



## Hinsdale Gymnastics Club Program

Our "Red Devil" high school gymnastics team is built on a series of moves or progressions through our age group program. We stress basic gymnastics skills in addition to strength, balance and flexibility in an aggressive and challenging program. Because of this organized program, our future looks great. Successful gymnasts in our program make big commitments in return for big rewards as they strive to be part of a tradition and a "Red Devil" champion.

Hinsdale Central Gymnastics is a role model for many schools. There are four sessions for the Hinsdale Central Age Group recreation classes: fall, winter, spring and summer. Registration is open for each session to those currently in classes, then to new students. New student registration must come to the gym to register on the designated registration day.

The Hinsdale Gymnastics Club is an outgrowth of the age group program started in 1958 by John Schaefer. In 1975, Neil Krupicka and his wife Cindy organized the system. Promising young gymnasts from the recreational age group classes are asked to move up to "Mighty Mighties", a more intense and demanding training program. Advanced gymnasts are able to move up to the "USA Club" and develop routines used in competition. Club gymnasts compete USAG levels 4-10 throughout the year. All of these club gymnasts are future "Red Devil" athletes and provide a solid system for success in the Conference and throughout State competition.

## Hinsdale Gymnastics Club Alumni

Abby Becker  
Catherine Cratin  
Alissa Feller  
Erin Feller  
Cathy Gilbert  
Jamie Henthorn  
Rachel Kroll  
Erica Krupicka  
Lindsey Krupicka  
Janie Langham  
Cassie Ludwig  
Cathy Mardula  
Angela Moen  
Hannah Neff  
Heather Neff



Geneen Ondrus  
Ashlee Palm  
Heather Paul  
Betsy Renwick  
Michelle Roberts  
Elise Rose  
Julie Schramm  
Courtney Schrey  
Margo Sexton  
Katie Smithson  
Amanda Szymiski  
Sandy Sfikas  
Kelly Steeves  
Stephanie Whall  
Elizabeth Yeo

