



## NORTH SUBURBAN

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FOR IMMEDIATE RELEASE

## NSYMCA Gymnastics Team Wraps Up Successful 2025 Season

6 team members qualify at the Illinois State Championship

**Northbrook, IL – June 2025** – The North Suburban YMCA's Gymnastics Team proudly closed out its 2025 season with an impressive showing at the Illinois XCEL State Championship meet, held in Bloomington, Illinois. All six members of the team qualified and competed in the XCEL Silver Division, marking a significant achievement for the growing program.

The six state-qualified gymnasts—**Nikol Dolhina, Hannah Popkov, Erin Lee, Emma Kharab, Alexa Morales, and Aryanna Shah**—demonstrated skill, dedication, and sportsmanship throughout the season. The gymnastic state meets have over 1,945 gymnasts competing from Illinois, so the team's hard work paid off, with three athletes earning medals.

- **Erin Lee** placed 2nd on bars and 13th all-around
- **Emma Kharab** placed 13th on floor
- **Aryanna Shah** placed 6th on bars, 11th on beam, and 9th all-around

Throughout the 2025 competition season, the team participated in three local meets, collecting numerous individual event and all-around medals as a team.

"Wow! What a unique and very successful season for these young ladies," exclaimed **Jen Hart**, the NSYMCA Gymnastics Team's head coach. "I joined the Y coaching staff late in the season and watched these athletes learn new routines and conquer challenges in such a short time. I am so proud of their success and grateful to be a part of their journey."

The North Suburban YMCA offers a comprehensive gymnastics program for preschoolers, recreational gymnasts, and competitive athletes, providing opportunities to train and compete at the state level. The NSYMCA's coaching philosophy is rooted in positive, learning-based instruction that nurtures not only athletic development but also confidence and life skills.

"I see so many young athletes gain confidence and independence through programs like our competitive gymnastics team," said **Kelly Rao**, Director of Sports and Gymnastics at the NSYMCA. "We believe everyone should have an opportunity to try sports—whether for fun or competition. These programs help build friendships, foster leadership, and teach teamwork, and that's what our Y is all about."

For more information about the NSYMCA Gymnastics Program or other youth sports programs, contact **Kelly Rao** at [krao@nsymca.org](mailto:krao@nsymca.org) or visit [www.nsymca.org](http://www.nsymca.org).

About the [North Suburban YMCA](http://www.nsymca.org)

The North Suburban YMCA services Northbrook and 15 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a 501(c)3 non-profit, charitable organization, inclusive and welcoming to all in our community. Learn more at [NSYMCA.org](http://www.nsymca.org).



Caption: The NSYMCA Competitive Gymnastics Team Proudly show off their medals at the Illinois XCEL State Championship in Bloomington, IL. (Left to Right) Emma Kharab, Erin Lee, Hannah Popkov, Aryanna Shah, Alexa Morales, Nikol Dolhina



***Caption:*** (center) Nikol Dolhina and Hannah Popkov proudly hold their NSYMCA sign at the Illinois XCEL State Championship in Bloomington, IL.



***Caption:*** (Center, left to right) Alexa Morales and Aryanna Shah from the NSYMCA Gymnastics team wait with smiles to hit the mat at the Illinois XCEL State Championship in Bloomington, IL.



Caption: (Front to Back)) Erin Lee and Emma Kharab from the NSYMCA Gymnastics team get ready to compete at the Illinois XCEL State Championship in Bloomington, IL.