

2007 NAVY GYMNASTICS

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Naval Academy Quick Facts

Location	Annapolis, Md.
Founded	October 10, 1845
Enrollment	4,000
Nickname	Midshipmen or Mids
Colors	Navy Blue and Gold
Superintendent	Vice Adm. Rodney P. Rempt, USN
Commandant	Capt. Margaret D. Klein, USN
Director of Athletics	Chet Gladchuk
Web Page	www.navysports.com

Navy Gymnastics Quick Facts

Head Coach	Dr. Sho Fukushima
Alma Mater	Washington '71
Record at Navy	179-170 (.513)
Years at Navy	16th season
Phone	(410) 293-5552
E-mail	sho@usna.edu
Assistant Coach	Craig Holt
Alma Mater	Syracuse '95
Years at Navy	Eighth season
Phone	(410) 293-5557
E-mail	holt@usna.edu
Gymnastics Office Fax	(410) 293-5264
Athletic Trainer	Joe English
Officer Rep.	Cmdr. Kevin J. Ronan, MC, USN
Faculty Rep.	Capt. Glenn Gottschalk, USN
Home Facility	Macdonough Hall
2006 Record	13-6
Conference	ECAC
2006 Conference Finish	Second
First Season (Years)	1907 (101st)
All-Time Record	531-342-3 (.608)

Sports Information

Ricketts Hall, 566 Brownson Road
Annapolis, MD 21402

Assistant SID (Gymnastics Contact)

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Associate SID	Stacie Michaud
Assistant SID	Justin Kischefsky
Assistant SID	Chris Forman

2007 Schedule

Date	Opponent	Time
Jan. 13	Navy Open (vs. James Madison, William & Mary)	3 p.m.
Jan. 26	at West Point Open - Team & All-Around	7 p.m.
Jan. 27	at West Point Open - Individual Event Finals	7 p.m.
Feb. 3	at James Madison Invitational	2 p.m.
Feb. 10	at Army (Star Meet)	2 p.m.
Feb. 17	at All-Academy Championship #	10 p.m.
Feb. 24	James Madison	2 p.m.
March 3	at William & Mary, Penn State	2 p.m.
March 17	at Temple	2 p.m.
March 23	at USAG Collegiate Championship - Team & All-Around *	7 p.m.
March 24	at USAG Collegiate Championship - Individual Event Finals *	1 p.m.
March 30	at ECAC Championship - Team & All-Around %	3 p.m.
March 31	at ECAC Championship - Individual Event Finals %	2 p.m.
April 12	at NCAA Qualifying Meet ^	2 p.m.
April 13	at NCAA Championship - Team & All-Around ^	7 p.m.
April 14	at NCAA Championship - Individual Event Finals ^	7 p.m.

Home events in **bold**, held in Macdonough Hall

All times Eastern, subject to change

San Francisco, Calif.

* Williamsburg, Va.

% Philadelphia, Pa.

^ University Park, Pa.

2006 Results (13-6)

Date	Opponent	Result (Score)
Jan. 14	Navy Open	1st of 4 teams (200.075)
Jan. 27	at West Point Open - Team & All-Around	4th of 7 teams (196.6)
Jan. 28	at West Point Open - Individual Event Finals	Five Medals Won
Feb. 4	at James Madison Invitational	2nd of 4 teams (196.3)
Feb. 11	Army (Star Meet)	W, 201.3-198.825
Feb. 18	at All-Academy Championship#	2nd of 3 teams (200.7)
Feb. 26	at MIT, Springfield	1st of 3 teams (201.5)
March 5	William & Mary	L, 204.6-202.5
March 18	Temple	W, 206.25-203.15
March 25	ECAC Championship - Team & All-Around	2nd of 8 teams (203.775)
March 26	ECAC Championship - Individual Event Finals	Five Medals Won
April 6	at NCAA Qualifying Meet^	Eight gymnasts competed
April 7	at NCAA Championship - Team & All-Around^	Two gymnasts competed
April 14	at USA Collegiate Championship - Team & All-Around*	2nd of 5 teams (202.775)
April 15	at USA Collegiate Championship - Individual Event Finals*	10 All-America honors

Home events in **bold**, held in Macdonough Hall

Aliso Viejo, Calif.

