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**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

YMCA Gymnasts Earn Third Place Team Honors at AAU State Meet

Northbrook, IL: May 2016 –The North Suburban YMCA’s Gymnastics Team finished its successful 2016 season with a number of achievements at the AAU Central District/State Meet, held in Loves Park, Illinois April 29 to May 1. Competing against 22 other teams from Illinois and Wisconsin, the Level 3 team came in third overall. Six of the NSYMCA gymnasts were named individual event state champions.

The team’s first-place finishers at Level 3 included Chesine Ciota, Junior D Division champion on vault; Ashley Brown, Senior B Division champion on floor; Cassie Johnston, Senior C Division champion on vault; Ashley Uhlig, Senior C Division champion on beam; and Natalie Schneider, Senior E Division champion on beam. Lauren Stinchcomb took first place honors in the Level 4 Senior A Division on beam. Other teammates, including Laurel Speed, Lily Denk, Sarah Gordon, Josie Sobecks, Sophie Rogoff, and DeDee Van Treeck, contributed outstanding performances that earned medals in various events.

“There was great competition at the State Meet Level, and our girls really rose to the occasion,” noted Carol Sassorossi, NSYMCA Senior Director of Camp, Sports, and Gymnastics. “They’ve made wonderful progress as individuals and teammates, and it’s exciting to see how much they’ve accomplished.”

The Competitive Team is the culmination of the NSYMCA’s progressive developmental program, which starts with preschoolers and offers training through eighth grade. The overall goals of the program are the development of skills, strength and self-confidence in a fun, supportive environment. Participants progress through levels at their own pace with attention given to individual needs. Competitive team members are selected through evaluations, and are expected to travel with the team to meets during the season, running from January to May. Registration is now open for Summer Session gymnastics camps for recreational through team levels at the North Suburban YMCA, located at 2705 Techny Road in Northbrook. For more information, visit www.nsymca.org or contact Carol Sassorossi, csassorossi@nsymca.org.

About the North Suburban YMCA

The YMCA is a charitable organization and relies on donations to make services available for all families and individuals in its 15-city region. All board members are volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served the northern suburbs of Chicago for over 45 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that address the needs of our diverse community and are accessible to all. For more information or to make a donation, contact Kim Nyren at 847-272-7250 or knnyren@nsymca.org, or visit www.nsymca.org.



Photo Caption: The North Suburban YMCA's Level 3 Gymnasts took third place at the 2016 AAU Central District State Meet, held April 29 – May 1 in Loves Park, Illinois. Pictured: Cassie Johnston, Natalie Schneider, Lily Denk, Ashley Brown, Laurel Speed, and Ashley Uhlig.



Photo Caption: The North Suburban YMCA's Gymnastics Team competed at the AAU Central District State Meet April 29 through May 1 in Loves Park, Illinois. Pictured: (bottom L to R) Sarah Gordon, Chesine Ciota, Jenna Freund, Ashley Uhlig, Lily Denk, Lauren Stinchcomb, Ashley Brown, Cassie Johnston, Laurel Speed, Julie Masloski (top L to R) DeDee Van Treeck, Josie Sobecks, Sophie Rogoff, Natalie Schneider, and Zena Abdelhamid.