



Illinois State Congress
Sunday October 16th
One Jam Packed Day of Learning!!!

Location:
Energym Gymnastics
1715 DeKalb Ave
Sycamore, IL 60178

Cost:

\$75.00 per person

Sign up Before September 25th - \$60.00

Speakers Include:

- **Nancy Gibson** – National Xcel Director
- **Randy Parrish** – Gym Owner for 40 years / Coach2Coach Express Staff Training
Former Director of Flip Fest
- **Brandon Fields** – Aspire Gymnastics
- **Mike Kociolek** – UGA Tinley, Staff / Marketing / All things Business
- **Carly Wade** – Aspire Gymnastics
- **Marco Bravo** – Phenom Gymnastics
- **Jason Enke** – Premier West Gymnastics

Topics will Include....

- Xcel
- Theme Weeks / Class Structure
- Major Bar Release, In Bar skills
- Leaps / Jumps / Turns
- Beam Tumbling
- Recreational Classes
- Basic Compulsory Bars
- Tumbling Basic and up
- Marketing, Staff Development... And More!!!

Just to name a few.

We are adding Sessions Daily.

How to Register!!

Pay by Check:
[Click here to Print Registration Form](#)
Complete Form and Mail Check to:

ILUSA Gymnastics
C/O Energym Gymnastics
1715 DeKalb Ave
Sycamore, IL 60178

Pay by Credit Card:
Email – MrEnergym@comcast.net
Gym Name and Names of Attendees

Call Energym at 815-899-6424
to pay via Credit Card

Registration will begin MONDAY September 12th

There will be Judges Testing Saturday. Contact Linda McDonald directly.