



# COLLEGE GYMNASTICS ASSOCIATION

## EASTERN COLLEGE ATHLETIC CONFERENCE

CGA WEEKLY REPORT

Dec. 21, 2009

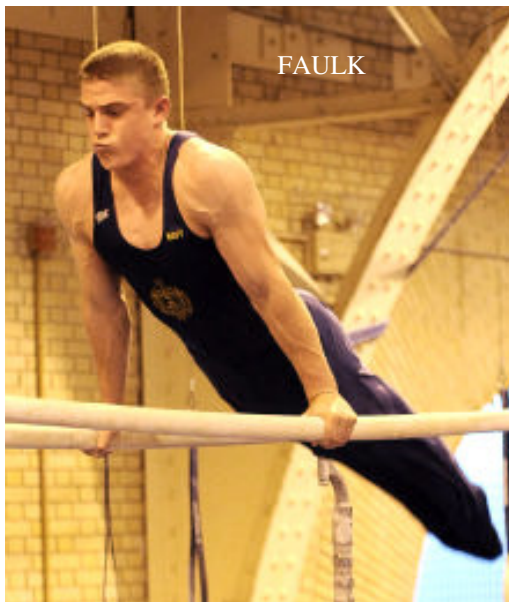
By Jerry Wright



### NAVY (Nov.24)

Led by Andrew Faulk and Dylan Parrott the Mids scored a fairly typical 325.65 in their annual early season intrasquad. Last year they scored 327.65 in this same meet.

Leading scorers for the team were Faulk who won AA, FX, SR, V and HB. Parrott



FAULK

won PH and PB.

AA: Andrew Faulk-84.95, Dylan Parrott-84.45, Brandon Tinkham-77.60; FX: Faulk-14.55, Parrott-14.40, Brian Quinn-14.00; PH: Parrott-13.85, Faulk-13.70, Ian Lassonde-13.60; SR: Faulk-14.25, Parrott-13.90, Quinn-13.45; V: Faulk-15.15, Quinn-15.00, Tinkham-14.90; PB:Parrott-14.25, Faulk-13.65, Tinkham-12.35; HB: Faulk-13.65, Parrott-13.50, Tinkham-12.35.

A quick glance at the Navy roster causes one to wonder about their depth for the coming season. With only an 8-man roster listed the team definitely has the talent to score well, but they have to avoid injuries.

### ILLINOIS-CHICAGO (Dec. 5)

The UIC men's and women's gymnastics teams continued to prepare for the 2010 season with the annual Mixed Pairs event on Saturday, December 5.

The teams were divided into four squads to compete against each other for campus bragging rights.

Men's head coach CJ Johnson was pleased with the outlook for the season ahead.

Johnson knows the challenge that faces the Flames for the upcoming year and he believes that the team is making great progress.



THOMPSON

"We're hitting new skills," said Johnson. "For us to go a little bit further we have to have greater difficulty. Our difficulty compared to the teams that beat us in nationals last year, we're still behind them, but I'm really proud of what I've seen."

Note: UIC did not keep official scores.

### WILLIAM AND MARY (Dec. 4)

The Tribe looks to have their work cut out for them this season as their annual intrasquad produced a team score of only 316.45.

Leading the team as usual was Derek Gygax who won the AA-80.75, PH-13.60 and PB-13.20. Josh Fried was also looking good winning FX and V.



GYGAX

One of the highlights was Dave Ellis performing his 1 and 1/2 twisting double back dismount (D) from still rings, for the first time in competition.

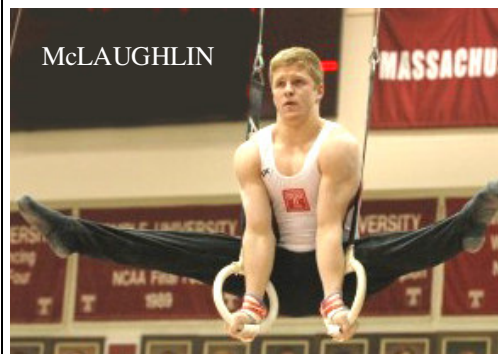
Other top scores: FX: Josh Fried-13.60, Dave Ellis-13.40, Dan Melzer-13.30; PH:

Gygax-13.60, Steve Deutsch-12.95, Futa Ikeda-12.90; SR: Ellis-13.40, Gygax-13.10, Matt Holmes-12.40; V: Fried-14.80, Gygax-14.70, Alex Egerter-14.50; PB: Gygax-13.20, Vince Smurro-12.75, Holmes-12.30; HB: Pat Vaughan-13.40, Gygax-13.05, Smurro-12.50.

### TEMPLE UNIVERSITY (Dec. 5)

Temple kicked off its 2010 season on Saturday, December 5, with an afternoon packed with high level difficulty in their unscored intrasquad meet.

On floor exercise Scott Bloomfield's front double-full punch front-full and stuck double-front side pass all looked great. Junior Jeff Zack opened with a strong double layout, and senior Tyler Croteau nailed his opening piked Arabian double front. Sophomore Evan Burke showed a very strong set, opening with a back 1.5 twist to front double-full, and closed with a clean and perfectly rotated triple-full. Freshman Allan Malone opened with a clean layout Thomas and came back with a stuck Arabian double front to set-up senior co-captain Patrick McLaughlin's difficult set, most memorable from his back 1.5 twist to front double-full second pass.



McLAUGHLIN

On pommel horse. Overall, the team showed good endurance for the lengthy routines required to score big in competition, and while consistency of hit routines is still a work in progress, the extension and form by the athletes were quite good.

Still rings proved to be a strong event for the Owls, with several guys successfully swinging the ever-popular Johnasson-Yamawaki combinations. Sophomore Chris Mooney unveiled his new dismount of a tucked double-twisting double back, taking one small step forward.

Vaulting, typically the Owls' strongest event, proved to be just that, with the team

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showing an incredible mix of difficult vaults. The absolute high point of the day came when McLaughlin launched his brand-new tucked Tsukahara double back, taking one small step backwards on the landing. With his vault in the lineup, complimented by Bloomfield's Kasamatsu 1.5 and Burke's solid double-twisting Yurchenko, the Owls will be a tough team to contend with this season.

On PB's the team showed several upgrades from last season. Mooney showed a strong double-pike dismount, freshman Dashiell Sears performed a tricky double front dismount, and junior Evan Shephard did a nice Tippelt and double-tuck dismount. Freshman Alex Tighe did a cool combination of a Carballo to a tucked Belle and finished with a solid double pike.

The sixth and final event of the afternoon was the high bar, an event that has produced several problems for the Owls in the past. Highlights included a stuck double-twisting double tuck from freshman Brett Statman; double front rudi out from Tighe; Kovacs and triple-back dismount from Zack; Winkler, layout jaeger, Rybalko and layout double-double from Bloomfield. Junior Blake Collins caught a nice Gienger release, followed by Malone's Takemoto to Tkatchev. McLaughlin closed out the day with a nice uprise to layout Yamawaki, Takemoto and layout double-double dismount.