



Girls Gymnastics Information



www.ihsa.org • thentry@ihsa.org • Phone: 309-663-6377 • Fax: 309-663-7479

To: 2025 Girls' Gymnastics State Final Qualifiers
From: Tracie Henry
Re.: Congratulations
Date: February 2025

On behalf of the Illinois High School Association, Board of Directors, Girls' Gymnastics Advisory Committee, and Palatine High School, congratulations on qualifying for the 2025 IHSA Girls' Gymnastics State Finals.

This letter will serve as the final communication the IHSA will be providing you for the IHSA Girls' Gymnastics State Championship, which has preliminaries scheduled for Friday, February 21, and finals on Saturday, February 22, at Palatine High School.

Enclosed you will find information that will assist you in your preparation for the state finals. Should you have questions regarding the state finals, please feel free to contact the IHSA or Palatine High School. Included in this packet are the following items:

- Cover letter
- State Final Time Schedule
- Map of Palatine High School
- State Final Meet Personnel
- State Final Meet Contact Information
- State Final Information Sheet
- State Final Meet Pass Information
- Student Media Request Form (for schools only)
- 'Do What's Right' Sportsmanship Announcement

Specific warm-up times and rotations, as well as the names of all qualifiers, will be posted on the IHSA Girls' Gymnastics page no later than noon on Tuesday, February 18, 2025.

Good luck next weekend!



2024-25 IHSA Girls State Final Gymnastics Meet Time Schedule

Friday, February 21 - Session I

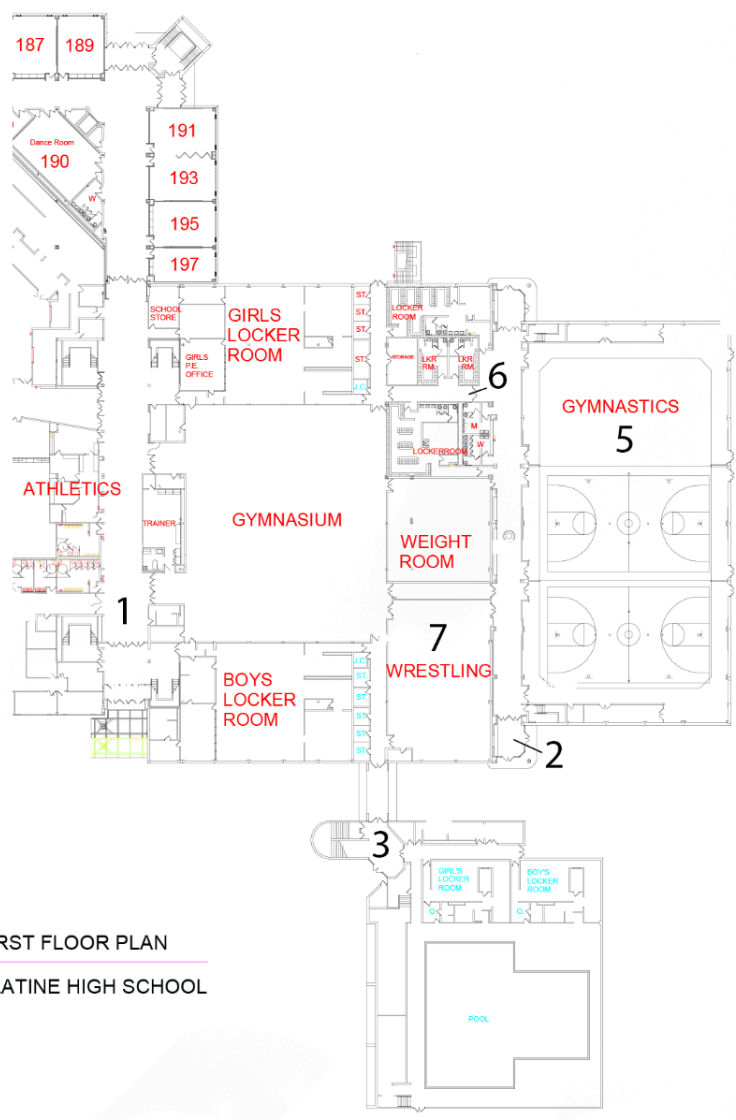
- 10:00 a.m. - 10:30 a.m. – Head Girls Gymnastics Coaches pick up school packets at Pass Gate
- 10:30 a.m. – Coaches meet with Technical Committee (General stretching, no tumbling)
- 11:00 a.m. - 1:45 p.m. – Warm-ups for Session I competitors ONLY (2 minutes per competitor)
- 11:45 p.m. – Judges for Session I meet in AD's Office with Meet Referee
- 1:00 p.m. – Doors Open to General Public for Session I
- 1:40 p.m. – Competitors assemble promptly for Parade of Competitors (East Gym Gymnastics Room)
- 1:50 p.m. – Parade of Competitors
- 2:00 p.m. – National Anthem
- 2:05 p.m. – Session I – Preliminaries in the Individual Events and Finals in All-Around

