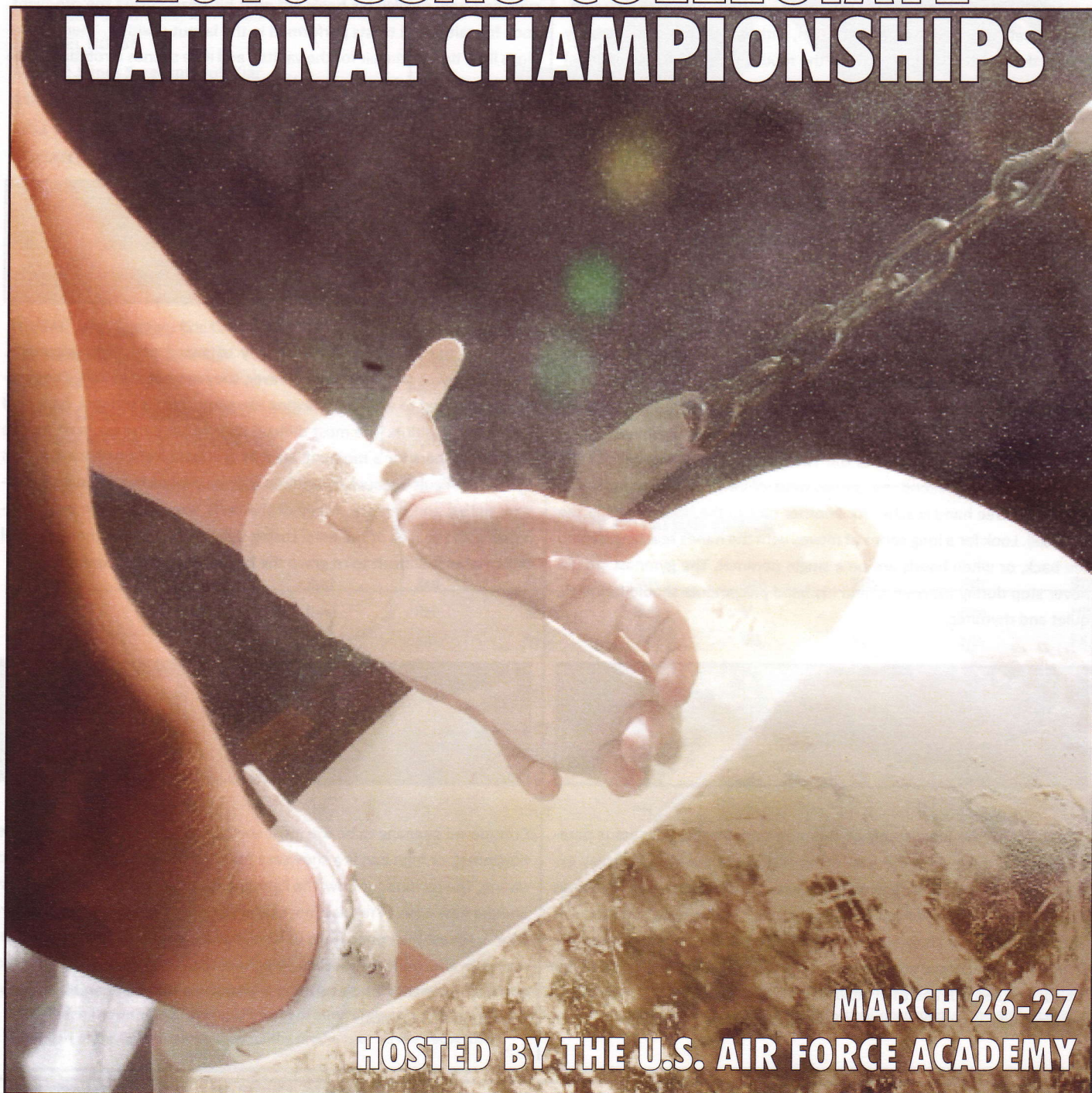




2010 USAG COLLEGIATE NATIONAL CHAMPIONSHIPS



MARCH 26-27
HOSTED BY THE U.S. AIR FORCE ACADEMY



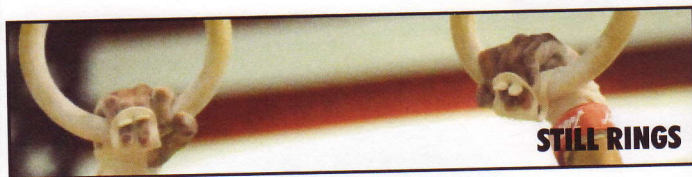
SPECTATORS GUIDE TO GYMNASTICS



Today's floor exercise routines consist of dynamic tumbling skills that only a few years ago were performed solely on the trampoline. Multiple saltos and twists are increasingly common. The best gymnasts will incorporate three or four tumbling passes of substantial difficulty, often performing several difficult tricks in a row. In general, the most difficult tumbling moves are done while twisting in the layout position - with the body completely stretched - and the piked position, with straight legs and the body bent at the waist. Look for these on the mount (the first tumbling pass) and the dismount. High execution and clean landings, in which the gymnast completes the last salto and/or twist well before his feet touch the mat, mark a good performance.



