



**COMMUNITY
HIGH SCHOOL
DISTRICT 117**
ANTIOCH HIGH SCHOOL | LAKES HIGH SCHOOL

GIRLS GYMNASTICS

100% Reason To remember the name

Welcome to D117 Girls Gymnastics! We are so happy to get Gymnastics back in our schools. This is a coop team of Antioch and Lakes, and we can't wait to get started and represent our schools doing such an awesome sport! We are excited with your daughter's interest in possibly becoming a part of the D177 Gymnastics Team. We are looking forward to an enjoyable gymnastics season full of fun, learning and competition.

The gymnastics program has a few important goals for the 2017/2018 season:

- Skill progression and skill acquisition
- To learn how to set goals and strive to be successful
- To learn and execute good leadership skills
- To enjoy being part of the team and develop new friendships
 - There is no I in Team, to be successful we have to all work together
- Build confidence in and out of the gym
- Represent Antioch/Lakes as a positive role model
 - Student Athletes are held on a pedestal we have to be a good image for the community
- To be competitive in our Conference and State

These goals will be accomplished through a variety of ways throughout the season. Practices will be held daily after school 3:15-5:00 at the Gymnastics Zone in Antioch. Deb Bessette has been so great to open up her facility so we can make this program possible. Please see tentative schedule for meets/practices/events. Bus times will be discussed and we will get you those ASAP! We will try to do some team bonding events through the season- days and times TBA! Team Dinners are on the schedule as a way for the team to get together at a student's house for dinner before a meet! This is a good way to be together outside of the gym and have a good meal before a competition. Parents this is up to you to make this successful, coaches are not involved in the planning of this. So if you can please host one and pick a date that would be great, we only have a few scheduled as of now! We can always add more if people are interested in hosting.

APPAREL

Johnny D Tees Webstore is open!!!

<https://johnny-d-tees.myshopify.com>

Team shirt/sweatpants please order online- we also get a percentage of these sales as a fundraiser for the Gymnastics Program! Closing date to be announced

ABSENCES

If an athlete misses 3 practices due to excused absences throughout the season she will be held from the next competition. Excused absences include illness, school events or family emergencies. If an athlete has 3 unexcused absences then she will be released from the team. Just not showing up to practice without a coach being aware is UNACCEPTABLE!! Please email/call/text Coach Angel if you know your daughter will either be absent or tardy. We will not accept a friend telling us at practice that someone isn't coming. If you miss a practice the day before a meet you will not be allowed to compete at that competition regardless if it is excused or unexcused. This is for the safety of the athlete. Also, if student is not at school that day they are not allowed to be at practice/meet.

We are a team- even if your daughter is not competing at that meet they need to be there to cheer for their teammates and represent their team. An unexcused absence at a meet automatically means you have to sit out the next meet.

Communication with your coaches is very important! We are here for the athletes as well as the parents... So please contact us ahead of time if you know there will be absences for meets and or practices! We are willing to work with you, but we can only do that if you communicate with us. We will also do our best to communicate with you, I feel during the season we become more of a family then a team.

Thanks,

Coach Angel Campese- Head Coach

847-337-1291

Angelica.campese@chsd117.org

Coach Joe Rogalski- Assistant Coach

joerogalski@gmail.com

November 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Open Gym 3:15-5:00	2 Open Gym 3:15-5:00	3	4
5	6 SEASON STARTS! Tryouts 3:15-5:00	7 Tryouts 3:15-5:00	8 Practice 3:15-5:00 TEAM POSTED	9 Practice 3:15-5:00	10 Practice 3:15-5:00	11
12	13 Practice 3:15-5:00	14 Practice 3:15-5:00	15 Practice 3:15-5:00	16 Practice 3:15-5:00	17 Practice 3:15-5:00	18
19	20 Practice 3:15-5:00	21 Practice 3:15-5:00 Team Bonding event TBA	22 NO PRACTICE	23 THANKSGIVING	24 NO PRACTICE	25
26	27 Practice 3:15-5:00	28 Practice 3:15-5:00	29 Practice 3:15-5:00	30 Practice 3:15-5:00		

