

ILLINOIS USAG NEWSLETTER

Inside this Newsletter

1. Norbert's Notes
2. Committee Minutes
3. Competitive Summary
4. Meet Director Info
5. Breakdown of realignments

MAIL NEWSLETTER ITEMS TO:

Teresa Millmore
402 Olympia Dr.
Bloomington, IL 61704
(309)663-8413
(309)663-8350 fax
tmillmore@aol.com

The newsletter will be published when we have enough information to be sent out.

ADVERTISING IN THE USAG NEWSLETTER

Rates for advertising
1/4 page \$20
1/2 page \$30
3/4 page \$40
full page \$50

You may advertise for your upcoming meets. We do not accept advertisements from clubs wanting a new coach. We do accept coaches' applications looking for a job though.

Payable to IL-WPC

If you would like to get your newsletter via email please go to the web site

and sign up to receive it that way.

VISIT THE ILLINOIS WEB PAGE AT

www.Region5/Illinois.com

Please take a look at the realignment of the state. These are the sections that you will compete for the level 4/5 state meets.

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We have reopened the bid for the following state series meets. Please send in your bids as soon as possible. Level 4/5 NE State
Level 8 State
Level 9/10 State

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Please make sure that you email Norbert the number of level 4 athletes that you have competing.

Congratulations to Dan

Miller – Region 5 Coach of the Year. What a great honor. Congrats Dan!

The competitive summary is included in this newsletter. Please use it to answer any questions you might have as to qualifying scores and cost of the state series meets.

If you are hosting a meet this year please use the meet director information to send out results. If you can please send an electronic copy of results to Cyndi Zimmerman. Next year this will be mandatory. If you can do this it will help out the level reps.

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We hope everyone has a great and healthy competitive season.



Illinois USA Women's Gymnastics Newsletter

October

Region5.com/Illinois



Realignment The State has been need of realignment for some time. The sectional meets have been imbalanced for years. The addition of club programs moving North West caused this imbalance of numbers. The South has also been low for years. When the Committee decided to implement 3 State meets for the Level 5's it became a necessity to have as equal meets as possible. Please review the list below for changes that your club may have in Which Level 5 State meet that you will be attending.

Committee Meeting The USAG Illinois committee had a meeting in September. The major conversation dealt with the selection of Judges for both the Regional List of Recommendations and State Meet Selection. It was a rather long industrious meeting. Please see the minutes for our decisions.

State Series Meets Here are the following meet hosts for this year state series. Please note that we have 3 open meets and a **November 15th** deadline for New Bids submittal

II Level 5 state Meet

- o NE **Need a Bid**
- o NW GymNasti
- o South Quincy Gymnastics

II Level 6 State Oswego Park District

II Level 7 State EnerGym

II Level 8 State **Up for re-bid**

II Level 9, 10 State **Need Bid**

Club information at the USAG I am asking that all Club owners **check** the information

II That USAG has on your Club

II List of your Athletes that USAG has listed on your roster

- o If you notice an athlete that does not show up this give you an indication that there is a problem and must be resolved. If this is done it will save every meet director that have them attending there meet a lot of time
 - General Gymnast numbers and the new Level 3 – 1 can not be used for Level 5, 10 competition
- o Please keep your athlete levels as up to date as possible. A Level 7 athlete that is registered with the USAG as a Level 4 makes it very difficult for all administrators of this sport keep a

R&P The R&P will be posted on the Website by the time you receive this newsletter. We will also be sending a CD to each club that had registered Gymnasts last year.

II If you are a new club and do not receive please email NorbertL@aol.com and he will forward to you

II If you will be downloading off the website and **don not wish one sent** please also email NotbertL@aol.com. This will save us some time and Money.

Level 4 State How many Please Email NorbertIL@aol.com with your approximate number of Level 4's that you will be competing this year at the Level 4 State Meet. This information will help us communicate better to the Level 4, 5 State meet directors.



Glen Wilmeng Region 5 2003 Contributor of the Year I would like to make a personal apology for typing into the last newsletter the Name Greg instead of Glen. Sorry an once again Congratulations

Dan Miller Region 5 2003 Coach of the Year I also forgot to mention that Dan Miller was Co-Region 5 coach of the year. Again very sorry and Congratulations on this accomplishment and Athletes

TJMAx I would like to thank The following People for helping Illinois USAG and the National USAG for picking up and taking Coaches and Athletes from the Airport, It is much appreciated: Sandy Oldham, Sean Henderson, and Ray Gradecki. Dianne Durham for schlepping mats around to all the TV stations so that the Athletes could be interviewed on Local TV.



