

2010-2011 Illinois USA Gymnastics Rules & Policies

State Congress

At the State Congress we will offer according to interest:

Safety courses

Specific education for the following disciplines:

Pre-School
Recreation
Pre-competitive
Beginning competitive
Cheerleading
Sport Psychology
Round table discussion on various topics

State Training Camp

Purpose of Illinois USA Gymnastics Camps and Clinics

Included with the Congress weekend we will host
Level 4-6 (Compulsory) Training Camp
(Optional) Training Camp

Training Camps Mission Statement: to use our Illinois resources and coaches to provide an inexpensive training environment for our Illinois gymnasts using all the latest training techniques.

Gyms are encouraged to bring as many gymnasts as they wish, space permitting.

Senior Recognition Dinner & Awards Banquet

Each year we host an Awards Banquet during the State Congress weekend to honor the athletes from our state for their accomplishments that year. Other disciplines of our sport are welcome and encouraged to participate, If they wish to join us.

Our invited guests, for which there is no charge, include:

- All high School SENIOR Athletes from all levels
- All Illinois Elite Athletes both pre-elites and international elites
- All JO National Qualifiers
- All Easter Level 9 Qualifiers
- All TOPS National Athletes
- 1 coach for the above honored athletes
- Life Time Achievement Award recipients for Coaches and/or Gym Administrators

Those also invited to attend, for which a banquet fee will be charged, include:

- All State and Regional All-Around Champions for which there will be a small awards ceremony
- Parents of athletes
- Coaches of athletes
- All Illinois Professional Members