December 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Practice 3:15-5:00 Team Dinner	2
3	4 1 st MEET Mundelein 5:30	5 Practice 3:15-5:00	6 Practice 3:15-5:00	7 Practice 3:15-5:00	8 Dekalb JV and Varsity INVITE 6:15	9
10	11 Practice 3:15-5:00	12 Practice 3:15-5:00	13 Practice 3:15-5:00 Team Dinner	14 6:00 Quad Meet Lake Forest	15 Practice 3:15-5:00 XMAS Secret Santa Gift Exchange	16
17	18 Practice 3:15-5:00	19 Practice 3:15-5:00	20 FINALS Practice?	21 FINALS Practice?	22 FINALS	23
24 Christmas Eve	25 Christmas Day	26 NO PRACTICE	27 Practice 9-11	28 Practice 9-11	29	30
31 NYE						

January 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 NEW YEARS DAY NO PRACTICE	2 Practice 3:15-5:00 (Coach Joe)	3 Practice 3:15-5:00	4 Practice 3:15-5:00 Team Dinner	5 Meet at Schaumburg 5:00	6
7	8 Practice 3:15-5:00	9 Meet at Libertyville 5:30	10 Practice 3:15-5:00	11 Practice 3:15-5:00	12 Practice 3:15-5:00	13 Lake County Varsity Invite 3:00
14	15 Practice 3:15-5:00	16 Practice 3:15-5:00	17 Practice 3:15-5:00	18 Meet at Vernon Hills 5:30	19 Prairie Ridge JV and Varsity Invite 6:00	20
21	22 Practice 3:15-5:00	23 Practice 3:15-5:00	24 Practice 3:15-5:00	25 Practice 3:15-5:00	26 Practice 3:15-5:00	27
28	29 Practice 3:15-5:00	30 Practice 3:15-5:00	31 Practice 3:15-5:00			



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Angel Campese has her Master's Degree in School Social Work and her Minor in Coaching. She competed Club Gymnastics through Level 9 at the Gymnastics Factory. Angel was an All Around four year Varsity competitor and captain at Antioch High School. There she was honored several of outstanding awards and was a State competitor. She attended College at UW-Whitewater, where she was a member of the Gymnastics team all four years. During her time at Whitewater she was a part of a team that broke school records and took home the first 3rd place Team NCGA Championship in Whitewater History. Individually she was chosen to be a part of the WIAC Senior Sportsmanship Team, was a Chancellor Scholar Athlete, Academic All American in 2007-2009 and a 2009 NCGA All American. Angel coached 1 year at Niles North High School where she helped them clinch a Conference Title. She then coached the Girls Gymnastics team at Libertyville high school for 4 years. Angel currently coaches club gymnastics at The Gymnastics Zone in Antioch and has been the team coach there for approximately 6 years. She has helped the team grow and succeed throughout the years there. Angel is married to another ACHS Alum, and has a 7 year old son and a 3 year old daughter. Angel loves to work out, coach, travel and spend time with family. She has loved the sport since the day she stepped on the gym floor and is looking forward to teaching her gymnasts not only Gymnastics skills, but confidence, motivation and happiness while participating in the sport. Angel's dream was to get a Gymnastics program back in our schools at Antioch and Lakes. She has always wanted to help those who love gymnastics represent their High School, and to be proud of being a part of that team. Her goal has been accomplished, and she is super excited to start the 2017/2018 season!



Ignite Passion and Discovery in Every Student
Serving the communities of Antioch, Lake Villa, Lindenhurst and Old Mill Creek
Community High School District 117, being a community of learners with a vision of excellence, is committed to providing an educational experience that encourages all learners to develop to their fullest potential, to engage in lifelong learning, and to be responsible members of society