Considered by many to be the most difficult of all men's gymnastics events, the pommel horse is also the most subtle. Each move is defined by complex hand placements and body positions and the skills flow together seamlessly. The difficulty stems from two factors. First, the gymnast is performing moves that differ from the swinging and tumbling skills of the other five events. Second, he spends most of each routine on only one arm as the free hand reaches for another part of the horse to begin the next skill. Look for a long series of moves with the hands reaching behind the back, or when hands are on a single pommel. The gymnast should never stop during his routine and his hand placements should be quick, quiet and rhythmic.



The rings are the least stable of the men's apparatus. Stillness is paramount, and those with the best command of the event will display extraordinary skill in arriving at all holds with absolute precision. The rings shouldn't wobble or swing, the body shouldn't sag or twist and the arms shouldn't waver or shake. Look for confidence in the strength parts. The gymnast should move into his cross or planche quickly, stop securely for a clear two seconds and then move easily into the next part. On the swinging elements, watch for stretched body positions and straight handstands.



A good vault is sometimes described as a "big" vault. The height, the distance of travel, the overall acceleration into the vault, the sudden impact of a no-step "stuck" landing - all of this creates an effect, an impression. The higher the gymnast launches himself, the farther he travels beyond the horse, create a larger overall impression. Watch how fast the gymnast runs and how quickly his heels get over his head during the pre-flight. Look for saltos and twists performed in the layout position. There is precious little time in the air for the vaulter, and if he spends it rotating in the layout position, he is increasing the difficulty and the risk.



A parallel bar routine consists mostly of swing and flight elements. Strength moves may be used; however, they are not required. The gymnast is required to execute swinging elements from a support, hang and upper arm position. The most difficult skills require the gymnast to lose sight of the bars for a moment, such as a double front or back flip. This event is difficult because it requires a great deal of hand-eye coordination, timing and balance. Many of the skills' execution must be coordinated with the flex of the bars. Losing sight of the bars on the high-level skills makes it difficult to re-grasp the bars and smoothly continue.



Considered by many to be the most spectacular event in gymnastics, the horizontal, or high bar, is a showcase for both the gymnast's artistry and daring. The continuous flow, the lightning-quick changes in body position and the new wave of release moves and spinning giants all enable the performer to test the upper limits of his skill and courage. Watch for blind releases, in which the gymnast loses sight of the bar while executing a salto or twist. As with all the events, the amplitude, difficulty and landing of the dismount is critical.



EVENT JUDGES

The following are the list of judges for the 2010 USAG Collegiate National Championships. There will be two judges per event during the team portion (FRI) and four judges per event during the individual event finals (SAT). The head judge for each event is underlined.

FLOOR EXERCISE

FRI/SAT: Dan Wood; Will Fontanez
SAT: Robert Boudreaux; Karl Gribb

POMMEL HORSE

FRI/SAT: James Sergeant; Rob Kjar
SAT: John Scanlan; Eric Cramer

STILL RINGS

FRI/SAT: Dave Millard; Paul Wileyto
SAT: Charlie Magdilen; Dean Dryer

VAULT

FRI/SAT: Robert Boudreaux; Karl Gribb
SAT: Dan Wood; Will Fontanez

PARALLEL BARS

FRI/SAT: John Scanlan; Eric Cramer
SAT: James Sergeant; Rob Kjar

HIGH BAR

FRI/SAT: Charlie Magdilen; Dean Dryer
SAT: Dave Millard; Paul Wileyto



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2010 USAG CHAMPIONSHIPS ROTATION ORDER

Rotations	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
Navy	FX	Bye	PH	SR	Bye	V	PB	Bye	HB
Washington/PCC	Bye	PH	SR	Bye	V	PB	Bye	HB	FX
Arizona State	PH	SR	Bye	V	PB	Bye	HB	FX	Bye
MIT	SR	Bye	V	PB	Bye	HB	FX	Bye	PH
Air Force	Bye	V	PB	Bye	HB	FX	Bye	PH	SR
Texas	V	PB	Bye	HB	FX	Bye	PH	SR	Bye
SUNY-Brockport	PB	Bye	HB	FX	Bye	PH	SR	Bye	V
William & Mary	Bye	HB	FX	Bye	PH	SR	Bye	V	PB
Springfield	HB	FX	Bye	PH	SR	Bye	V	PB	Bye