2003 Women's J.O. National Team Training Camp Congratulations to the following athletes who were presented with special camp awards by the staff:

TUMBLING: Vanessa Zamarippa (Midwest Twisters-IL)- Sky high and squeaky clean award for her great amplitude and form

DANCE: Lindsay Borkan (American Academy-IL) - Broken but still turned on to dance award for her determination to dance despite being on crutches!

Leah Concannon (pictured right) (Gym-Kinetics-IL) received the special "Spirit of Gymnastics" award, for her dedication and love for the sport. Leah is 24 years old and presently in her second year of medical school. She has competed in eight JO National Championships and this is her third time on the JO National Team.

Other camp participants were: **Jamie Custer** (Aerial Gymnastics Arena-IL), and **Tricia Wilson** (Aerial Gymnastics Arena-IL).



Number 1.2 October 17, 2003 Dear Chair,

The new Introductory Membership is now programmed and will be available for all to register online beginning Monday, October 20. This new membership is for all disciplines Level 1, 2 and 3, Women's Prep Opt., GG – Group Gymnastics. The men's program will be adding this option in 2005 or maybe earlier. This membership is \$ 15.00. The member fee covers sanctioned meet insurance coverage in a sanctioned competition and a member card printed on-line.

I will send more and complete information to you on Monday. The form will be on the web and should be downloaded. This form will be on-line by 3:00 PM on Monday.

Warmest regards, Kathy Feldmann Vice President - Member Services USA Gymnastics National Congress Director

Number 1.1 October 8, 2003 Dear Chair,

Beginning this month, I am going to re-instate the newsletter information from the Member Services office. There is so much going on and it is difficult for the best of us to keep track of it all. I will be sending this electronically and not by hard copy mail. Please pass this information on to your committee people and boards.

I remind you to read the Member Services Update page in every issue of *Technique*. My goal is to make sure we relay the most current and up to date information to our Professional and Instructor members.

This issue contains the updated information on our insurance policies. This will appear in the next issue of *Technique* and will be placed on our website.

MEMBER SERVICES UPDATE

USA Gymnastics Sanctioned Event Insurance Coverage Updates for Registered Athletes and Professional Members

USA Gymnastics has several insurance programs that are directly tied to its membership programs. Listed below are the various types of insurance coverage, and with which types of membership they are associated. Please note that the descriptions below are general descriptions of the coverage included. Copies of the specific policies are on file at the USA Gymnastics Member Services department.

PARTICIPANT ACCIDENT:

This coverage provides secondary medical coverage during USA Gymnastics sanctioned events, subject to deductible.

Covered Individuals: Current USA Gymnastics Athlete and Professional Members

Covered Events: USA Gymnastics Sanctioned Events

Important Note: This coverage applies to 'accidents' where a time and place of the injury can be specified at a sanctioned event. It does not apply to overuse or 'wear and tear' injuries.

Accident Medical Expense Benefit:

Maximum Benefit of \$ 50,000 with a \$ 500 deductible. First expense must be incurred within 26 weeks of injury, and include expenses up to 2 years after the accident.

Excess Coverage Provision:

The amount otherwise payable by the insurance coverages will be reduced by the total amount of medical care benefits provided by any other Plan, which will be determined without reference to any coordination of benefit provisions, non duplication of benefit provisions, or any other similar provisions. All benefits will include the reasonable value of any medical expense services.

CATASTROPHIC INSURANCE

The purpose of this policy is to provide insurance coverage and protection from severe injuries that could possibly result from participation by a covered person in a sanctioned event.

Covered Individuals: Current USA Gymnastics Athlete and Professional Members

Covered Events: USA Gymnastics Sanctioned Events

- Aggregate Limit of Liability: \$5,000,000
- Covered Accident Deductible \$ 50,000 (covered by above Participant Accident coverage)
- Maximum Benefit Period Lifetime

GENERAL LIABILITY

NAMED INSURED: United States Gymnastics Federation, *dba* as USA Gymnastics. Their divisions, affiliates, divisional supporting foundations, teams, tournaments, employees, directors, organizers, officers and volunteers

COVERED ADDITIONAL INSUREDS:

Owners and/or Lessors of Premises, Sponsors, or Co-Promoters. Also, Others by request and endorsement, subject to underwriting approval.