^ Norman, Okla.

* Ithaca, N.Y.



Dr. Sho Fukushima

16th Year at Navy • Washington '71

Dr. Sho Fukushima, a tenured professor in Physical Education, has guided the Navy gymnastics program for the past 15 seasons with class, honor and dignity.

The numbers -- both academically and athletically -- that have been produced during Fukushima's tenure speak for themselves.

In the classroom, Fukushima has produced 22 Academic All-Americans, and in the athletic arena, he has coached 30 NCAA qualifiers,

including eight gymnasts in the 2006 season.

"When I first arrived at the Naval Academy 15 years ago, there was no organization at all in the program," Fukushima said. "I was determined to change everything in the program and have it fit my liking. It took nearly three years, but I was finally able to blend Midshipmen who excelled in the classroom and in the athletic arena."

Last year, he guided the Mids to a 13-6 record and a second-place finishes at the ECAC and USAG Collegiate Championships. Fukushima, who owns a 179-170 all-time record, saw two of his Midshipmen qualify for the prelims of the NCAA Championship and 10 USAG All-America gymnast performances.

The accomplishments of his athletes at Navy has also brought him much deserved individual recognition as well.

In 1997-98, 1999-00 and 2004-05, Fukushima was named Coach of the Year by the National Association of Collegiate Gymnastics Coaches (NACGC) and was named Men's Team Coach of the Year by USA Gymnastics. He was also named East Region Coach of the Year by the coaches' association.

"The individual awards are nice, but what is special when some of my former gymnasts have returned and finally thanked me for what I was able to do for them when they were here," he added. "That is what makes coaching special."

Fukushima came to Navy in 1992 after coaching in several places around the world.

He began his gymnastics career in Japan and moved onto other places, including the Montreal Olympics and the Verna World Championships. He has coached five Olympians and five USA National Team members. He has also published two books on gymnastics in Sweden and England, in addition to writing numerous articles in Europe, Japan and the United States.

Fukushima graduated from Washington with a B.A. and M.S., and completed his Ph.D. at California in 1984. He earned the Pac-8 Conference Scholar-Athlete-of-the-Year award in 1971, while also achieving All-America status. He was Pac-10 Coach of the Year at California three times (1984, '87, '89) and was also NCAA Western Region Coach of the Year in 1980.

Navy Gymnastics Ranks Fourth Nationally in GPA

The Navy gymnastics team posted a 3.178 team grade point average to rank fourth nationally, released by the College Gymnastics Association. The 2006 Midshipmen also landed six gymnasts on the All-America Scholar-Athlete list.

Seniors **Sean Blackman (Fayetteville, Ga.)** and **Matt Beaudette (Norwell, Mass.)** and juniors **David Ferris (Austintown, Ohio)**, **Isaac Olson (Spokane, Wash.)** and **Rich Mehlmann (Bristol, R.I.)** each earned First-Team All-America Scholar-Athlete recognition. Junior **Brandon Cook (Longmont, Colo.)** was named a Second-Team All-America Scholar-Athlete.

Stanford recorded the highest team GPA with a 3.567, followed by MIT with a 3.192 and William & Mary's 3.186. Student-athletes that have attained at least a 3.50 grade point average earn First-Team All-America Scholar-Athlete status, while those student-athletes with a 3.2 to 3.499 grade point average are named Second-Team All-America Scholar-Athletes.

Blackman, a 2006 ESPN The Magazine Men's At-Large Third-Team Academic All-American, owns a 3.89 grade point average over his first-three years in Annapolis. The aerospace engineering major produced a 4.0 grade point average this past spring and has been named to both the Superintendent's and Commandant's Lists in each of his first-six semesters. Blackman's cumulative grade point average ranks as the eighth-highest mark among gymnasts in the country. The rising senior has been named a CGA All-America Scholar-Athlete during each of his first-three years. Athletically, Blackman ranked as high as fourth nationally on the still rings, competed in the event at the NCAA Qualifying Meet and earned USAG All-America honors.

Beaudette earns his second All-America Scholar-Athlete recognition courtesy of his 3.72 grade point average. The economics major, a member of the Superintendent's List during the spring semester, competed in the floor exercise, pommel horse, parallel bars and high bar during his junior campaign.