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AIR FORCE ACADEMY FALCONS

Tory Brown	Fr.	Portland, Ore. (Tigard)
Garrett Canter	Sr.	Tallahassee, Fla. (James S. Rickards)
Jacob Houder	So.	Pinehurst, Texas (Tomball)
Alex Jessop	Fr.	Sylvania, Ohio (St. Francis de Sales)
Daniel Klimkowski	Jr.	China, Mich. (St. Clair)
Derek Kvedar	Jr.	Lynnfield, Mass. (Lynnfield)
Travis Langham	Fr.	Saugus, Calif. (Saugus)
Kyle Mefford	So.	Modesto, Calif. (Beyer)
Devin Menefee	So.	Houston, Texas (Cypress Creek)
Nash Mills	Jr.	Coto De Caza, Calif. (Tesoro)
Travis Myers	So.	Woodland Park, Colo. (home school)
Chase Nobles	So.	Knoxville, Tenn. (Knoxville Catholic)
James Okamoto	Fr.	Yorba Linda, Calif. (Esperanza)
Nick Owen	Fr.	Grayson, Ga. (home school)
Matthew Thorne	Jr.	Poway, Calif. (Poway)
Thomas Wilkinson	Fr.	Austin, Texas (Cedar Park)
Brennan Wolford	Sr.	Thornville, Ohio (Millersport)
Aaron Zaiser	Jr.	Pittsburgh, Pa. (home school)

HEAD COACH: Kip Simons

ASSISTANT COACHES: Brett McClure; Lt Col Chuck Schweiss



ARIZONA STATE SUN DEVILS

Riley Barclay	So.	Chandler, Ariz.
Charles Baysinger	Sr.	Nashville, Tenn.
Josh Bradley	Jr.	Omaha, Neb.
Sam Cook	Fr.	Minnetonka, Minn.
Alex Cozza	Fr.	Peoria, Ariz.
Hans Degnan	Fr.	Exeter, N.H.
Alex Gaudour	So.	Clovis, Calif.
Steven Lewis	So.	Glendale, Ariz.
Stewart MacDonald	Fr.	Glendale, Ariz.
Brian Malone	Fr.	Brockton, Mass.
Riley Morlen	Fr.	San Antonio, Texas
Brendan Morrell	Fr.	Medford, Ore.
Cody Payne	Jr.	Norman, Okla.
Robin Perkins	So.	Milwaukee, Wis.
Cameron Poupard	So.	Gilbert, Ariz.
Mychael Ramirez	Fr.	Phoenix, Ariz.
Jacob Romanoski	Sr.	Mesa, Ariz.
Dillon Saunders	Sr.	Carmel Valley, Calif.
Michael Takhtay	Fr.	Krasnadar, Russia
Alex Vidaure	Fr.	Phoenix, Ariz.
Lee Wilkerson	Fr.	Henry County, Ga.

HEAD COACH: Scott Barclay

ASSOCIATE HEAD COACH: Daniel Hayden; **ASSISTANT COACH:** Rob Survick



COLLEGE AT BROCKPORT GOLDEN EAGLES

Ron Ayello	Fr.	Yorktown Heights, N.Y. (Lakeland)
Kenneth Byrd	Sr.	Buffalo, N.Y. (St. Joseph's Collegiate Inst.)
Paul Ferraro	Jr.	New Paltz, N.Y. (New Paltz)
Brian Gildemeyer	So.	Baldwinsville, N.Y. (Charles W Baker)
Thomas Jedik	Jr.	Rochester, N.Y. (Joseph C. Wilson Magnet)
Shaun Johnson	Sr.	Honeoye Falls, N.Y. (Honeoye Falls-Lima)
Yusuke Nemoto	Sr.	Narashino, Japan (Narashino)
Matthew Power	Fr.	Holtsville, N.Y. (Sachem East)

HEAD COACH: A.J. Banker



NAVY MIDSHIPMEN

Andrew Faulk	So.	San Antonio, Texas (James Madison)
Aaron Ingram	So.	Battle Ground, Wash. (Battle Ground)
Joseph Kramer	Jr.	Mesa, Ariz. (Mountain West)
Ian Lassonde	Fr.	Bedford, N.H. (Bishop Brady)
Dylan Parrott	Jr.	Rockwell, N.C. (South Rowan)
Brian Quinn	Jr.	Grain Valley, Mo. (Grain Valley)
Brandon Tinkham	So.	Round Rock, Texas (Stony Point)
Austin Zalik	Fr.	Allentown, Pa. (Parkland)