COVERED ACTIVITIES:

All events sanctioned by and all activities conducted by United States Gymnastics Federation (*dba* as USA Gymnastics)

DEFINITION OF PARTICIPANT:

The term participant shall include players, coaches, managers, staff members, team workers, referees, officials, scorekeepers and all other personnel including but not limited to, media personnel permitted to enter any restricted areas which are defined as those areas restricting access to general public spectators.

NOTABLE EXCLUSIONS:

Nuclear energy, asbestos, pollution, bodily injury to employees, player vs player claims, employment related practices, fireworks, medical payments to participant. This is a partial list and may not include all exclusions.

POLICY FORM:

Occurrence Form with Broadened Coverage Endorsement

TERM:8/1/03-8/1/04

LIMITS OF LIABILITY:

- General Aggregate Limit None
- Products Complete Operations Aggregate Limit\$1,000,000
- Personal and Advertising Injury Limit\$1,000,000
- Each Occurrence Limit \$1,000,000
- Participant Legal Liability \$1,000,000
- Fire Legal Liability \$ 300,000
- Medical Exp Limit-Other than Participants \$ 5,000
- Employee Benefits Liability \$1,000,000

In addition to the above, USA Gymnastics has secured Excess Liability coverage in the amount of \$4,000,000 for coverage in excess of the Underlying Limits of Insurance as detailed above.

This is only a very general reference to what coverage(s) the insurance policy provides and is not intended to attempt to describe all of the various details pertaining to the insurance. Actual coverage(s) are detailed in the policy or insurance and are always subject to terms, provisions, conditions, and exclusions as contained herein. You should not rely upon this generalized summary, but should consult the actual policy for a complete description and details regarding coverage.

I will be sending the next issue on Friday to update you on the new Introductory Membership. At this time we are on target to release this membership this month.

Warmest regards, Kathy Feldmann Vice President - Member Services USA Gymnastics National Congress Director

2003 - 04 ILLINOIS COMPETITIVE INFORMATION SUMMARY

LEVEL	QUALIFYING SCORE	LAST DAY TO QUALIFY	STATE MEET	ENTRY FEE
4 State	No qualifying score	February 15, 2004	March 6 th 7 th 2004 NW GymNasti NE Need Bid S Quincy .	\$55.00 <i>After</i> 2/17 - \$35.00 <u>On or before</u> February 18, 2004
5 State	32.00 AA	February 15, 2004	March 6 th 7 th 2004 NW GymNasti NE Need Bid S Quincy	\$65.00 <i>After</i> 2/17 - \$45.00 <u>On or before</u> February 18, 2004
6 State	33.00 AA	February 8, 2004	February 28, 29 2004 Oswego	\$65.00 <i>After</i> 2/10 - \$45.00 <u>On or before</u> February 10, 2004
7 State	34.50 AA	February 29 th 2004	March 20 th 21 st 2004 EnerGym	\$85.00 <i>After</i> 3/2 - \$65.00 <u>On or before</u> March 2, 2004
8 State	33.00 AA	March 7 th 2003	March 27 th 28 th 2004 Need Bids	\$85.00 <i>After</i> 3/9 - \$65.00 <u>On or before</u> March 9, 2004
9 State	32.00 AA	February 22 nd 2004	March 13 th & 14 th 2004 Need Bids	\$85.00 <i>After</i> 2/24 - \$65.00 <u>On or before</u> 2/24 2004
10 State	32.00 AA	February 22 nd 2004	March 13 th & 14 th 2004 Need Bids	\$85.00 <i>After</i> 2/24 - \$65.00 <u>On or before</u> 2/24 2004
8 Regional	34.50 AA	State Meet	May 16-18, 2004 St. Charles Illinois	Due at the State Meet - <i>bring a check.</i>
9 Regional	34.00 AA	State Meet	April 2-4 2004 Lansing MI	Due at the State Meet - <i>bring a check.</i>
10 Regional	34.00 AA	State Meet	April 2-4 2004 Lansing MI	Due at the State Meet - <i>bring a check.</i>
9 National	By Percentage	April 7, 2002	April 22-25 2004 Check National Info	Paid at Regional Meet
10 National	By Percentage	April 14, 2002	April 30-May 2 2004 Check National Info	Paid at Regional Meet

Committee Meeting was held at SpringHill Gymnastics on September 21, 2003. The meeting was called to order at 10:00am.

