

SUNY College Cortland

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Men's Gymnastics Documents

Men's Gymnastics

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1980

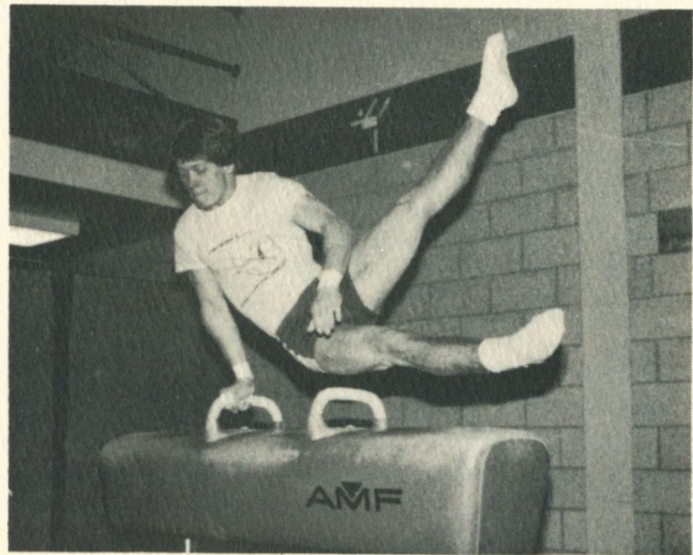
### 1980's Pamphlet, Men's Gymnastics

State University of New York College at Cortland

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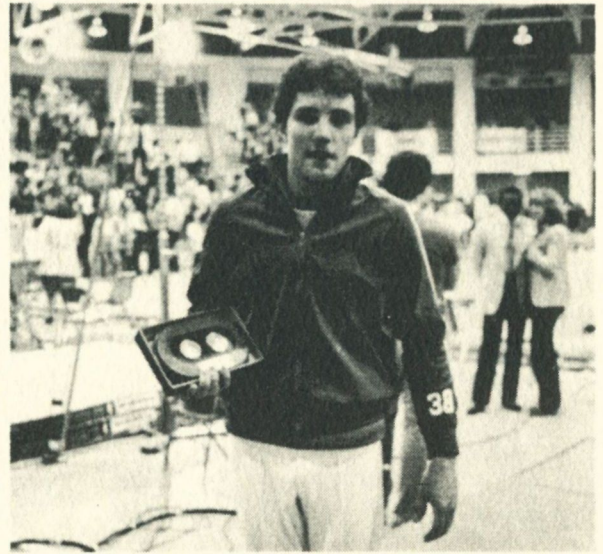
**IF YOU'RE SERIOUS ABOUT  
YOUR GYMNASTICS FUTURE . . .**



## ... THEN CORTLAND STATE IS FOR YOU!

In the last four years, the State University of New York College at Cortland gymnastics program has produced:

- Three NCAA national champions
- Eight All-Americans
- Fourteen Conference Champions



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### TEACHING, LEARNING, GROWING

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Competing for national honors is but a part of the overall Cortland State gymnastics experience. Red Dragon head coach Eric Malmberg explains: "As coach here at Cortland, I am most concerned that my gymnasts achieve both academic and gymnastic success. Teaching and learning are the emphases of my gymnastics program. Becoming a knowledgeable gymnast — not only as a performer today but as a future coach of gymnasts — is the goal of the Cortland program. Within the past two years alone, five C-state graduates have gone on to coach gymnastics at the college level."

#### HERE'S WHAT FORMER RED DRAGON GYMNASTS SAY ABOUT THEIR CORTLAND EXPERIENCE:

**Jeff Stark**, *Two-time All-American, NCAA High Bar Champion*  
"Cortland State was the biggest step up in my gymnastics career. You can learn any gymnastic skill you want to at the College."

**Bob Jacquaint**, *Two-time All-American, NCAA P. Horse Champ*  
"My pommel horse development was carefully planned and my workouts were very organized. I learned so much on the horse at Cortland that winning the NCAA Division II title was something I expected to do."

**Wayne Suddaby**, *Two-time All-American*  
"Cortland is a great place to learn gymnastics."

#### COACH MALMBERG ON CHOOSING A COLLEGE:

"As a graduating high school gymnast, choosing the right college is one of the most important decisions you will be making very soon. I recommend that a senior ask himself three questions:

- 1) Does the college have the kind of academic programs which are right for me and will allow me to become all I can be?
- 2) Is the college atmosphere the kind I will like?
- 3) Can I communicate with the coach?

Excellent equipment is essential to the growth of an excellent gymnast. Towards this end, the Cortland State gymnastics room offers the following:

**1-AMF Reflex Floor Exercise Mat**

**4-Sets of Twisting Belts**

**1-Total Gym Weight Center**

**2-AMF Pommel Horses**

**1-Mushroom trainer**

**1-Low Ring Set**

**1-Regulation AMF High Bar**

**2-Regulation Parallel Bars (AMF and Nissen)**

**1-Four-foot high tumbling platform/pit**

**2-Sets of Parallettes**

**1-Universal Gym (12 stations)**

**1-Five-station pommel horse learning center**

**3-Sets of Rings**

**2-Trampolines**

**1-Adjustable Low Bar**

**4-Overhead Spotting Rigs**

For further information on the Cortland gymnastics program, contact:

**Eric Malmberg**

**Head Men's Gymnastics Coach**

**Cortland State**

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**Cortland, New York 13045**

**(607) 753-4950**

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## **CORTLAND STATE**

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Located atop one of the many hills in Central New York's "City of Seven Valleys," the State University of New York College at Cortland was founded in 1868 as the Cortland Normal School. Over the decades, the campus expanded and in 1941, by an act of the legislature and the Board of Regents, the institution officially became a college, providing four-year courses leading to a bachelor's degree. In 1948, the state legislature incorporated Cortland College into the new State University of New York.

Today, more than 5,600 undergraduate and 600 graduate students are pursuing degrees within the College's two academic divisions — Arts and Sciences and Professional Studies. Twenty-three departments with a faculty of more than 300 offer the Cortland State student body some 40 majors from which to choose, including liberal arts, elementary and secondary education, health and physical education, recreation education, speech education and speech and hearing handicapped education.

The College's main campus covers 191 acres and includes 30 major buildings. Thirteen of these structures are residence halls and provide on-campus housing for 2,600 students.

At Cortland State, athletics are viewed as having an important role in the educational mission of the College. During the fall, winter and spring seasons, Cortland State participates in 24 intercollegiate sports — 12 men's and 12 women's — in an attempt to provide a broad program of athletics which will meet the needs, interests and abilities of its students.

The stated objective of the College's athletic program is the development and welfare of the student. In the coaching of individual sports as well as in the direction of the overall athletic program, the College endeavors to provide a high calibre of professional leadership which is consistent with the goals of the institution.

Cortland State is particularly proud of its long tradition of intercollegiate athletics and its high standing in small college athletic circles. In support of this heritage, the College offers its student-athletes a number of outstanding indoor and outdoor facilities which are used for intercollegiate competition as well as educational and recreational purposes. The Park Center for Physical Education and Recreation, opened in 1973, features a main gymnasium with a seating capacity of 3,600, an Olympic-size swimming pool with gallery seating for 1,500, and an ice arena which can accommodate 2,500 spectators.