Ferris also is making his second-consecutive appearance of the All-America Scholar-Athlete list in 2006. Majoring in systems engineering, the rising senior has posted a 3.83 grade point average. During the winter, Ferris participated on the high bar for the Midshipmen.

Olson joins the group of Mids earning their second-straight All-America Scholar-Athlete distinction. The economics major owns a 3.66 grade point average and has been named to the Superintendent's and Commandant's List in each of his last-two semesters. As a sophomore, Olson earned a spot in the NCAA Qualifying Meet on the high bar and also earned USAG All-America honors in the event.

Mehlmann's 3.63 grade point average while majoring in international relations earned him a spot as a First-Team All-America Scholar-Athlete in 2006. Mehlmann served on the still rings during his sophomore campaign.

Cook rounds out the Navy contingent earning academic distinction from the CGA as a second-team member this season. The systems engineering major owns a 3.44 grade point average and was named to the Commandant's List during each semester during his sophomore year. Last season, Cook advanced to the preliminary round of the NCAA Championship in the floor exercise and earned USAG All-America status in both the floor exercise and vault competitions.



Assistant Coach Craig Holt

Eighth Year at Navy • Syracuse '95

Entering his eighth year at the Naval Academy, Craig Holt brings a wealth of experience in the sport of gymnastics as a former athlete and assistant coach.

"Navy is a program built on maximizing individual achievement for the good of the team's success," Holt said. "As a team, our training is intense, consistent and scientific. This model helps us develop a strong base of physical gymnastics skill, mental preparation and a strong character."

Last season, Holt assisted in building a team that went 13-6 during the regular season and finished second at the ECAC and USAG Collegiate Championships. His efforts during the year did not go unrecognized, as he was named the 2006 USAG Assistant Coach of the Year.

During the summer of 2005, Holt coached the United States team in the 2005 Maccabiah Games in Israel. Holt guided the United States to a second-place team finish with gold medal performances in the floor exercise and pommel horse. In addition to his coaching duties, Holt also served as a judge at the Maccabiah Games.

Holt came to the Academy after serving as an assistant coach for one season at William & Mary and two years at his alma mater, Syracuse.

Holt's commitment to the Navy program in and out of the gym was recognized in 2003 as he was named the ECAC Assistant Coach of the Year.

"I would like all of our athletes to leave the Naval Academy knowing that they have the tools to not only meet, but exceed all that is expected of them," he added. "They should have a strong sense of confidence and accomplishment as they begin their careers."

As a gymnast, Holt was an NCAA finalist on the rings in 1994. He is a 1995 graduate of Syracuse, where he earned a degree in physical education. Holt earned his master's degree in exercise physiology from Syracuse in the summer of 2002.

Navy Gymnastics Support Staff



Cmdr. Kevin J. Ronan,
MC, USN
Officer Representative/
Team Physician



Capt. Glenn
Gottschalk, USN
Faculty Representative



Joe English
Athletic Trainer



Carl Tamulevich
Associate Athletic Director



Jonathan Maggart
Assistant Sports Information
Director



2007 Navy
Gymnastics Team

2007 Outlook

The Navy gymnastics team has plenty of momentum to build off of from last year heading into the 2007 campaign.

Looking back one season, the Midshipmen defeated Army to claim the N-Star and finished ahead of the Black Knights in placing second at the ECAC Championship. Boasting a 13-6 record, Navy sent eight gymnasts to the NCAA Qualifying Meet, with two of its own advancing to the preliminary round of the NCAA Championship. The Mids also tallied the second-highest team score at the USAG Collegiate Championship and picked up 10 All-America honors.

Navy will be without the services of all-around gymnasts Ben Peterman and Grant Regelin, both of whom graduated last spring. However, the Midshipmen will rely upon their experienced returning class to reach their intended goals in 2007. Those targets include the retaining N-Star, winning the ECAC Championship, and earning a team spot at the NCAA Championship.