Present

Norbert Bendixen - State Chair
Randy Peebles - JO Chair
Dianne Durham - Level 10 Chair
Randy Parrish – Level 9 Chair
Mary Jo Rohrig – Level 8 Chair
Cindy Zimmerman - Level 7 Chair
Sari Ferraro – Level 6 Chair
Judy Redmond – Level 5 Chair
Teresa Millmore – Secretary
Jean Johnson – NAWGJ
Terry Theobald – Election Chair
Leonard Issacs – Education Chair
Don McPherson – Safety Chair

Excused Absences

Todd Gardiner – Elite Chair

Also Present

Jay Murphy - Airborne

1. National Congress Meeting Update – All state series awards will be through A1 now. Any committee member who has old state series medals please hand them in.

2. Judges Selection Procedures –
NAWGJ has input into the evaluation process of judges. Motion by Don, Randy seconded, unanimous. Peebles

NAWGJ has input by using the judges evaluation form 2003. Motion by Mary Jo, seconded, unanimous. Dianne

USAG committee members will use plan 1 or some variation of part 1 to vote. Motion by Sari, Cyndi seconded, unanimous. rank

USAG committee will use plan 1 revised for the selection of state series. We will judges for regionals/nationals. Motion by Sari, Teresa seconded, passed (2 abstained). rank

All judges who forms we currently have will be considered for regionals/nationals. Next year all forms must be in by September 1st or they will considered. Motion by Cyndi, Dianne seconded, passed (1 opposed). not be

The USAG committee will make state selections from using the input of the evaluation forms. Motion by Sari, Dianne seconded, unanimous. NAWGJ

The North and South Assigners will be present at the meeting to pick judges for Motion by Teresa, Randy Peebles seconded, unanimous. the state series.

3. Redistricting – Enclosed in this newsletter is a list of which clubs are in which district. Jay Murphy spent a lot of time placing all clubs on a map with the number of level 5's that each has averaged for the past couple of years. Thanks to Jay for all of his hard work.

The redistricting proposal by Jay will be accepted. (Included in newsletter). Motion by Teresa, Mary Jo seconded, unanimous.

4. We will be considering a level 4 representative next year since Tom Koll says gymnastics is moving that way.

5. State Meet Bids
The South Level 4/5 State will be hosted by Quincy. Motion by Teresa, Sari seconded, passed (1 abstained).

The NorthWest Level 4/5 State will be hosted by GymNasti. Motion by Sari, Mary Jo seconded, passed (1 abstained).

Level 4/5 NorthEast State is open for rebid.

Level 6 State will be hosted by Oswego Park District. Motion by Teresa, Dianne seconded, unanimous.

Level 7 State will be hosted by Energym. Motion by Sari, Judy seconded, unanimous.

Level 8 State is open for rebid.

Level 9/10 State is open for rebid.

All state series meets must be capitol cup format. Modified capitol cup will be approved by committee. Please send request to level chair. Motion by Teresa, Randy Parrish seconded, unanimous. allowed if

Any meet director who is also acting as a coach, must conduct him/herself in a professional manner. If the conduct of the meet director, adversely effects or interferes with the running of a meet, the club will not be allowed to submit a bid for the state meet series.

6. Partners in Gymnastics – Banquet on Saturday night or brunch? When will be host? Tabled for next meeting.

7. Score Tracking – Everyone needs to send meet results electronically to Cyndi. Send the hard copy to both Norbert and the level chair.

For the year 2004-2005 (not 2003-2004) all meets must be electronically submitted or be assessed an administrative fee that will be announced later. Motion by Randy Peebles, Cyndi seconded, unanimous.

8. R&P
We will send one CD per club. If you do not receive one or would like a copy please look at the web site and get it off of there. Motion by Teresa, Mary Jo seconded, unanimous.

Judy has offered to proof read the R&P.

