

## GYMNASTICS

ALL TEAM Practice Wednesday 6:30pm-8:00pm  
Training Location: GK  
ALL TEAM Practice Saturday 9:00am-10:30am  
Training Location: GK  
ALL TEAM Practice Thursday 6:45pm-8:15pm  
Training Location: FH  
ALL TEAM Practice Friday 5:15pm-6:45pm  
Training Location: FH  
Overnight Camp July Hoffman Estates, IL  
Team competes locally, downstate IL & out of state  
Season Year Round (August off)

### TRAINING LOCATIONS

Gymkhana (GK)  
1700 Tower Dr. • Hanover Park, IL 60133  
Cheer Illinois Athletics (CIA)  
135 Foster Av. • Bensenville, IL 60106  
Flying High Sports & Rec Center (FH)  
5400 East Av. • Countryside, IL 60525

### CONTACT

Patty Hermann, Sandy Burke or Cheryl Westbrook at  
[gymnastics@elitestars.org](mailto:gymnastics@elitestars.org)

## CHEERLEADING

ALL TEAM Practice Monday 6:30pm-7:30pm  
Team competes locally & out of state  
Season August-January

### TRAINING LOCATION

Cheer Illinois Athletics (CIA)  
135 Foster Av. • Bensenville, IL 60106

### CONTACT

Danielle Norini or Paula Parat at [cheer@elitestars.org](mailto:cheer@elitestars.org)

## FIGURE SKATING

ALL TEAM Practice Sunday 6:50am-7:50am  
Team competes locally & out of state  
Season Year Round (August off)

### TRAINING LOCATION

Hoffman Estates Ice Arena (HE)  
1685 W. Higgins Rd. • Hoffman Estates, IL 60195

### CONTACT

Olivia Gualano or Mike Jones at [skating@elitestars.org](mailto:skating@elitestars.org)

## COMPETITIVE DANCE

ALL TEAM Practice Saturday 10:45am-11:45am  
Team competes locally & eventually will compete out of state  
Season February-July

### TRAINING LOCATION

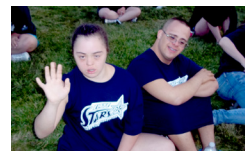
Gymkhana (GK)  
1700 Tower Dr. • Hanover Park, IL 60133

### CONTACT

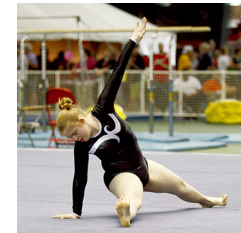
Sarah Masucci at [dance@elitestars.org](mailto:dance@elitestars.org)

## ELITE FOUNDATION

Elite Special Athletes Foundation (a registered 501-C3 not-for-profit organization) proudly supports and houses the STARS Figure Skating, Gymnastics, Competitive Dance and Cheerleading Teams, and now the new Developmental Wrestling program that services athletes with special needs and mentors young volunteers. All of the STARS teams and programs are coached by world-caliber sport specific professionals. With over 100 special athletes from 26 different suburbs, which needs range from Autism, Visual & Hearing Impairments, Down Syndrome, Learning & Developmental Disabilities... The STARS program continues to grow each year in size, spirit, and new opportunities.

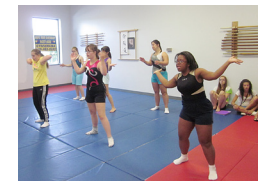


WE'LL TAKE YOU AS FAR AS YOU WANT TO GO!



GYMNASTICS  
CHEERLEADING  
FIGURE SKATING  
COMPETITIVE DANCE

[Elitestars.org](http://Elitestars.org)



PROGRAMS FOR  
ELITE ATHLETES  
WITH SPECIAL NEEDS

For questions and information contact  
Patty Hermann at [phermann@elitestars.org](mailto:phermann@elitestars.org)

## WHY STARS ATHLETICS?

STARS Athletics is proud to offer a unique program for individuals with special needs from 4 years of age and up. Specialized training designed especially for individuals with developmental and physical limitations. Designed by a Therapeutic Recreation Specialist, Personal Trainer and United States Association of Gymnastics Professional, UCA Cheer Professional and ISI/UFSA Skating Professional, the STARS program promises to develop athletes both physically and mentally while maximizing the fun!



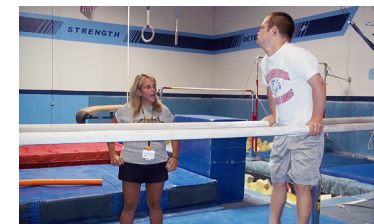
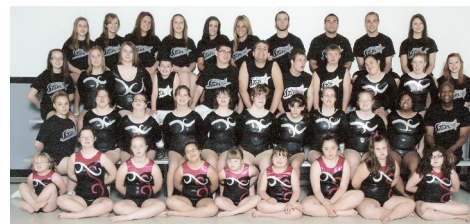
Recreational programs promise fun, fitness, socialization and a learning opportunity for families to gain an understanding of healthy lifestyles and the opportunities available to those individuals with special needs. The competitive programs are one-of-a-kind programs that offer elite coaching, great facilities and year-round training and competition opportunities to athletes with special needs. Athletes receive superior certified coaching support and have the opportunity to take part in the outstanding peer coach program, outings, clinics, camps, special events, trips and meets and competitions (locally & across the USA).



STARS Athletics is home to several Special Olympic World Champions, numerous State and District Champions and many other titles in the sport of special needs gymnastics, cheerleading and figure skating. Superior and above the rest, the STARS are the elite for athletes with special needs. Founder Patty Hermann serves on the Special Olympic International Committee representing the USA in the sport of special needs gymnastics.

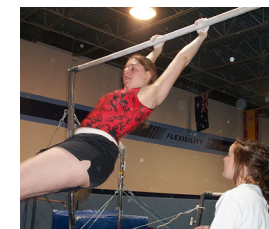
## INDIVIDUAL GOALS. WORLD CLASS RESULTS!

The goal of the program is to train athletes in both USAG/UCA/ISI skills and Special Olympic routines; therefore, empowering all athletes to reach their highest possible potential both physically and mentally. Education, training, diet, nutrition, fitness, wellness and community involvement are all a part of this unique training program that works to develop athletes as a whole person. STARS Athletics is about more than just gymnastics, cheerleading and figure skating, it's about getting more, doing more and being more.



## WHAT YOU CAN EXPECT

STARS Athletics specializes in this inclusive training track for a population which is currently not training and/or competing in USAG/UCA/ISI/UFSA skills and events. High intensive "normal" competitive training experiences with extended social opportunities in a "non-segregated" atmosphere is the priority. Certified and trained adult coaches, top notch training environments, trained and highly skilled peer coaches and professionally trained dance instructors are part of the foundation which makes this the place "where champions come to train." Parents and family members are invited and encouraged to take part in the STARS Parents Club, assist with competitions, and participate in special events and fundraisers.



## ARE YOU READY TO MAXIMIZE YOUR POTENTIAL?

Great facilities, fun social environment, certified adult coaches, skilled peer coaches, skilled dance instructors, special events, community shows, outings, specialty clinics, camps, parties, competition opportunities, both local and across the USA, and being a part of a superior sport family. STARS Athletics invites you to join our family where the only thing "special" in our programs is what we offer and the way we do things.



Visit our website for more information, training schedules, training location maps, staff bios and much more. [www.elitestars.org](http://www.elitestars.org)



Join us on our Facebook page **ELITE STARS** and check out the fun!



Drop us email [pfermann@elitestars.org](mailto:pfermann@elitestars.org)