Saturday, February 22 - Session II

- 11:30 a.m. – Pass Gate opens to contestants, coaches, officials, VIPs
- 11:45 a.m. - 12:15 p.m. – General Stretching
- 12:15 p.m. - 1:45 p.m. – Warm-ups for Final Qualifiers
- 12:15 p.m. – Judges for Finals meet in AD's Office with Meet Referee
- 1:00 p.m. – Doors Open to General Public for Session II
- 1:50 p.m. – Competitors assemble for Opening Ceremony
- 1:55 p.m. – Opening Ceremony (Parade of Competitors)
- 2:00 p.m. – National Anthem
- 2:05 p.m. - 2:15 p.m. – IHSGGCA Presentation
- 2:15 p.m. – CHAMPIONSHIP FINALS in Individual Events in the following order:
 - Vault and Uneven Bars alternating performances
 - Vault Awards
 - Uneven Bars Awards
 - All-Around Awards
 - 15-minute break - (15-minute touch warm-up for all gymnasts competing)
 - Balance Beam and Floor Exercise alternating performances
 - Beam Awards
 - Floor Awards
- 3:45 p.m. – Team Awards

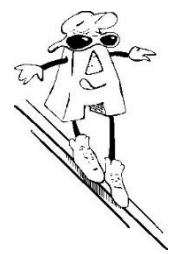
- 1 - Main Gym Entrance
- 2 - Team and Pass Gate Entrance*
- 3 - Pool Entrance
- 4 - Bus Parking
- 5 - Warm Up Area
- 6 - Entrance to Main Gym for Participants
- 7 - Media Area

* Head coaches pick up school packets here (pass gate)



N
FIRST FLOOR PLAN
PALATINE HIGH SCHOOL

4





Girls Gymnastics Information



www.ihsa.org • therry@ihsa.org • Phone: 309-663-6377 • Fax: 309-663-7479

2025 Meet Personnel

Meet Manager:	Erin Mahoney
Meet Director:	Amy Brandenburg
Athletic Director:	Luis Arroyo
Floor Manager:	Scott Hagel and Terry Theobald
Announcer:	Charlie Filipek
Facilities:	Kim Glaser
Supervision: Pollak	Tony Medina, Alex Miramontes, Travis Hastings, Michelle Brehmer, Aaron
Ticket Manager:	Diane Tyminski, Marilyn Wolter
Trainers:	Nichole Greening, Chandler Uri
Scorer:	Erin Mahoney
Timers:	Glen Marks & Lynette Tutt
Runners:	The Palatine Girls' Gymnastics Team
Floor Music:	Kathy Blaheta
National Anthem:	PHS Music Dept.
Choral Director:	Matthew Koehlinger
Equipment:	The Palatine High School Boys' Gymnastics Team
Hospitality:	Michelle Simons, Ana Vargas, Mary Luna
Security:	Palatine Police Department, Michael Cohen
Awards:	Amy Brandenburg
Program Sales:	Palatine High School Service Club
Pass Gate:	Aaron Morris
Press Liaison:	Brent Carroll



Girls Gymnastics Information



www.ihsa.org • thentry@ihsa.org • Phone: 309-663-6377 • Fax: 309-663-7479

State Final Contacts

School officials of teams advancing to the IHSA Girls' Gymnastics State Final Meet at Palatine High School should find this information useful.

1. **Tournament Inquiries**

If your school should have questions about the state final, you may call Palatine High School (847-755-1700).