Guiding this year's talented corps is senior team captain Sean Blackman, a three-event gymnast that has excelled on the still rings over his career. A two-time USAG All-America gymnast on the rings and 2006 ESPN The Magazine At-Large Academic All-America selection, Blackman ranked as high as fourth in the country in the event last year and earned a medal at the ECAC Championship. He scored a 9.0 or higher in 12 of his 14 competitions, won the event six times and landed among the top-five performers on 13 occasions. Blackman has also worked this fall to try and earn a spot in the floor exercise and vault lineups.

"We hope Sean can lead by his actions by maintaining academic and gymnastics excellence amongst the team," stated Navy head coach Dr. Sho



Christopher Tam

Fukushima. "He is pushing very hard and making strides on the floor exercise and vault to try and break into the 2007 lineup."

Looking to provide significant scoring in the all-around for the third-straight year is junior Christopher Tam. In 2006, Tam earned USAG All-America and ECAC Championship medal honors in the all-around, scored above a 50.0 twice, and competed at the NCAA Qualifying Meet. He scored an 8.0 or higher in each of the six disciplines during three meets in finishing the year ranked 12th nationally in the all-around. Tam's strongest event as a sophomore proved to be the high bar, where he scored a 9.3 and claimed the gold on four occasions.

"Chris is the hardest worker in the gym," said Fukushima. "The result of his efforts will be a solid all-around performance."

Classmate Brandon Cook aims to continue the success he has produced in the floor exercise and vault in 2007. He medaled in both events at the ECAC Championship and earned USAG All-America honors as sophomore, ranking as high as 12th nationally on the vault and 17th in the floor exercise. Cook produced scores of 9.0 or higher in both events during the same meet seven times, winning the floor exercise five times and the vault three times. He was one of two Midshipmen that advanced to the prelims of the NCAA Championship, where he placed 11th with a season-best score of 9.275.

"Brandon will continue to lead the team on the floor exercise and vault, as he has done in the past," Fukushima stated. "This year, hopefully he will break into the lineup on the high bar and still rings."

Junior Isaac Olson will join Tam once again on the high bar to produce significant scoring in the event this season. In 2006, Olson improved as the year progressed and performed at his best during the postseason. The junior placed second in the high bar finals with a 9.0 to place second and earn All-America honors at the USAG Collegiate Championship. One week before, he competed at the NCAA Qualifying Meet, thanks in large part to his 8.8 and 8.75 marks in the two preceding meets.

"Isaac is a very goal-oriented gymnast," Fukushima said. "His effort towards his goals, not his talent, will produce a result."

After immediately producing in their first season in Annapolis last year, sophomores Joseph Atzenbeck and Adam Stanton will be counted upon for similar results in 2007. Atzenbeck received USAG All-America honors on the pommel horse and parallel bars, as well as earning ECAC Co-Rookie of the Year recognition. The sophomore advanced to the NCAA Qualifying Meet in both events and ranked as high as 17th nationally on the pommel



Brandon Cook

2007 NAVY GYMNASTICS

horse. In addition to the pommel horse and parallel bars, he also saw significant action in the floor exercise, vault and high bar events.

Stanton joined Cook as the other Navy gymnast to qualify for the preliminary round of the NCAA Championship, competing on the pommel horse. Stanton also corralled All-America distinction for his performance on the pommel horse at the USAG Collegiate Championship, where he won the event. One day prior during the prelims, he scored above an 8.0 on the pommel horse, still rings and parallel bars.

"Joe and Adam are both recovering from injuries," stated Fukushima. "Their performance will be determined by how they recover and hopefully will be seen by mid-season.

"Joe is focusing on upgrading his routines and hopefully some of those upgrades will make it into his routines."

In order to make a run at their goals set forth this year, the Midshipmen are looking for several of its returning gymnasts to progress in a variety of events. Junior Ty Fritz may make a larger impact among the scoring-four gymnasts in both the floor exercise and vault events. As a sophomore, he scored an 8.0 or higher in both events during the same meet on six occasions.

Sophomore Ken Lee saw action in four disciplines and emerged as a quality performer on the vault towards the end of the season, where he scored above an 8.5 in each of his final-three meets.