HEAD COACH: Dr. Sho Fukushima

ASSISTANT COACH: Craig Holt





SPRINGFIELD . TEXAS

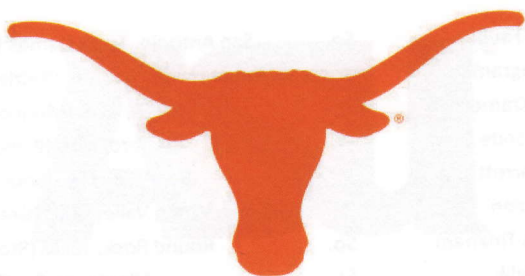


SPRINGFIELD COLLEGE PRICE

Kyle Bartgis	Sr.	Nottingham, Md. (Columbia Gym)
Joe Carlson	Fr.	Naugatuck, Conn. (USA Gymnastics)
Ian Crider	So.	Bethpage, Tenn. (Masters Athletic Center)
Ty Evans	So.	San Jose, Calif. (California Sports Center)
Josh Fox	Jr.	Ellicott City, Md. (Colombia Gym)
Joe Gianino	So.	Burlington, Mass. (Gym & More)
Chris Jost	Fr.	Ashland, Mass. (Gymnastics Training)
Michael Licari	Jr.	Haverhill, Mass. (Yellow Jackets)
Alex McCabe	Fr.	St. Paul, Minn. (Midwest Gymnastics)
Kevin Miner	Fr.	Canton, Conn. (USA Gymnastics)
Timothy Monaco	Jr.	Braintree, Mass. (Ellis Gym)
Roger Moulton	Jr.	Wenham, Mass. (Yellow Jackets)
Jimmy Pezzino	Fr.	Buffalo, N.Y. (Stumpf's Gymnastics)
Tyler Robertson	So.	Temecula, Calif. (SCEGA)
Rich Ruggiero	Fr.	Northford, Conn. (Inflight Gymnastics)
Kelvin Soares	So.	New Milford, Conn. (USA Gymnastics)
Josh Spencer	Sr.	Las Vegas, Nev. (Go For It USA)
Keith Stumpf	Sr.	Buffalo, N.Y. (Stumpf's Gymnastics Center)
David Tilley	Jr.	Hebron, Conn. (Dunne's Gym)
Matt Tocchio	Sr.	Braintree, Mass. (Ellis Gym)
Jeff White	Fr.	Douglas, Mass. (R+R Gymnastics Center)

HEAD COACH: Steve Posner

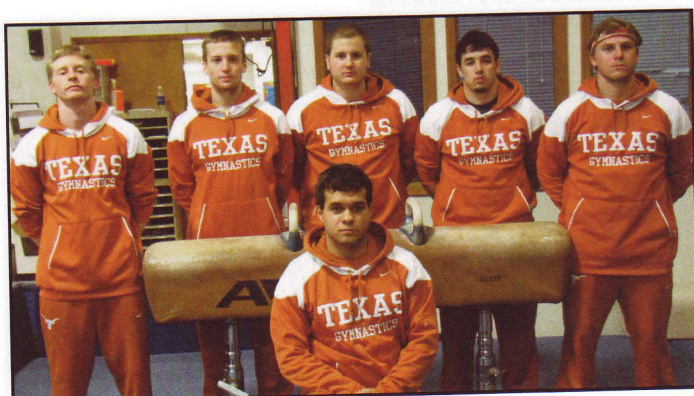
ASSISTANT COACHES: Greg Monaco, Dan Berlin, Matt Davis



UNIVERSITY OF TEXAS LONGHORNS

Andrew Hutcheson	Jr.	Round Rock, Texas (Round Rock)
Jonathan Walker	Jr.	Houston, Texas (Cy Fair)
Michael Gammage	Sr.	Sulphur, La. (Sam Houston)
Harrison Means	So.	Needville, Texas (Needville)
Light Townsend	Sr.	Luling, Texas (Luling)
Austin Copeland	Sr.	Gettysburg, Pa. (Gettysburg Area)
Chris Muenz	So.	Garland, Texas (Lakeview Centennial)

Head Coach: Bryce Cashell



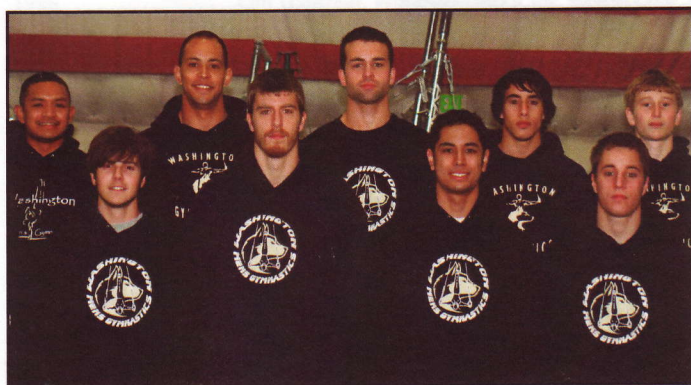


UNIVERSITY OF WASHINGTON HUSKIES

Jon Chapman	Jr.	Oak Harbor, Wash. (Oak Harbor)
Bobby Miller	Fr.	Lynnwood, Wash. (home school)
Sam Softich	So.	Pasco, Wash. (Pasco)
Jeramie Hardi	Fr.	Woodinville, Wash. (Woodinville)
Taylor Anthony	Fr.	Bellingham, Wash. (Bellingham)

