



FOR YOUTH DEVELOPMENT
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NORTH SUBURBAN

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FOR IMMEDIATE RELEASE

North Suburban YMCA Gymnastics Team Concludes Successful 2026 Season

6 team members qualify at the Illinois State Championship PLUS new exciting showcase added to program

Northbrook, IL — The North Suburban YMCA (NSYMCA) Gymnastics Team proudly wrapped up its 2026 competitive season with an outstanding performance at the Illinois XCEL State Championship meet held in Bourbonnais, IL.

Competing in meets across the area, six of the team's seven gymnasts qualified for the state competition, a significant accomplishment that highlights the continued growth and success of the NSYMCA gymnastics program.

Throughout the season, the team competed in three meets across Illinois, earning numerous individual events and all-around placements. Their hard work and dedication culminated in state qualification and strong performances at the championship meet.

State competition highlights included:

- Erin Lee (Age 12) – 3rd Place Bars, 9th Place Vault, 9th Place All-Around
- Nikol Dolhina (Age 10) – 4th Place Bars
- Eleni Lynch (Age 10) – 9th Place Bars
- Adeline Yee (Age 9) – 7th Place Beam
- Hannah Popkov (Age 10) – State Qualifier
- Emma Rosenkrans (Age 9) – State Qualifier

The team's success reflects not only competitive achievement but also significant individual growth throughout the season.

*"I am incredibly proud of the growth our team showed throughout the season," said **Kelly Rao, Director of Gymnastics Programs at the North Suburban YMCA.** "From the first practice to the final meet, each gymnast worked hard to improve and challenge themselves. Every gymnast who competed at State successfully performed a brand-new skill. Beyond their accomplishments, they had fun, supported one another, and developed strong friendships that made this season special. Their dedication, perseverance, and positive attitude made it a memorable year for everyone involved."*

The success of the competitive team was part of a memorable year for the entire NSYMCA Gymnastics Program. This spring, the program hosted its first-ever gymnastics showcase, themed **"Flipping Through the Decades."** More than 100 gymnasts, ranging from preschool participants to competitive team members, performed choreographed routines set to music from different eras, showcasing the skills and progress they developed throughout the year.

Coach Jen Hart from the NSYMCA served as announcer for the event, introducing each class, highlighting featured skills, and recognizing every gymnast by name during their performance. The show concluded with a special group finale that brought together gymnasts from every level of the program, giving families the opportunity to see the full scope of the NSYMCA gymnastics community perform together. The event was a tremendous success and will become an annual spring tradition for the gymnastics program.

Looking ahead to the fall season, the North Suburban YMCA will offer gymnastics opportunities for all ages and skill levels, including **Parent & Tot classes, Preschool Gymnastics, recreational classes, pre-team training, and competitive team programs.**

New offerings this fall will include Leap to Compete, a program designed to give gymnasts of all skill levels the opportunity to learn routines, participate in mock gymnastics meet, and experience the excitement of competitive gymnastics in a supportive and fun environment. The YMCA will also introduce specialty three-week skill-development clinics, including **Back Handspring Bootcamp** and **Tumbling Foundations**, providing focused instruction for athletes looking to strengthen and advance their gymnastics skills.

The NSYMCA Gymnastics Team continues to provide young athletes with opportunities to develop skills, build confidence, and experience the rewards of teamwork and sportsmanship in a supportive environment.

For more information about the NSYMCA Gymnastics Program or other youth sports programs, contact Kelly Rao at krao@nsymca.org or visit www.nsymca.org.
About the North Suburban YMCA.

About the NSYMCA: The North Suburban YMCA serves Northbrook and 15 surrounding communities with programs and resources that help residents become healthier, more connected, and more confident. The YMCA ensures that everyone—regardless of age, income, or background—has the opportunity to learn, grow, and thrive. Focused on Youth Development, Healthy Living, and Social Responsibility, the NSYMCA is a 501(c)(3) nonprofit charitable organization that is inclusive and welcoming to all members of the community. Learn more at NSYMCA.org.



The NSYMCA Competitive Gymnastics Team Proudly show off their medals at the Illinois XCEL State Championship in Bourbonnais, IL. (left to right) – Hannah Popkov, Nikol Dolhina, Adeline Yee, Emma Rosenkrans, Emma Sube and Erin Lee.



Erin Lee, Age 12, proudly stands on her 1st place podium representing the NSYMCA Gymnastic Club



(left to right) Nikol Dolhina, Hannah Popkov, Emma Sube, Emma Rosenkrans, Erin Lee and Adeline Yee from the NSYMCA Gymnastics team wait with smiles to hit the mat at the Illinois XCEL State Championship.



The first-ever NSYMCA Gymnastics Showcase was held at the North Suburban YMCA in May, featuring over 100 gymnasts, ranging from preschool participants to competitive team members.