9. *Level 5 State qualifying score will be a 32. Motion by Randy Parrish, Randy seconded, passed (3 opposed). Peebles*

10. The state committee would like to know how many level 4's each club has. Please email Norbert with your numbers.

11. *The State Committee will donate \$200 for bricks at the region 5 site. Motion by Teresa, Mary Jo seconded, unanimous.*

12. Awards – *At state series meets all awards for both events and all around will be medals. We will not be doing ribbons for any placements. Awards will still be handed out as 30% or a max of 15 places. Motion by Teresa, Randy Parrish seconded, unanimous.*

13. All kids competing in a meet should be getting in free at the meet.

14. The judges must have 30-40 minute break after scores are checked each time.

Meeting was adjourned at 3pm. Motion by Sari, Teresa seconded, unanimous.

LEVEL 5 STATE SECTION GROUP LISTINGS

	<u>NORTHEAST SECTION</u>	
24334	Aerial Gymnastics Club	Downers Grove
24114	Allstar Gymnastics	Vernon Hills
25286	American Academy of Gymnastics	Wheeling
44980	American Eagles Gymnastics	Round Lake Beach
23523	Barrington Park District	Barrington
24183	Bedford Park District	Bedford Park
23093	Beverly Gymnastics Center	Chicago
27610	Bolingbrook Gymnastics Academy	Lombard
26520	Buehler YMCA	Palatine
25899	Buffalo Grove Gymn Center	Buffalo Grove
25668	Chicago Park Dist	Chicago
27778	Chicago Park District Ada Park	Chicago
27779	Chicago Park District Avondale	Chicago
27780	Chicago Park District Broadway Armory	Chicago
27781	Chicago Park District Calumet Park	Chicago
27782	Chicago Park District Chicago State	Chicago
27784	Chicago Park District Dyett Center	Chicago
27786	Chicago Park District Garfield Park	Chicago
27787	Chicago Park District Harrison Park	Chicago
24403	Dianne Durham's Skyline Gymnastics	Chicago
96291	Downers Grove Park District	Downers Grove
26938	Dreams Gymnastics Club, Inc.	Glenview
25825	Elite Sports Complex, Inc.	Downers Grove
24284	Elk Grove Gymnastics School	Elk Grove Village
26372	Flying High Gymnastics	Countryside
23536	Grayslake Gymnastics Factory	Grayslake
23809	Gym-Kena	Mokena
26340	Gymnast Central	Woodridge
24423	Gymnastics Spot	Mundelein
26798	Harrison Park District	Chicago
24457	Hinsdale Gymnastics Club	Hinsdale
25861	Hinsdale Junior Academy	Hinsdale
24468	Illinois Gymnastics Institute, Inc.	Westmont
26618	Itasca Gymnastics Center	Itasca
23609	Kankakee YMCA	Kankakee
126483	Kidnastics Academy of Addison	Addison
26744	Lake Shore Academy of Art Gymnastics	Chicago
27989	Lattof International YMCA	Des Plaines
27995	Leaning Tower YMCA	Niles
115645	Libertyville Gymnastics Academy	Libertyville
25937	Little Olympians	Chicago

26821	Lombard Leapers	Glendale Hts
23381	Mat Kats Gymnastics Club	Darien
25071	McGaw YMCA Gymnastics	Evanston
26073	Mt. Prospect Gymnastic Team	Mt Prospect
23915	North Shore Gymnastics	Lake Forest
23037	Northbrook Gymnastics Training Center	Northbrook
24786	Northwest Turners	Chicago
28733	Oak Lawn Park District	Oak Lawn
23450	Oak Lawn Pirouette's Gymnastic	Oak Lawn
25297	Oak Park Gymnastics Center	Oak Park
23846	Palatine Gym Club	Palatine
24321	Palmer's Gymnastics, Inc.	Bloomington
27418	Park District of Highland Park	Highland Park
98343	Park District of Oak Park	Oak Park
61711	PAV YMCA In Berwyn	Berwyn
25669	Premier Gymnastics Academy	Downers Grove
25024	S.O.C.S. Springers of Carol	Carol Stream
27529	The Gymnastics Zone, Inc.	Antioch
26047	Tri Star Gymnastics, Inc.	Forest Park
24408	Tumbling On U.S.A.	Orland Park
24883	U.S. Gymnastic Training Center	Lake Zurich
25773	Ultimate Gymnastics of Gurnee LLC	Gurnee
27468	West Suburban Gymnastics	La Grange
24636	Wilmette Gymnastics	Wilmette
	<u>NORTHWEST SECTION</u>	
27396	Airborne Gymnastics	Rockford
23971	American Institute of Gymnastics	Aurora
27217	Bartlett Gymnastics Center	Bartlett
23958	Causa's Gymnastics Club	Lasalle
25965	Chertkov's World of Gymnastics	Lake In The Hills
23300	Crystal Lake Gymnastics	Crystal Lake
23233	Energym Sports Campus	Sycamore
26884	Excel Gymnastics Academy	Batavia
135778	Flips Institute of Gymnastics	Spring Grove
27997	Fox Valley Family YMCA	Plano
26879	Fox Valley FlyaWays	Aurora
26877	Gym Nasti	Carol Stream
26003	Gymkhana Gymnastics Club & Dance Studio	Hanover Park
23509	Gymnastic Academy of Rockford	Rockford
82946	Huntley Unlimited Gymnastics School	Huntley
23054	Midwest Academy of Gymnastics	Warrenville
26059	Naperville Gymnastics Club	Naperville
23486	Oswego Park District Gym Club	Oswego

