



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

North Suburban YMCA Gymnasts Succeed at GIJO League Championships

Northbrook, IL – The North Suburban YMCA was well represented at the 2018 Gymnastics Illinois Junior Organization (GIJO) League Championships, held May 19-20 in Aurora. The GIJO league is a member of the Amateur Athletic Union (AAU), one of the largest, non-profit, volunteer, multi-sport event organizations in the world dedicated exclusively to the promotion and development of amateur sports and physical fitness programs.

The NSYMCA competitive team is the culmination of the Y's progressive gymnastics program, in which participants work on a variety of compulsory and optional routines in an environment that stresses teamwork, self-confidence, and skills development. Y gymnastics classes are available for children in kindergarten through eighth grade, under the direction of coach Dawn Irelan.

Thirteen members of the Y's gymnastics team competed at the GIJO championships, all of whom finished in the top 10 in their age group. The NSYMCA team had seven top-five finishers in the All-Around, and 16 top-three finishers in individual events.

"We are extremely proud of our team's accomplishments at the GIJO championship meet this year," commented team coach Dawn Irelan. "Each gymnast has made significant progress and achieved personal goals. It has been a very positive season that has us looking forward to next year."

For more information about gymnastics at the North Suburban YMCA, visit NSYMCA.org or contact Dawn Irelan, direlan@nsymca.org.



Photo Caption: (L to R) Amanda Fielding, Jolie Strelzin, Annie Rabenhorst and Veronica Raid were among the 13 North Suburban YMCA team members to compete at the GIJO championship meet in May.

About the [North Suburban YMCA](#)

Celebrating its 50th Anniversary in 2018/19, the North Suburban YMCA provides individuals in Northbrook and 15 surrounding communities with programs and tools that help them 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 charitable organization, inclusive and welcoming to all in our community. Learn more at NSYMCA.org.