Sophomore Trey James and Trey Godfrey will look to fill some of the gaps this year. James competed on the pommel horse and high bar last year, while Godfrey exclusively served in the floor exercise. Classmate Bobby Ryerson did not see any action as a freshman, but could emerge for

the Midshipmen on the still rings this winter.

Juniors David Ferris, Rich Mehlmann and Jon-Michael Chombeau and sophomore Matt Phelan each are expected to provide depth in a variety of areas this year.

The Midshipmen will open their 2007 slate with the first of two home meets this winter, the Navy Open, on Jan. 13, taking on James Madison and William & Mary.

Navy will spend the next month competing on the road, first traveling to the West Point Open on Jan. 26-27. One week later, the Midshipmen travel south to compete in the James Madison Invitational on Feb. 3. Navy will make its second trip to West Point within two weeks to take on the Black Knights for the Star Meet on Feb. 10. The Midshipmen will then travel to San Francisco, Calif., to take part in the All-Academy Championship on Feb. 17.

The team will host its final home meet of the year on Feb. 24, when it takes on James Madison in Macdonough Hall. The Mids return to action with a tri-meet against William & Mary and Penn State on March 3, before wrapping up their regular season at Temple on March 17.

The Midshipmen will begin postseason action at the USAG Collegiate Championship on March 23-24 on the campus of William & Mary. One week later, Navy will battle seven other schools in Philadelphia for the ECAC Championship.

Navy will look to compete as a team or send individuals to the NCAA Qualifying Meet on April 12 at Penn State, with qualifiers advancing to the NCAA Championship on the following two days.

2007 Roster

Player	Cl.	Event	Ht.	Letters	Hometown / High School
Joseph Atzenbeck	So.	All-Around	5'4"	1-L	Broomfield, Colo. / Palmer
Sean Blackman*	Sr.	All-Around	5'8"	3-L	Fayetteville, Ga. / Fayette County
Jon-Michael Chombeau	Jr.	All-Around	6'3"	---	Beaverton, Ore. / Westview
Brandon Cook	Jr.	All-Around	5'5"	2-L	Longmont, Colo. / Silver Creek
David Ferris	Jr.	All-Around	5'10"	---	Austintown, Ohio / Austintown
Ty Fritz	Jr.	All-Around	6'0"	1-L	Easton, Md. / Easton
Trey Godfrey	So.	All-Around	5'5"	---	Columbia, S.C. / A.C. Flora
Trey James	So.	All-Around	5'8"	---	Matthews, N.C. / David W. Butler
Ken Lee	So.	All-Around	5'7"	1-L	Rockville, Md. / Paint Branch
Rich Mehlmann	Jr.	All-Around	5'8"	---	Bristol, R.I. / Portsmouth Abbey
Isaac Olson	Jr.	All-Around	5'8"	1-L	Spokane, Wash. / Joel E. Ferris
Matt Phelan	So.	All-Around	6'0"	---	North Easton, Mass. / Oliver Ames
Bobby Ryerson	So.	All-Around	5'6"	---	Clifton, N.J. / Clifton
Adam Stanton	So.	All-Around	5'8"	1-L	Centennial, Colo. / Smoky Hill
Christopher Tam	Jr.	All-Around	5'9"	2-L	Draper, Utah / Alta

* denotes team captain

Head Coach - Dr. Sho Fukushima (16th year, Washington '71)

Assistant Coach - Craig Holt (eighth year, Syracuse '95)

Managers - MIDN 1/C Nicholas Mararac, MIDN 1/C Josh Nickerson, MIDN 2/C Erik Sink, MIDN 4/C J. Terence Blake, MIDN 4/C Andrew Irish, MIDN 4/C David Jones

Pronunciation Guide

Jon-Michael Chombeau	Shom-bo
Rich Mehlmann	Mel-man
Matt Phelan	Fay-lan
Dr. Sho Fukushima	Foo-coo-she-ma

Midshipmen By Class

Seniors (1)

Sean Blackman

Juniors (7)

Jon-Michael Chombeau, Brandon Cook, David Ferris, Ty Fritz, Rich Mehlmann, Isaac Olson, Christopher Tam

Sophomores (7)

Joseph Atzenbeck, Trey Godfrey, Trey James, Ken Lee, Matt Phelan, Bobby Ryerson, Adam Stanton