Head Coach: Mark Russo

Assistant Coach: Jeff Crockett



WILLIAM & MARY TRIBE

Matt Burns	Fr.	Basking Ridge, N.J. (Basking Ridge)
Cory Cauthen	Fr.	North Gadsden, Ala. (Hokes Bluff)
Stephen Deutsch	So.	Glenview, Ill. (Glenbrook South)
Alex Egerter	Jr.	Sacramento, Calif. (Country Day)
Dave Ellis	Jr.	Braintree, Mass. (Braintree)
Josh Fried	Sr.	Gwynedd Valley, Pa. (Germantown Acad.)
Derek Gygas	Sr.	Stevensville, Md. (Kent Island)
Matt Holmes	Jr.	Campbell, Calif. (The Harker School)
Andy Hunter	Jr.	Tallahassee, Fla. (Alfred B. Maclay Jr Day)
Futa Ikeda	Fr.	Sandy, Utah (Waterford School)
Chris Lynch	Sr.	Alpharetta, Ga. (St Pius X)
Dan Melzar	So.	Franklin, Mass. (Walpole)
Matt Olesiak	Jr.	Califon, N.J. (Voorhees Regional)
Jonathan Prohov	So.	Wilmette, Ill. (New Trier Township)
Max Sabert	Jr.	Lebanon, Ohio (St. Xavier)
Vince Smurro	Fr.	Manalapan, N.J. (Christian Brothers)
Kyle Sneed	Jr.	New Providence, N.J. (New Providence)
Pat Vaughn	Gr.	Braintree, Mass. (Boston College HS)
Vietvuong Vo	Fr.	Woodbridge, Va. (Gar-Field)
Kris Yeager	Fr.	Lake Oswego, Ore. (Lake Oswego)

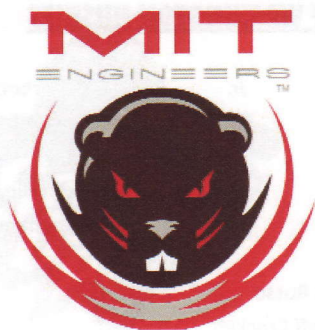
HEAD COACH: Cliff Gauthier

ASSISTANT COACH: Pete Walker





MIT . PORTLAND CC . CHAMPIONSHIP HISTORY



MIT ENGINEERS

Javier Duarte	Sr.	Coram, N.Y.
Ross Greenwood	So.	Palos Verdes Estates, Calif. (Studio West)
Brett Lazarus	So.	Deerfield, Ill. (Buffalo Grove Gymnastics)
Jake Shapiro	Jr.	Canton, Mass. (Yellow Jackets Gymnastics)
Jake Varley	Fr.	Copley, Ohio (Westside Gymnastics Club)

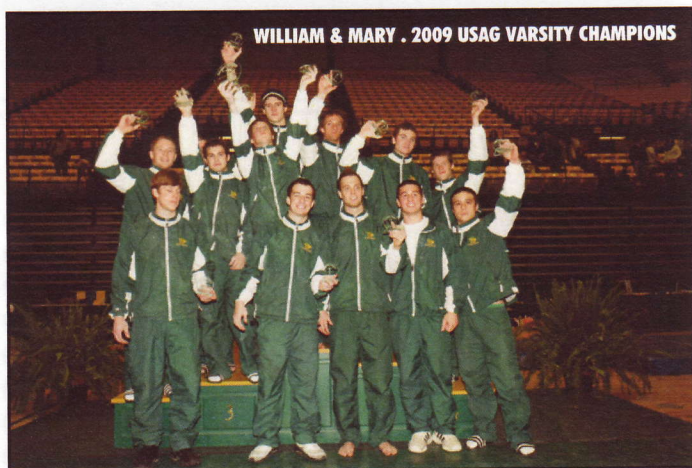
Head Coach: DeWayne Davenport



PORTLAND CC PANTHERS

Jared Chin Portland, Ore. (Metro Gymnastics Center)

