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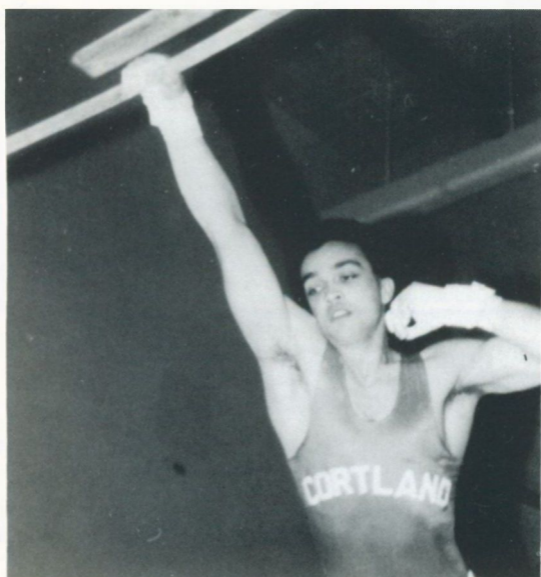
Men's Gymnastics

1986

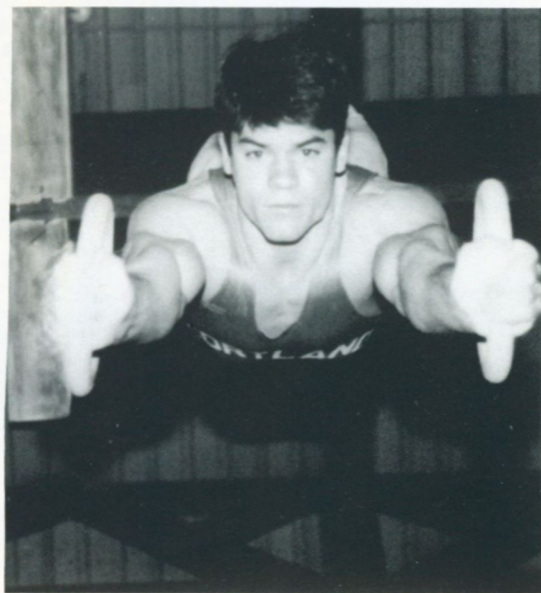
1986-1987 Team Guide, Men's Gymnastics

State University of New York College at Cortland

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CORTLAND STATE
1986 - 87
MEN'S GYMNASTICS



CORTLAND STATE ALL-AMERICAS

Year	Gymnast	Event(s)
1986	* + Derrick Cornelious	Vaulting, Floor Exercise, All-Around
	+ Garry Yuen	Parallel Bars, High Bar
	+ Robert Colon	Parallel Bars, High Bar
	+ Larry Cain	High Bar
	+ Dan Tassone	Still Rings
1985	*† + Derrick Cornelious	Vaulting, Floor Exercise, Parallel Bars, High Bar, All-Around
	+ Garry Yuen	Vaulting, High Bar, All-Around
	+ Robert Colon	Parallel Bars
	+ Mitch Wynn	Pommel Horse
	+ Bruce Havranek	Pommel Horse
1984	•* Derrick Cornelious	Vaulting, Floor Exercise
	* Bruce Havranek Ron Lievendag	Pommel Horse All-Around, High Bar
	Roger Burke	High Bar
	Garry Yuen	Vaulting
	1983	* Roger Burke * Kieran Krowl Ron Lievendag
1982	Peter Shields	Vaulting
	* Jeff Stark	High Bar
1981	* Steve Ernst	Parallel Bars
	•* Bob Jaquint	Pommel Horse
	†* Peter Shields	Vaulting
	•* Jeff Stark	High Bar
1980	* Bob Jaquint	Pommel Horse
	Tom Pace	Horizontal Bar
1979	Wayne Suddaby	Vaulting