99369	Oswegoland Flipsters	Oswego
27748	Phenom Gymnastics	Aurora
27209	Progressive Movements Gymnastics Academy	Johnsburg
27487	Rockford Pink Panthers	Rockford
81922	Spring Hill Gymnastics, Inc.	Elgin
23401	St. Charles Gymnastics Club	St Charles
27237	The Gymnastics Academy Of Champions	Lake in the Hills
	<u>SOUTH SECTION</u>	
27810	Aerial Gymnastics Arena	Joliet
26412	Angie's Gymnastics	Okawville
27191	Artistic and Rhythmic Gymnastics Organization "A.R.G.O."	Glenwood
24460	Central Gymnastics Academy	Gilman
24351	Central Illinois Gymnastics Academy	Peoria
24586	Champaign County YMCA	Champaign
25948	Connie Smith Gymnastics	Brookport
24332	Decatur Family YMCA Gymnastics Center	Decatur
26600	Dianne's Gymnastics	Bartelso
17909	Dynamite Gymnastics, Inc.	Decatur
27991	Edwardsville YMCA	Edwardsville
26328	Effingham Academy of Gymnastics	Effingham
94976	Eiche Turners	Tinley Park
27799	Elite Academy	Silvis
27633	Flip-Tops (Kewanee YMCA)	Kewanee
24667	Gainers Gymnastics	South Chicago Hts
24356	Geneseo Park District	Geneseo
26853	Golden's Gymnastics Center, Inc.	Bradley
24399	Gym Corner	Washington
25012	Gym Kinetics Gymnastics	Mokena
23906	Gymnastics Etc.	Bloomington
85444	Gymnastics X-Calibur	Coal City
27340	GymStar Gymnastics	Morris
23622	Joliet Park District Kippers	Joliet
24635	L And M Gymnastics School	Springfield
23336	Lakeview YWCA Aerials	Peoria
24101	Mattoon Academy Of Gymnastics	Mattoon
24034	McDonough County YMCA Twisters	Macomb
23218	Mid Illinois Gymnastics And Dance, Inc.	Alton
24161	Midstate Gymnastics Academy	Springfield
26685	Midwest Twisters	O'Fallon
25658	New Athens Gymnastics	New Athens
24022	Olympia Gymnastics Center	Olympia Fields
27629	Quad City Gymnastics Academy	Milan

23833	Quincy Gymnastics Center	Quincy
27310	Rising Stars Academy	Bloomington
27262	Shana's Gym	Clay City
23151	Sloan's Gymnastics School	West Frankfort
27298	Snow Power Gymnastics, Inc.	Herrin
23203	South Suburban Aerials Gymnastics	Flossmoort
25023	Southern Illinois Gymnastics Academy	Marion
23721	Springfield YMCA Gymnastics Team	Springfield
23667	Stevens School of Dance And Gymnastics	Jacksonville
24378	Summit Gymnastics Academy	Moline
23608	The Clubs at River City	Peoria
24582	Ultimate Gymnastics Center	Carbondale
27306	Victory Academy	Bloomington
23197	World Class Gymnastics Center	Fairview Heights

*Last Updated on 11/1/2003
By Connie Ballas*