

SUNY College Cortland

Digital Commons @ Cortland

Men's Gymnastics Documents

Men's Gymnastics

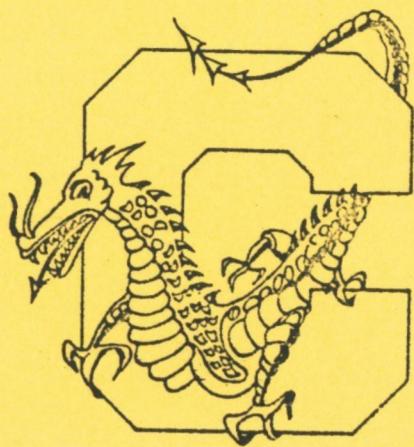
1973

1973-1974 Team Guide, Men's Gymnastics

State University of New York College at Cortland

Follow this and additional works at: https://digitalcommons.cortland.edu/mengymnastics_documents

CORTLAND STATE GYMNASTICS 1973-74



Head Coach: BILL TOMIK

Bill Tomik, professor of physical education at Cortland State, is in his 15th year as head gymnastics coach. A Cortland alumnus, he holds a master's degree from Syracuse University and a Ph.D. degree in physical education from the University of Maryland. As an undergraduate at Cortland, he was an all-around performer with the varsity gymnastics team for four years and also played two years of varsity soccer.

Prior to joining the Cortland staff in 1957, Tomik was a member of the physical education faculty at Hamilton College where he coached varsity teams in swimming, lacrosse and soccer. He has also taught and coached at Vestal Central High School and at Hamburg High School.

In addition to gymnastics, he has coached soccer and lacrosse at the college level and has been the director of the College's exercise physiology laboratory, an activity in which he has a long-standing professional interest. He is generally credited with bringing a high level of respectability to Cortland's intercollegiate lacrosse efforts in the early 1960s.

CORTLAND STATE

1973-74 GYMNASTICS ROSTER

<u>Name</u>	<u>Class</u>	<u>Major</u>	<u>Event</u>	<u>Hometown</u>	<u>High School</u>
Ahern, Stewart	Jr.	Rec.	HB	Brewster	Brewster
*Bowen, David	Sr.	Econ.	HB,FE	Auburn	Auburn East
Bernhole, Joseph	Sr.	P.E.	HB	Valley Stream	Valley Stream
DiDonado, Joseph	Fr.	Bio.	SH,PB,LH	Ronkonkoma	Sachem
*Golden, Duane	Sr.	Math	SH,PB,R	Norwich	Norwich
Murphy, Timothy	Jr.	P.E.	R,PB,LH	Northport	Northport
*Naishtut, David	Sr.	Health	R	Seaford	Seaford
O'Malley, Timothy	So.	P.E.	PB, LH	Camillus	West Genesee
*Pagan, Ernesto	Sr.	P.E.	PB,R	Brooklyn	Automotive
Pagano, Patrick	So.	P.E.	SH,PB,HB	E. Syracuse	Bishop Grimes
*Payne, David	So.	P.E.	All	Westhampton B.	Westhampton Beach
*Schilling, Mark	Sr.	P.E.	All	S. Huntington	Walt Whitman
*Stevenson, Tom	Sr.	P.E.	All	Lk. Ronkonkoma	Sachem
Woollis, Robert	Jr.	P.E.	SH,HB,PB	N. Syracuse	N. Syracuse

Event Code: All-all around; FE-floor exercise; HB-horizontal bar; LH-long horse; PB-parallel bars; R-rings; SH-side horse.

*Lettermen

NORTH ATLANTIC GYMNASTICS LEAGUE

Cortland competes annually in the North Atlantic Gymnastics League with nine other northeastern colleges which have similar interests in the sport and compete at about the same level. The League is divided into Eastern and Western Divisions. With Cortland in the West are Ithaca, Oneonta, East Stroudsburg and West Chester. Teams which have been in the Eastern Division are CCNY, Queens, U.S. Coast Guard Academy, Long Island University and Montclair.

In 1973-74, the NAGL Championship Tournament will be conducted at Cortland, March 1-2. The tournament will take place in the College's new Physical Education-Recreation Center.

SEASON OUTLOOK

Seven lettermen are back to form the nucleus of the Cortland team. Six of the seven are seniors. Tomik is hoping that his squad stays healthy until the entire 16-member team can gain valuable competitive experience.

Senior Tom Stevenson of Lake Ronkonkoma has been elected team captain. A graduate of Sachem High School there, he is skilled in the all-around competition. Senior Dave Bowen of Auburn could be one of the best high bar athletes in the history of gymnastics at Cortland. Tomik will be counting on the Auburn East High graduate for team points. Duane Golden, also a senior, will compete in the side horse, parallel bars and rings. He's from Norwich. Another senior, David Naishtut of Seaford, will concentrate on rings. Ernesto Pagan, who went to high school in Brooklyn and now lives in Cortland, will hit the parallel bars and the rings. He's another senior letterman. The sixth senior letterman is Mark Schilling of Huntington Station. He will work in the all-around competition as he did last season. David Payne is the seventh letter winner on the squad and he's a sophomore. He lives in Quogue, N.Y., and went to Westhampton Beach High School. Payne is another all-around man.

Among the newcomers, Tomik can expect some immediate help from Joe DiDonado, also a product of Sachem High School in Lake Ronkonkoma. He'll work mostly on the sidehorse, parallel bars and vaulting.

A pre-season disappointment to Tomik was the loss of Bob Haberer, an outstanding freshman performer in the all-around last season. Haberer did not come back to school.

1972-73 RECORD

Won 5, Lost 6

<u>Cort.</u>		<u>Opp.</u>		<u>Cort.</u>		<u>Opp.</u>
92	E. Stroudsburg	134		100.1	West Chester	134.6
110.4	Oneonta	111.6		96.27	SUNY Buffalo	59.25
106.35	Plattsburgh	87.2		86.4	Brockport	75.7
106.25	Trenton State	102.6		100.85	Queens	102.25
112.10	CCNY	88.55		100.85	Coast Guard	117.05
90.35	Syracuse	142				

Gymnastics Schedule

Dec.

1	East Stroudsburg, Glassboro	H	7:00
8	Plattsburgh	A	11:00
11	Oneonta	A	8:00
15	CCNY	A	2:00

Jan.

26	Trenton St., U.S. Coast Guard	A	2:00
----	----------------------------------	---	------

Feb.

2	SUNY Buffalo	A	2:00
6	Syracuse	A	2:00
9	West Chester	A	2:00
13	Brockport	H	7:30
23	Ithaca	H	1:00

March

1-2	North Atlantic Gym- nastics League Championship Tourna- ment at Cortland	H	
-----	---	---	--