Head Coach: Luke Cartmill



WILLIAM & MARY . 2009 USAG VARSITY CHAMPIONS



ARIZONA STATE . 2009 USAG CLUB CHAMPIONS

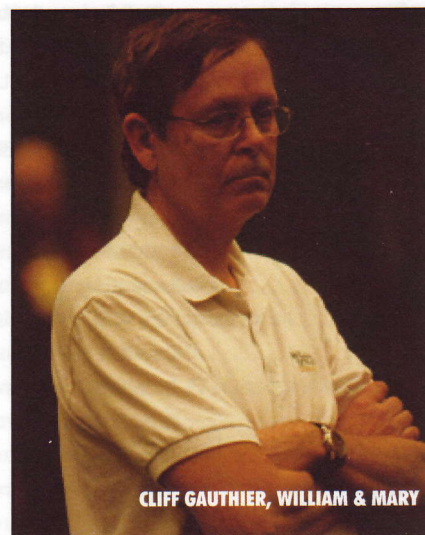
USAG TEAM CHAMPIONS

Year	Varsity Team	Club Team
1987	Cortland State	
1988	East Stroudsburg	
1989	Cortland State	
1990	Cortland State	
1991	Springfield College	
1992	Springfield College	
1993	Springfield College	
1994	William & Mary	Arizona State
1995	William & Mary	UCLA
1996	William & Mary	UCLA
1997	William & Mary	UCLA
1998	Navy	Arizona State
1999	William & Mary	Arizona State
2000	Naval Academy	Arizona State
2001	William & Mary	Arizona State
2002	William & Mary	Arizona State
2003	William & Mary	Arizona State
2004	William & Mary	Arizona State
2005	William & Mary	Arizona State
2006	William & Mary	Washington
2007	William & Mary	Arizona State
2008	Navy	Arizona State
2009	William & Mary	Arizona State



COACH OF THE YEAR

Year	Varsity	Club
1987	Eric Malmberg, Cortland	
1988	Bruno Klaus, East Stroudsburg	
1989	Eric Malmberg, Cortland	
1990	Eric Malmberg, Cortland	
1991	Dr. Steve Posner, Springfield	
1992	Dr. Steve Posner, Springfield	
1993	Dr. Steve Posner, Springfield	
1994	Cliff Gauthier, William & Mary	Scott Barclay, Arizona State
1995	Cliff Gauthier, William & Mary	Art Shurlock, UCLA
1996	Cliff Gauthier, William & Mary	Art Shurlock, UCLA
1997	Cliff Gauthier, William & Mary	Art Shurlock, UCLA
1998	Dr. Sho Fukushima, Navy	Scott Barclay, Arizona State
1999	Cliff Gauthier, William & Mary	Scott Barclay, Arizona State
2000	Dr. Sho Fukushima, Navy	Scott Barclay, Arizona State
2001	Cliff Gauthier, William & Mary	Scott Barclay, Arizona State
2002	Cliff Gauthier, William & Mary	Scott Barclay, Arizona State
2003	Cliff Gauthier, William & Mary	Scott Barclay, Arizona State
2004	Cliff Gauthier, William & Mary	Scott Barclay, Arizona State
2005	Dr. Sho Fukushima, Navy	Scott Barclay, Arizona State
2006	Cliff Gauthier, William & Mary	Marc Russo, Washington
2007	Roger Burke, James Madison	Scott Barclay, Arizona State
2008	Kip Simons, Air Force	Scott Barclay, Arizona State
2009	Cliff Gauthier, William & Mary	Marc Russo, Washington



CLIFF GAUTHIER, WILLIAM & MARY

ALL-AROUND CHAMPIONS

1987	n/a
1988	Ron Spinelle, Springfield
1989	Gregg Curtis, Cortland
1990	Gregg Curtis, Cortland
1991	Rick Hoag, Springfield
1992	n/a
1993	Carl Frei, Springfield
1994	Jerry Michael Cline, Air Force
1995	Beau Neal, Air Force
1996	Paul Mendoza, UC-Santa Barbara
1997	Ben Smith, Air Force
1998	Robert Flannery, Navy
1999	Dan Finnigan, Navy
2000	Dan Finnigan, Navy
2001	Curtis Haines, Southern Connecticut
2002	Dan Finnigan, Navy
2003	Jamie Northrup, William & Mary
2004	Greg Stine, Air Force
2005	Ramon Jackson, William & Mary
2006	Ramon Jackson, William & Mary
2007	Greg Stine, Air Force
2008	Greg Stine, Air Force
2009	Derek Gygax, William & Mary



DEREK GYGAX, WILLIAM & MARY



CHAMPIONSHIP HISTORY

FLOOR EXERCISE

1987	Gregg Curtis, Cortland
1988	n/a
1989	Gregg Curtis, Cortland
1990	Gregg Curtis, Cortland
1991	Chuck Brewster, UW-Oshkosh
1992	Tim Nyhart, Cortland
1993	n/a
1994	Brian Rizzoli, Air Force
1995	Neil Furuno, UCLA
1996	Milciades Santi, Miami Dade
1997	Steve McCain, UCLA
1998	G. Moshkovitz, UC-Santa Barbara
1999	Brian Roy, Springfield
2000	Cody Casey, UC-Santa Barbara
2001	Pat Fitzgerald, William & Mary
2002	Scott O'Cain, Southern Connecticut
2003	Jeff Crockett, Washington
2004	Jamie Northrup, William & Mary
2005	Brandon Cook, Navy
2006	Brandon Cook, Navy
2007	Greg Stine, Air Force
2008	David Locke, William & Mary
2009	Dylan Parrott, Navy