*Qualified for NCAA Div. I Championships

•NCAA Div. II National Champion

†NCAA Div. I All-America

+ USGF Div. II All-America

CORTLAND STATE MEN'S GYMNASTICS ROSTER

Name	Yr.	Events	Hometown	High School/Gym Club
Matt Benner	Fr.	All-Around	Mechanicsburg, PA	Keystone Gymnastics
Robert Colon	Sr.	All-Around	Bronx	John F. Kennedy
Gregg Curtis	Fr.	All-Around	Carmel	Carmel
Rikki Daniels	Fr.	PH, PB, SR	Bronx	Truman
Pete Donello	Jr.	All-Around	Slatington, PA	Gymnastrum
Frank Minissale	Sr.	All-Around	Baldwin	Baldwin
Lee Park	Fr.	All-Around	Phoenix, MD	Gymnastics Plus
Glen Suarez	Sr.	All-Around	Wilmington, DE	Brandywine
Dan Tassone	Jr.	SR, HB	Constantia	Liverpool
Steve West	So.	All-Around	Ridge	J + R Gymnastics
Mitch Wynn	Jr.	PH, PB	Andes	Tottenville

Head Coach: Eric Malmberg

FEATURES OF THE RED DRAGONS' PARK CENTER GYMNASTICS FACILITY

- Double apparatus of all Olympic events for men
- Five-station pommel horse area
- Dismounting pit stations for rings, high bar, tumbling, vaulting and parallel bars
- Elevated 8' x 40' power tumbling platform
- Three separate weight training stations which feature Universal Gym and free weights
- Brunner Spring Floor
- Two mirrored dance studios
- Two trampolines
- Overhead spotting rings
- Innovative training aids
- Videotape equipment
- Two gymnastics videotape libraries

RED DRAGON GYMNASTICS RECORDS

Event	Score	Gymnast	Year
Floor Exercise	9.75	Derrick Cornelious	1984
Pommel Horse	9.50	Bruce Havranek	1984
Still Rings	9.35	Ron Lievendag	1984
		Dan Tassone	1986
Vaulting	9.90	Peter Shields	1981
Parallel Bars	9.40	Garry Yuen	1986
Horizontal Bar	9.60	Roger Burke	1983
All-Around	55.50	Ron Lievendag	1984

For more information on the Cortland State program, write to: Eric Malmberg, Head Men's Gymnastics Coach, SUNY-Cortland, Cortland, NY 13045.



CORTLAND STATE WINS 1986 NATIONAL CHAMPIONSHIP SETS SMALL COLLEGE RECORD WITH 263.35 SCORE

After finishing second the previous two seasons, the Cortland State men's gymnastics squad captured the 1986 United States Gymnastics Federation (USGF) Division II national championship last spring in Oshkosh, Wisconsin.

In a banner season, Coach Eric Malmberg's Red Dragons also established a new small college team scoring record with their 263.35 mark set at the 1986 North Atlantic Gymnastics League Championship Meet. Cortland won the league title for the fourth straight year.

"Winning the national championship and setting a small college team record resulted from a team effort," said Malmberg, whose Red Dragon units have been named the top Division III gymnastics group in the United States for the last three years. "We had a lot of depth and we were very ready. We were in good condition."

Two senior All-Americans, Derrick Cornelious and Garry Yuen, spearheaded the Cortland effort. In addition, Glen Suarez had, in Malmberg's words, "a career year," as did Robert "Beefy" Colon and Larry Cain. Each Dragon competitor hit his peak in late season, and as a result, Cortland proved to be invincible.

"We only started going to the national championships three years ago and the worst we've ever finished was second place," explained Malmberg, the 1986 Division II "Coach of the Year." "Still, where you end up at the nationals often depends upon the strength of the other teams here. We were really strong last year, so I guess it was our turn to win. But we did it through a team effort, it wasn't one person. I think that was one of the differences between last year and the years before. We had more depth."

