hand guards"



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5529 27th Ave. NE
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May 7, 2010

A Husky Found!

...a response to Coach Hughe's request for "lost alumni" (published with permission from John)

Hi Coach Hughes.

Greetings from John Deininger

Saw my name in a recent WMGF newsletter with a question if anybody knew anything about me?

Yup!...still alive and living across Lake Washington in Redmond, WA.

I am 72 now but I still have a trampoline in my back yard and try to keep my kinesthetic balance tuned. I have had an Architecture Office for over 40 yrs.

I still compete in Diving in the Masters events...70-75 yr age group and travel all over the World with this activity.

I am also President of the World Acrobatics Society and rub elbows with some of the World's best Acrobats from various fields.

Among other things the Society has a convention in Las Vegas each year and inducts Legendary Acrobats from many disciplines.

Speaking of Gymnasts last year one of our inductees was Valeri Liukin. Others have been Commaneci, Sakamoto, Pond, Vidmar and the likes. Another name you might know is Abie Grossfield who is a member of the World Acrobatics Society. try www.worldacro.com

It would be fun to see you again.

email me or call when you get a moment.

-John Deininger (Trampoline/Diving 1970)



Editors note: We love hearing from you! Drop us an email team@wmgf.us and let us know what you're up to.