



*Illinois High School  
Gymnastics Coaches Association, Inc.  
www.ihsgca.org*

**Members Present:**

Ryan Dengel – Willowbrook  
Frank Novakowski – Glenbard West  
Patrick Cole – Palatine  
Scott Hagel – Palatine  
Mike Costa – Rolling Meadows  
Greg Gebhardt – Wheaton Co – op  
Scott Phillips – Hoffman Estates  
Mike Galfi – Addison Trail

Meeting called to order by Ryan Dengel, Seconded by Mike Galfi (7:10 PM)

Special thanks to Mike Costa for organizing the meetings at Rolling Meadows High School

Membership: Will be discussed and pushed at the winter clinic December 4, 2009

2010 Retirees:

Bruce Biersdorf – Glenbard East (January)  
Howie Sokol – Assignment Chair  
Scott Phillips – Hoffman Estates (2010 – 2011 Season will be his last)

2010 Schools Seeking Coaches:

Added on: Naperville North – Looking for an Assistant Coach  
Other schools: Elk Grove, Glenbrook South, Glenbard North, Glenbard South, Glenbard West

Coaches Seeking Schools:

Chris Watts  
Aubrey Dvorak

Winter Clinic: Friday, December 4, 2009

Spaced has been set aside by Mike Costa. Will start in the Choir Room and move into the gymnastics gym. We are using the same protocol as last year's clinic as set up by Chris Cassidy.

As a note, coaches are urged to get all coaches (new, old, head and assistant) involved in the clinic.

Greg Gebhardt will give a session regarding pommel horse: Freshman – Senior year and will discuss how to construct successful routines.

Blaise Blasko will give a session on constructing successful lower level routines.

State Meet:

Coaches discussed concern for a time crunch when giving the association's awards  
Another concern is the attire of the coaches during the state competition.

- Association will discuss proper attire and communicate the importance of “presentation” with the rest of the association.
- AAI is supplying equipment for the girls (and most likely) boys state meet for the next 3 years.
  - The association may want to talk to the AAI rep in order to set equipment rental up for the Brinkworth All-Star Meet
    - Scott Hagel will give the email of the rep to Steve Foerch.
- A reminder to be nice and gracious to Lincoln Way High School for hosting state.
- Concern was addressed about the Individual meet attendance being slightly low by Patrick Cole

#### Brinkworth All-Star Meet:

- Greg Gebhardt emailed the girls association president about setting up a girls’ team for Texas. No reply yet.
- Members suggested setting up a budget each year to help pay for the meet itself along with the gymnasts. Also, the potential for coaching stipends were suggested to peak interest of coaching.
- A reminder that the Casino nights are worked in order to pay for this meet.

#### Philanthropy:

- 2 - \$500 Scholarships are set up for gymnasts in need
- Forms will be up on the website within the week

#### Constitutional Proposals:

- Proposals had to be made in May.
- Steve Foerch will check old minutes to see if there are any proposals from the May meeting
- Proposals will be voted on during the Winter Clinic.

Vote to adjourn the meeting by Patrick Cole

Seconded by Scott Hagel

Meeting adjourned at 7:40 PM