CORTLAND TO DEFEND TITLE WITH QUICK LEARNING SQUAD

"At the beginning of this season, I wasn't sure what our goals could be," observed Cortland head coach Eric Malmberg. "I wanted to have a lot of learning take place in September and October to see where we would end up. What I found was the guys in the gym were much faster learners than the group I had last year, which means the possibility of us repeating as national champions exists."

"It's obvious if we can cover our bases in a couple of areas we can do well," Malmberg admitted. "One of the reasons we have a good chance is we're strong in the pommel horse. For some reason, our learning in the pommel horse has been very good this past year. Surprisingly, we may be a little weaker in vaulting, but we haven't addressed that subject yet. And we're stronger in parallel bars than I thought we were. So we've had a few surprises."

The Cortland coach points to the development of freshman Rikki Daniels, who competes on pommel horse, parallel bars and still rings, as one of the most pleasant surprises.

"He's learning way faster and is much more solid than we thought he would be," said Malmberg.

"Glen Suarez is having maybe the best year developmentally of anyone that I've ever seen," continued Malmberg. "Couple that with some key freshmen and veterans, like Gregg Curtis, who may set an all-around record because he's doing so well this year. The all-arounders are definitely the key. Pete Donello is in the 50's. Glen Suarez is picking up the horizontal bar to make him an all-arounder. Robert Colon could be our most consistent all-arounder this year. Frank Minissale is having a banner year, too. We have another batch of guys having banner years . . . the development just keeps going."

Malmberg views rings specialist Dan Tassone, a junior with exceptional strength, as a likely candidate to be a finalist at the NCAA Division I Championships. Among the newcomers, Matt Benner "is the most systematic worker I've seen as a freshman," said Malmberg. Sophomore Steve West, red-shirted last year, returns. Lee Park, coached by national team member Rick Tucker, will add depth at high bar and floor exercise.

As for leadership in the gymnasium, Suarez and Minissale provide team guidance, said Malmberg.

"They really help the younger guys climb the ladder," Malmberg explained. "I force the upperclassmen to take leadership roles. I force them to speak and give them responsibilities. It's something that develops their leadership qualities. Some guys need to be nurtured more than others, but all upperclassmen are pretty much forced to become leaders."

Can the Red Dragons repeat as national champions?

"It's still early, but we're definitely going to have to be considered," said Malmberg, "which is kind of a surprise to me because I didn't think we were going to be that strong. That's a credit to this group."

FINAL 1986 USGF DIV. II STANDINGS

1. Cortland State	257.15
2. Springfield	252.45
3. East Stroudsburg	252.40
4. Jacksonville (AL)	252.10
5. California-Davis	244.60
6. Eastern Montana	239.15
7. Wisconsin-Oshkosh	203.45

COACH ERIC MALMBERG ON THE 1987 RED DRAGONS:

Matt Benner: "An exciting gymnast to me in that he's the most systematic worker that I've ever seen as a freshman."

Robert Colon: "Beefy will have another good year. Could be our most consistent all-arounder. Has a creative ring routine and gives us strength on one of our weaker events this year, high bar."

Gregg Curtiss: "Might be the most talented freshman we've ever had. He's the fastest learner that I've had the privilege of coaching. A possible Division I qualifier. He does a full-twisting double back on floor and has a variety of "D" level skills on many events."

Rikki Daniels: "The surprise of the year. Rikki has one of the hardest pommel horse routines created by man. It features Magyar travels. He also has one of the most creative parallel bars routines we've ever put together."

Pete Donello: "Could be our best man on horizontal bars this year. He's beefed up his difficulty across all the events. He gives us a lot of depth on floor exercise, which is a strong event for him."

Frank Minissale: "Frank is just really taking a leadership role in the gym this year. When the new rules changes gave him trouble, he addressed and solved the problem. He's going to have a great year. Does a one-armed gienger on high bar."

Lee Park: "Coached by national high bar champion Rick Tucker. Lee was a USGF competitor before he came to Cortland. Strong on horizontal bar and can do a double twist on floor."