POMMEL HORSE

1987	n/a
1988	n/a
1989	Kevin Ransom, East Stroudsburg
1990	Kevin Ransom, East Stroudsburg
1991	Mark Schumaker, UW-Oshkosh
1992	n/a
1993	n/a
1994	Rob Kjar, Arizona State
1995	Rob Kjar, Arizona State
1996	Mike Denucci, UCLA
1997	Rob Kjar, Arizona State
1998	Robert Flannery, Navy
1999	Brendan Hoffman, William & Mary
2000	Brandon Hoffman, William & Mary
2001	Dan Finnigan, Navy
2002	Jamie Northrup, William & Mary
2003	Bryan Rowe, Arizona State
2004	Greg Stine, Air Force
2005	Jeff Crockett, Washington
2006	Adam Stanton, Navy
2007	Joe Atzenbeck, Navy
2008	Adam Stanton, Navy
2009	Richard Pearson, William & Mary

STILL RINGS

1987	n/a
1988	Dan Tassone, Cortland
1989	Mora, SC / Schamens, E. Montana
1990	Brad Olen, UW-Oshkosh
1991	Paul Scardina, UW-Oshkosh
1992	n/a
1993	n/a
1994	Phil Stern, Southern Connecticut
1995	Scott McCall, William & Mary
1996	Scott McCall, William & Mary
1997	Jeff Johnson, Washington
1998	Jeff Johnson, Washington
1999	Javin Peterson, Air Force
2000	Javin Peterson, Air Force
2001	Brian McCrea, Arizona State
2002	Josh Chasse, Springfield
2003	Brian Lee, Army
2004	Eric LaMorte, Suffolk
2005	Sean Blackman, Navy
2006	Jeff Jackle, William & Mary
2007	Greg Stine, Air Force
2008	Jake Schonig, Air Force
2009	Jake Schonig, Air Force

VAULT

1987	n/a
1988	n/a
1989	Gregg Curtis, Cortland
1990	Gregg Curtis, Cortland
1991	Chuck Brewster, UW-Oshkosh
1992	n/a
1993	n/a
1994	Sebronzik Wright, William & Mary
1995	Sebronzik Wright, William & Mary
1996	Jeff Johnson, Washington
1997	Steve McCain, UCLA
1998	Scott Hrnack, Syracuse
1999	James Mlynarski, Springfield
2000	James Mlynarski, Springfield
2001	Michael Kelley, UC-Santa Barbara
2002	Geoff Howell, UC-Santa Barbara
2003	Aaron Jackson, Air Force
2004	Tim Goetz, Springfield
2005	Owen Nicholls, William & Mary
2006	Jeff Crockett, Washington
2007	Dave Locke, William & Mary
2008	Jeff Crockett, Washington
2009	Ty Evans, Springfield

PARALLEL BARS

1987	Glen Suarez, Cortland
1988	n/a
1989	Daniels, Cortland / Curtis, Cortland
1990	Rick Hoag, Springfield
1991	Rick Hoag, Springfield
1992	Hoag, Springfield / Smith, Cortland
1993	Chris Wayrich, Cortland
1994	**three-way tie
1995	Jim Foody, UCLA
1996	Roberto Aldzab, Miami Dade
1997	Steve McCain, UCLA
1998	Nelson, UCSB / Flannery, Navy
1999	Levi Torkelson, Air Force
2000	Torkelson, AF / Wetmore, W&M
2001	Joe Brading, Navy
2002	Brendon Hoffman, William & Mary
2003	Ramon Jackson, William & Mary
2004	Ramon Jackson, William & Mary
2005	Ramon Jackson, William & Mary
2006	Andrew Hunt, William & Mary
2007	Andrew Hunt, William & Mary
2008	Greg Stine, Air Force
2009	James Prim, William & Mary

HIGH BAR

1987	Ron Spinelle, Springfield
1988	n/a
1989	Arden Landes, East Stroudsburg
1990	Arden Landes, East Stroudsburg
1991	Keith LaChance, Springfield
1992	Brian Smith, Cortland
1993	Chris Wyrich, Cortland
1994	Karl Huntzicker, Washington
1995	Jim Foody, UCLA
1996	Spencer Slaton, UCLA
1997	Sergio Luna, Washington
1998	Robert Flannery, Navy
1999	Erin Montague, Air Force
2000	Dan Finnegan, Navy
2001	Donald Mahr, UC-Santa Barbara
2002	Donald Mahr, UC-Santa Barbara
2003	Jeff Crockett, Washington
2004	Ramon Jackson, William & Mary
2005	Jeff Crockett, Washington
2006	Andrew Hunt, William & Mary
2007	Isaac Olson, Navy
2008	Andrew Hunt, William & Mary
2009	Joe Atzenbeck, Navy

