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1974

### 1974-1975 Team Guide, Men's Gymnastics

State University of New York College at Cortland

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# CORTLAND STATE GYMNASTICS 1974-75



## SEASON OUTLOOK

"In the long run, we'll probably have some outstanding performers out of this group," says head coach Bill Tomik. "I think we have great potential here."

But, lack of meet experience appears to be that largest obstacle for this year's team to overcome.

In addition to graduation losses, the squad also lost two veterans due to work commitments. Gone are Stewart Ahearn, the top horizontal bar performer, and Tim Murphy, the best competitor on the rings.

Among the returnees, however, is the team's most experienced performer, junior Dave Payne. He'll once again perform in all-around and has shown vast improvement in floor exercise and horizontal bar. Also, Bob Woolis is moving from side horse to all-around.

Also back is junior Tim O'Malley, who could add vaulting and floor exercise to his parallel bar work. A pleasant surprise on the team has been sophomore George Kayser in floor exercise and vaulting. He didn't come out for the team last year and never competed in high school.

Top freshman on the squad appears to be Mike Finein, parallel bars and vaulting, and transfer Mike Sinardi, all-around, should be a regular.

"There's no doubt, it's a building year," says Tomik. "We have a lot of if's, but we have talent too."

## 1974-75 ROSTER

<u>Name</u>	<u>Yr</u>	<u>Events</u>	<u>Hometown</u>	<u>High School</u>
Barr, Dennis	Jr	SH, R	Pt. Washington	Schreiber
DiDonado, Joseph	So	SH, PB	Lk. Ronkonkoma	Sachem
Drozda, John	So	PB, FE, R, LH	Buffalo	Amherst
Eddings, Kevin	So	SH	Harrison	Harrison
Ellis, Jeffrey	Jr	R	Huntington Sta.	Whitman
Finein, Michael	Fr	FE, SH, PB, LH	Penfield	Schroeder
Kayser, George	So	FE, SH, LH	Madison	Madison
O'Malley, Timothy	Jr	FE, PB, LH	Camillus	W. Genesee
Pagano, Pat	Sr	HB, R	Syracuse	Grimes
Payne, David	Jr	All	Quogue	Westhampton Beach
Pearson, Tom	Fr	FE, LH	Ithaca	Ithaca
Pienkowski, Gary	So	FE	Syracuse	Sacred Heart
Sheldon, Kevin	Fr	HB, LH	Diamond Pt.	Centereach
Sinardi, Michael	Jr	All	New Hyde Park	Great Neck S.
Woolis, Bob	Sr	SH, HB	Camillus	No. Syracuse
Co-captains--David Payne, Bob Woolis				



Bill Tomik, professor of physical education at Cortland State, is in his 16th 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.

### 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. The 1974-75 NAGL Championship Tournament will be conducted at West Chester, Feb. 28-Mar. 1.

### 1973-74 GYMNASTICS RECORD

Dual Meets: Won 5, Lost 8

<u>Cort.</u>		<u>Opp.</u>		<u>Cort.</u>		<u>Opp.</u>
93.9	E. Stroudsburg	134.6		97.6	SUNY Buffalo	86.3
93.9	Glassboro	68.35		97.6	N. Michigan	131.95
94.5	Plattsburgh	93.8		101.5	Syracuse	154.25
108.2	Oneonta	117.05		98.50	West Chester	128.20
101.3	CCNY	75.35		97.35	Brockport	89.05
74.5	Trenton State	128.6		89.25	Ithaca	101.05
74.5	Coast Guard	117.4				

### North Atlantic Gymnastics League Meet at Cortland

East Stroudsburg	144.25	Queens	116.60
West Chester	130.25	Oneonta State	112.20
LIU	129.00	Cortland State	90.05
Trenton State	126.75	CCNY	41.10
Coast Guard	118.35		

## *Gymnastics Schedule*

Dec.	4	Syracuse	H 7:30
	7	Queens	A 2:00
	11	Oneonta	H 7:30
	14	Plattsburgh/ C.C.N.Y.	H 1:00
Feb.	8	E. Stroudsburg/ Glassboro	A 2:00
	12	Brockport	A 7:00
	15	SUNY Buffalo	H 2:00
	21	Ithaca w/ W. Chester	A 7:30
Feb.	28-		
Mar.	1	NAGL at West Chester	