Glen Suarez: "A team leader. A full-fledged all-arounder this year with six events instead of five. He's already scored over 50.00. Does an original Healey twirl combination on parallel bars."

Dan Tassone: "Certainly going to be a frontrunner for a Division I berth on rings. I think he can be a Division I finalist. He has a ring routine with three "D" moves. He can do a backward roll cross and a Maltese cross. Does lock arm work in both directions."

Steve West: "A sophomore who red-shirted his freshman year. Has very improved strength. Best events are rings and floor exercise. He can do double twists on rings and has done lock arm work."

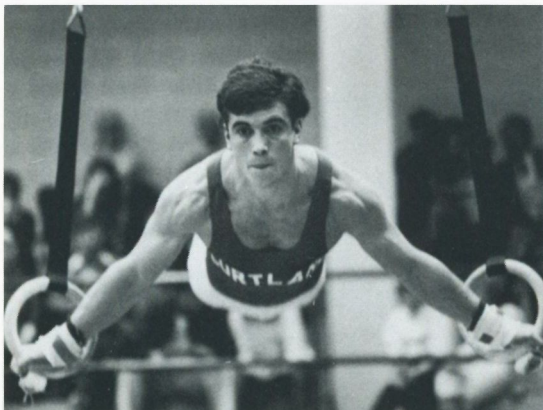
Mitch Wynn: "Has moved to the parallel bars as well as handling his main duty as our best pommel horse man. Missed qualifying for Division I on pommel horse last year by two-tenths. Mitch is one of the best pommel horse workers in the East."



NORTH ATLANTIC GYMNASTICS LEAGUE

CORTLAND STATE CONFERENCE (NAGL) CHAMPIONS

Year	Gymnast	Event
1979	Wayne Suddaby Bob Jaquint Steve Ernst Rick Suddaby	All-Around Pommel Horse Still Rings Parallel Bars
1980	Bob Jaquint Tom Pace	Pommel Horse Horizontal Bar
1981	Bob Jaquint Ron Lievendag Peter Shields Steve Ernst Jeff Stark	Pommel Horse Still Rings Vaulting Parallel Bars Horizontal Bar
1982	Bill Vienna Jeff Stark Jeff Stark Derrick Cornelious Kieran Krowl	Pommel Horse Still Rings Horizontal Bar Vaulting Parallel Bars



BOB ELLIS PHOTO

1983	Ron Lievendag Ron Lievendag Ron Lievendag Randy March Lenny Franco Adam Evans	All-Around Still Rings Parallel Bars Pommel Horse Floor Exercise Vaulting
1984	Derrick Cornelious Derrick Cornelious Bruce Havranek Ron Lievendag Ron Lievendag Ron Lievendag	Floor Exercise Vaulting Pommel Horse Still Rings Parallel Bars Horizontal Bar
1985	Derrick Cornelious Derrick Cornelious Derrick Cornelious Robert Colon	Vaulting High Bar Floor Exercise Parallel Bars
1986	Garry Yuen Garry Yuen Garry Yuen Mitch Wynn Derrick Cornelious Glen Suarez	All-Around Floor Exercise Parallel Bars Pommel Horse Vaulting High Bar

NORTH ATLANTIC GYMNASTICS LEAGUE (NAGL) MEET RECORDS

Event	Score	Gymnast	College	Year
Floor Exercise	19.00	Derrick Cornelious	Cortland State	1985
Pommel Horse	18.60	Bob Jaquint	Cortland State	1981
Still Rings	18.60	Tom Zambratta	Princeton	1985
Vaulting	19.60	Derrick Cornelious	Cortland State	1985
Parallel Bars	18.05	Robert Colon	Cortland State	1985
Horizontal Bar	18.75	John Hlasney	L.I.U.	1983
All-Around	53.15	Dave Feeney	Cornell	1985

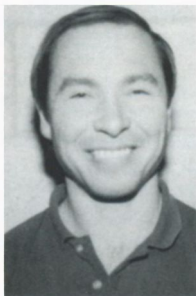
NAGL MEMBER INSTITUTIONS

City College of New York, Coast Guard Academy, Cornell University, Cortland State, Princeton University, Vermont University and West Chester State.

