

Guard Young

2003 World Artistic Championships Team Member (Alternate)
 2002 Individual Event World Championships Team Member
 2001 World Artistic Championships Team Silver Medalist

Hometown: Oklahoma City, Okla.
 Residence: Norman, Oklahoma
 Birth Date/Place: June 3, 1977/ State College, Pa.
 Club: Team Chevron - Oklahoma
 Coach: Mark Williams
 College: Brigham Young University
 Former Collegiate Coach: Makato Sakamoto
 Year in School: Graduated in 2000
 Previous Club: Bart Conner Gymnastics Academy
 Favorite Event: Pommel horse
 Began Gymnastics: 1987
 Years on Jr. National Team: 3 (1994-95, 1995-96, 1996-97)
Years on Sr. National Team: 6 (1998-04)



Personal Info

Young helped the U.S. men's team to an unprecedented World Championships silver medal in 2001. Young has five sisters and one brother. His father, Wayne, was on the 1976 Olympic Gymnastics Team and was the 1975 NCAA All-Around Champion. Young graduated with a broadcast journalism major from BYU. His older sister, Jessica, attends BYU on a gymnastics scholarship. Young enjoys roller hockey and playing guitar. He looks up to Peter Vidmar because he was a great gymnast and a great man. Young was married April 30, 1999, to Alisha Tolman, and celebrated the birth of his first son, Tyler Mark, on Feb. 6, 2003. Guard is currently employed as an assistant coach for the University of Oklahoma men's gymnastics team, which won the 2003 NCAA Championships.

International Competition

- 2004 13th Internationaux de France, Lyon, FRA
- 2003 12th Internationaux de France, Paris-Bercy, FRA; 2nd-FX
- 2003 Visa American Cup, Fairfax, Va.
- 2002 Chunichi Cup, Nagoya, JPN; 1st-V, 3rd-SR
- 2002 Individual Event World Championships, Debrecen, HUN
- 2002 Sino American Team Competition, Beijing, CHN
- 2001 World Championships, Ghent, BEL; 2nd-Team
- 2001 Sr. Pan American Championships, Cancun, MEX; 2nd-Team, 4th-AA
- 2001 Pontiac American Team Cup, Honolulu, Hawaii, USA; 1st - Team
- 2000 Pontiac International Team Championships, Syracuse, NY, USA; 2nd-Team, T4th-FX
- 2000 Qantas International Challenge, Sydney, AUS; 1st-FX

National Competition

- 2004 Winter Cup Challenge, Las Vegas, Nev.; 2nd-V

Men's National Team

- 2003 U.S. National Championships, Milwaukee, Wis.; 2nd-PB
- 2002 U.S. National Championships, Cleveland, Ohio; 3rd-AA, 2nd-PH
- 2002 U.S. National Qualifier, Colorado Springs, Colo.
- 2002 Winter Cup Challenge, Las Vegas, Nev.
- 2001 U.S. National Championships, Philadelphia, Pa.; 5th-AA, 2nd-FX, 4th-SR
- 2000 Olympic Trials, Boston, Mass.
- 2000 John Hancock U.S. Championships, St. Louis, Mo.; Olympic Trials Qualifier
- 1999 World Team Trials, Kansas City, Mo.
- 1999 John Hancock U.S. Gymnastics Championships, Sacramento, Calif.; 4th-AA, 1st-V