



WOMEN'S GYMNASTICS

[Schedule/Results](#) | [Meet the Team](#) | [News Releases](#) | [Archives](#)

UIC Gymnastics Newsletter - Winter Issue

The Stage is Set!

Dec. 21, 2000

This year's Team!

We are sorry that we have kept you in the dark for this long, in regards to this year's team. Maybe it just took us a while to switch our focus from last year's outstanding season. However it looks like another standout year is definitely in the works! We do have a true veteran squad as the seniors, Cheryl, Chrissy, Tina Laura, and Sara (Junior Eligibility), are all looking great and have led the way in the gym to ensure that they will truly go out on top. The Juniors are a strong class as well. Erica, Amy, Kim, Jackie and Nadia will carry a heavy load with a lot of impressive and improved gymnastics come January. Our Sophomore class consists of just Atlin, "just" is only true in a sense of being the only sophomore! Gymnastically, she has proven to be a very strong performer as she is getting back skills after knee-surgery. We know you will enjoy the beauty of her performances. Event by event all the pieces are falling into place. We have spent a lot of time this year upgrading the difficulty in the routines. I believe that you will all be impressed with the commitment and direction that this group has been going!

Newcomers

We started the fall with 4 new Freshmen: [Megan Fey](#) from Energym, [Rachel Smith](#) from GymSpot, [Jamie Grabowski](#) from Crystal Lake Gymnastics Training Center, and [Dana Edeus](#) from GymKinetics. An early set back was that Jamie and Dana would not be able to compete their first year because of Initial Eligibility requirements. So they will keep all of us in suspense until next year! Rachel has been doing a very good job getting used to this level of training and competing, but is now recovering from "mono." Rachel has a lot of natural talent, which makes everything she does look very easy! Megan has taken some great strides on all the events and is actually looking to compete for a spot on all four events. We will also have an addition in January, as Nahia Sanzo Ruiz de Azua will join us from Spain! She has been a highly regarded gymnast in Spain for several years and should be a great addition to this year's team.

The Fall

 [Printer-Friendly Format](#)

 [E-mail this article](#)

[Women's Gymnastics Home](#)

HEADLINES

[Women's Gymnastics
Releases 2009 Schedule](#)

[Women's Gymnastics Earn
Academic All-American
Accolades](#)

[2008 Women's Gymnastics
Summer Camp
Registration Full](#)

RELATED LINKS

After the usual 3 weeks of running, circuit training, weights, and basics, we were ready to start the "real stuff." We have taken on the daunting task to upgrade several aspects of our gymnastics. On vault we will have several twisting handspring fronts this year ready to go! However we do only get one competitive vault this year so we must make sure that they are consistent! On Bars the entire squad has upgraded the back ½ of their routines with more difficulty or bigger dismounts. The Beam Team is looking very strong with accuracy and amplitude looking very consistent. On Floor we are looking to be back to the strong floor team we were two years ago, with some new routines and skills ready for you to enjoy. Our Flames Team was also involved in some volunteer fund-raising this fall. WE volunteered for Shape Magazine in Lincoln Park, were timers at the Chicago Marathon, and we took part in the Chris Zorich Thanksgiving Food Drive! We also visited the UIC Hospital to try to bring some holiday spirit to the children that will have to spend their holidays there! For fun we got together with a pumpkin carving party and went Candlelight Bowling!

[Follow all of the college gymnastics action at CollegeSports.com](#)

[Email this to a friend](#)

Mixed Team Meet!

We had a successful Mixed Team Competition on December 2nd. We put out a large amount (over 40) routines with a lot of very impressive performances. We performed to a packed crowd and had a solid start at this point of the year!

Homecoming!

We also want to invite you all to the UIC Women's Gymnastics Homecoming. It will take place at the first home meet of the year as we face Northern Illinois on the 21st of January at 7pm. Please put this on your calendar now! More information will go out to all our alumni in the beginning of January.

The Brick Campaign

We are now in the FINAL PHASE of the brick campaign. Please take this one-time opportunity to support Women's Gymnastics. A BRICK WALKWAY will be created both in front of the new FLAMES ATHLETIC CENTER, as well as in the back of the building leading out to the remodeled South Fields. This really is a wonderful way to "etch in stone" a memorable occasion, team, or teammate of yours or a UIC FLAME you know and are proud of! It can also honor, pay tribute or give thanks to someone who has supported a FLAME, as well! You might want to consider giving one as a special, lasting gift! Your gift will also be a DIRECT contribution to UIC Women's Gymnastics! This is a terrific way to visibly show your support or thanks for someone, which will always remain in the pathway of many future UIC Flames! There are a lot of positives in this opportunity, and there is also a responsibility laid upon each team with a minimum amount needing to be raised, as this replaced the Sport-a-thon of previous years. If you can support us through this campaign, it will truly, directly effect the means available to the following years' teams. If you have not received the information, please let us know or call Pat Ryan directly at 312-996-5633. Thank you so much for your support!

Updating Data

We are also trying to finish this year off by bringing all our records up to date so that everyone has the opportunity to follow and support their Flames. If you know of anyone that doesn't receive this information PLEASE LET US KNOW so we can update their addresses! THANKS!

[Peter Jansson](#)

901 W. Roosevelt Rd.
Chicago, IL 60608
312-996-3557
pjansson@uic.edu

Follow The Flames On The Web! We will continue to keep you updated on how we are doing through our web site at www.uicflames.com. Here you can find bios, results, record, notes, & newsletters!

Looking forward to hearing from you and seeing you throughout the season!

Recruiting Updates Updating Data

We have also just completed the early signing period. It has been an exciting fall season as Alyson Cacciatore from the American Academy of Gymnastics and Glenbrook South HS decided to join us for next year. Alyson is the reigning Illinois State Champion and has represented her club at Level 10 Nationals several times. We are very excited that Alyson choose UIC.

We wish you and your families a wonderful Holiday Season! We look forward to seeing you and hearing from you! Take good care!