HEAD COACH ERIC MALMBERG

Eric Malmberg begins his eighth season as the Red Dragon men's gymnastics coach in 1986-87. Growing up in the Philadelphia suburb of Ambler, Pa., his first interest in gymnastics began in high school. Malmberg then attended East Stroudsburg State, where he was a two-event NAGL champion in vaulting and all-around.

Malmberg earned a bachelor's degree in physical education from East Stroudsburg in 1974. He received a master's degree from Long Island University in 1979 and is currently pursuing a doctoral degree at Syracuse University. From 1974 to 1977, Malmberg was assistant gymnastics coach at the United States Military Academy at West Point.



In 1977, Malmberg came to Cortland State and began building a national gymnastics powerhouse. The following year, Cortland was the top Division III men's gymnastics team in the nation. In 1979, the Dragons won their first NAGL title and had their first All-America competitor.

After a two-year hiatus while working in the private sector, Malmberg returned to Cortland in 1982 as a physical education instructor and gymnastics coach. During the past three years, Cortland has been voted the top Division III team in the nation. The Red Dragons, under Malmberg, have won 40 All-America medals, three individual national championships, and a national team title. No other New York State college or university has qualified more gymnasts in the last eight years for the NCAA Division I Championships than Cortland. His 1986 team set the small college record of 263.35.

As head coach, Malmberg views the Cortland program as "very teaching and learning oriented. Our emphasis here is on the teaching and the development of the individual. In short, gymnasts are made at Cortland."

"We stress the complete understanding of gymnastics," continued Malmberg. "With this emphasis, we've been able to turn out as many gymnastics coaches as any college in the eastern United States in recent years. Gymnastics here is made to be more interesting so that the understanding level among our gymnasts is very high."

STATE UNIVERSITY OF NEW YORK COLLEGE AT CORTLAND

FOUNDED: 1868

TYPE OF COLLEGE: A public four-year college of arts and sciences for men and women; a charter member of the State University of New York established in 1948.

MAIN CAMPUS: 191 acres; 30 major buildings, including 14 residence halls for approximately 3,000 students.

TOTAL ENROLLMENT: 5,500 Undergraduate; 600 Graduate.

ACADEMIC DEPARTMENTS: 23

FACULTY: 261 full-time, 103 part-time

INTERCOLLEGIATE VARSITY SPORTS: 24, 12 men's and 12 women's

SCHOOL COLORS: Red and White

NICKNAME: Red Dragons.

ATHLETIC FACILITIES: (seating capacity) Park Center features a main gymnasium (3,500), an Olympic-size swimming pool (1,500), an ice arena (2,500), a gymnastics arena (500), a wrestling room, weight room and 14 racquetball and squash courts. Lusk Field House has a new tartan-textured indoor track. Davis Field (5,000) is home to the football and lacrosse teams. Holloway Field (1,000), amid the 50 acres of athletic fields, is home to the soccer teams.

1986-87 CORTLAND STATE MEN'S GYMNASTICS SCHEDULE

Oct. 25	PARENTS WEEKEND EXHIBITION
Nov. 7	at Metro Open, U.S. Naval Academy
Jan. 24	at Navy with William & Mary
Jan. 28	at Cornell
Feb. 7	MASSACHUSETTS
Feb. 17	CORNELL
Feb. 21	ARMY
Feb. 28-	North Atlantic Gymnastics League
Mar. 1	Championships at West Chester
Mar. 15	at Temple with Syracuse
Mar. 18	at Syracuse
Mar. 21	at Pittsburgh
Apr. 10-11	United States Gymnastics Federation Div. II/III Championships at Wisconsin-Oshkosh
Apr. 23-25	NCAA Championships at UCLA