

Cover Girl A very large thank you for all that helped make this a success. Thanks to the Judging community, Women's High school Coach association, UIC Mens Gymnastics Team, to the Clubs that brought help, Action Gymnastics, American Eagle, American Academy, EnerGym, EGGS, Excel, Gym Corner, Gymkhana, Gym Spot, Journey Gymnastics, IGI, MEGA, South Suburban, TriStar, Ultimate. We also had 2 Judges from Wisconsin and a Doctor From Pennsylvania help with Set-up. World Sports helpers and Amanda Sowa were also very instrumental. Special Thanks to both Cindy Morana and Steve Cacchione our fearless Volunteer coordinators. If I have forgotten anybody please I apologize in advance. Your help and commitment to Illinois Gymnastics is much appreciated.

National Hall of Fame If anyone is interested in attending this event please email me and I will make it happen. Region 5 has 2 tables and I can get an Illinois table if needed (get to me as soon as possible so that I have time to get an additional Table if needed)

National Congress Picture WE will once again attempt to get a picture of everybody at National Congress. Lori Amond from Rockford has volunteered to get this done. I will try and get a time for us to meet at the (Vendor's Grand Entrance and post on the Illinois website) after I review the congress-Visa Championships schedule) Please contact [lori @ LORIAAMODT@COMCAST.NET](mailto:lori@LORIAAMODT@COMCAST.NET), so that she knows how to get hold of you. During the Congress please help by passing on the word when you see (ANYBODY from Illinois)

National Gymnastics Day I know we all are preparing for this years National Gymnastics Day Saturday, September 17, 2011. There will be many celebration This is also the year that USAG is trying to break the World Handstand record @ 1:00ET 12:00 CT. Please go to the USAG site and fill out with them what your plans for the Day are. World Sports Chicago is organizing on in conjunction with The Family Sports Festival. Come Celebrate By doing a handstand. It will take place at Armour Square Park (located near US Cellular Field) on September 17. Here is the address:

Location:

Armour Square Park (Just steps from U.S. Cellular Field)
3309 S. Shields Avenue
Chicago, IL 60616

Regional Congress will be held this year at the Indianapolis Marriott Downtown 350 W. Maryland Street Indianapolis, Indiana 46225 marriott.com/indcc Date_ September 22 - 25, 2011 please visit the Region 5 website for More information

Meet Calendar is being updated and should be finished soon. Meets already approved or posted on the llusag.com website.

September 22 - 25, 2011

Norbert Bendixen

Illinois USA Gymnastics Women's State Administrative Committee Chairman

As always have a "Happy Handstand"