**1994 Parallel Bars Three-Way Tie: Sebronzik Wright, William & Mary; Robert Kieffer, Texas; Ben Auzenne, William & Mary



Gymnastics is like any other sport - to enjoy it you must relate to the athletes and become emotionally involved with their performances. If this is your first experience viewing the sport, prepare to see truly amazing feats of strength and daring. Don't hesitate to applaud, shout encouragement or generally 'get rowdy' while being supportive of the athletes. Your encouragement will only serve to add to the excitement of the event, for both the competitors and fans alike. While your vocal support is appreciated, we ask that you **REFRAIN FROM USING FLASH PHOTOGRAPHY** as it could prove to be an extremely dangerous distraction for the athletes.

Prior to the 2008 competitive season, the NCAA adopted the then-new international scoring system that was used in the Beijing Games. With the new international scoring system that has been adopted by the NCAA scores will now go above the former 10.0 barrier as up to 10 full points are now given for how well the gymnast performs his routine (execution). Up to 2.5 points are also given to the gymnast if he meets the five special event requirements. On top of this, the difficulty value of each of the 10 best tricks in the performed routine is added in to calculate the gymnast's final score. Each judge's table will flash the start value of each gymnast's routine before the actual score is held up by the assistants. The start value would be what the gymnast would score if his routine was done perfectly.



Here are some helpful guidelines based on the statistics of the gymnasts entering today's meet:

- A score of 14.7 could win floor exercise with a score around 14.0 making the top 10.
- A score of 14.2 could win pommel horse with a score around 13.3 making the top 10.
- A score of 14.7 could win rings with a score around 13.7 making the top 10.
- A score of 15.4 could win vaulting with a score around 14.9 making the top 10.
- A score of 14.0 could win parallel bars with a score around 13.6 making the top 10.
- A score of 14.3 could win high bar with a score around 13.6 making the top 10.
- In the all around a combined six event total of 83 could win the event while a 77 should make the top 10.

JUDGING

1. Each judge is nationally certified by the National Gymnastics Judges Assoc., having demonstrated the ability to pass both written and practical tests.
2. The start value of each routine is determined by the sum of the 10 most difficult tricks in each routine.
3. The judges will score the routine on three factors: Difficulty, Make up or Combination and Execution.

CIRCLES: On the pommel horse, the legs are together while the gymnast makes clockwise or counter-clockwise motions around the pommels.

COMBINATIONS: The way a gymnast puts the individual tricks together. Front tumbling and strength are necessary combination requirements on the floor exercise. Above bar and below bar swings are combinations requirements on the parallel bars.

DIFFICULTY: Tricks are rated from A-F. The difficulty component of a routine is the sum of the 10 hardest tricks.

DISMOUNT: The last trick in an exercise; the gymnast should "stick" it to avoid deductions.

MOUNT: The first trick or series of tricks.

EXECUTION: Form, technique, and style. The way the gymnast does the skill is execution.

EXERCISE (ROUTINE): To obtain a decent score, the gymnast must do an exercise consisting of 10 principle parts, stunts or movements which must go together in a logical manner. The judges evaluate his exercise based on difficulty, combination, and execution.

FLEXIBILITY: The ability of the body parts to stretch. Splits are the most obvious flexibility stunts, but this element is required on every gymnastics apparatus. The more flexible gymnast has a big advantage in learning new skills and avoiding injury.

FORM: Legs should be straight and toes pointed in most skills with only a few exceptions, like some dismounts from the apparatus.

GIANT SWINGS: Most obvious and simple on high bar, they are very difficult on still rings.

HANDSTAND: A rest position on floor exercise, still rings and parallel bars.

SCISSORS: On pommel horse the legs are separated as the gymnast moves up and down in the middle of the horse.

STICK: When the gymnast lands after a dismount from the apparatus at the completion of his exercise without moving his feet.

STRENGTH: An iron cross on the still rings, or planche on the floor exercise or still rings are obvious strength parts - but it takes a lot of total body strength and coordination to do all types of gymnastics skills.

SWING: Swinging parts are the most essential movements in gymnastics. Tumbling, circles on the pommel horse, giant swings on the still rings and horizontal bar, pirouettes, stutzes and flips on the parallel bars are all examples of "swing".

TRANSITIONS: In the floor exercise, transitions are what the gymnast does in the corners between tumbling passes.