2. **Other State Final Contacts**

Tracie Henry	IHSA Assistant Executive Director	(309) 663-6377
Emma Carstens	IHSA Administrative Assistant	(309) 663-6377
Tony Medina	Principal	(847) 755-1610
Luis Arryo	State Final Manager	(847) 755-1770
Erin Mahoney	Meet Manager	(847) 755-1770

3. **Press/School Press Credentials Prior to State Finals**

Matt Troha	IHSA Assistant Executive Director	(309) 663-6377
------------	-----------------------------------	----------------



Girls Gymnastics Information



www.ihsa.org • thentry@ihsa.org • Phone: 309-663-6377 • Fax: 309-663-7479

STATE MEET INFORMATION

1. **School Packets:** Head Coaches are to pick up their school packets at the pass gate entrance. School packets will include participant passes for the teams, coaches pass, and Certified Athletic Trainer Passes – if requested. (See Terms and Conditions for details.)
2. **Administrator Passes:** Issued at pass gate when school administrator arrives.
3. **Coaches Passes:** If a coach's name was not listed on the List of Participants, a pass was not issued for the state finals. A maximum of four (4) passes will be provided for coaches of schools who qualified a team or individual(s) for the state finals. All coaches must be in compliance with IHSA By-law 2.070. That pass allows that individual on the floor.
4. **Pass Gate:** Coaches and competitors that have been issued participant passes will be admitted to the building and to the State Final meet through the pass gate and team entrance.
5. **Trainer:** There will be a Certified Trainer on duty at Palatine High School during the State Final meet. Schools are required to provide their own training supplies. Team trainers, as outlined in the Terms and Conditions, will be allowed access into the building, but not into the competitors' area unless providing immediate aid.
6. **Locker Rooms:** Participants are expected to bring a lock to lock up belongings in the locker room. Space is limited, so your cooperation is appreciated. Schools and competitors are responsible for their own VALUABLES.
7. **Parking:** Parking will be in the South and East parking lots. Coaches and competitors should be dropped off in front of the gymnasium and enter through the pass gate.
8. **Music/Technical Equipment:** Floor music for all competitors and alternates needs to be submitted electronically to Palatine High School by the Wednesday before the State meet. Coaches should have a back-up with them at the meet in case of any problems. It is the coach's responsibility to check the music with the assigned worker during warm ups. A person from the school's team should accompany and stay with the competitor's back-up music during the Floor Exercise routine. Music and any questions can be emailed to kathleen.blaheta@gmail.com.
9. **Tickets:** Digital Tickets will be sold GoFan.co/IHSA (.co is not a typo). Cash tickets will also be available at the door.
10. **Contestant Seating:** An area has been designated for participating coaches and athletes. A participant pass is required for admittance into this area.
11. **Floor Privileges:** No one, other than necessary spotters, is to be on the floor during competition or warm-up periods. Only coaches with proper Participant Passes and uniformed contestants with Participant Passes will be allowed on the floor of the competition area.
12. **Athletic Trainers:** For schools that bring a certified athletic trainer, they will be allowed access through the pass gate. Due to floor space, they will not be allowed to sit in the competitor's area. Rather, they will sit in the stands.
13. **Warm-ups:** Warm-ups on the equipment used for competition will be held prior to each session and a schedule of warm-ups for this area will be included in your packet and posted online. The warm-up area will be located in the new gymnasium area. Equipment provided in the warm-up gym this year will be: bars, beam and mats for stretching. A vault and full-floor will not be provided in the warm-up gym.
14. **Photographers:** Since flash cameras sometimes interfere with contestants, no flash photography will be permitted. Press photographers with proper Press Passes may take flash pictures during warm-ups and after the sessions. No photographers will be allowed on the floor during the competition. (STROBE LIGHT PICTURES ARE PERMITTED).



Girls Gymnastics Information



www.ihsa.org • thenry@ihsa.org • Phone: 309-663-6377 • Fax: 309-663-7479

Passes

In accordance with the Girls' Gymnastics Terms and Conditions, the following passes will be issued for the state final meet.

Team Qualifiers

- One pass for each competitor listed on the *List of Participants*, plus up to eight (8) additional passes for alternates provided their names are listed on the *List of Participants*.
- Maximum four (4) passes for coaches listed on the *List of Participants*.
- Pass gate personnel will have a list of eligible coaches for their reference.

Individual Qualifiers

- One pass for each competitor that qualified.
- Maximum four (4) passes for coaches listed on the *List of Participants*.
- Pass gate personnel have a list of eligible coaches for their reference.

All competitors/coaches must have their pass available at all times during the finals. Individuals will not be allowed into the competitor area without a pass.

School Administrator Pass

Any school that has either a team or individual competing on Friday and/or Saturday can pick up a School Administrator Pass at the Pass Gate.

Manager/Trainer Pass

The Girls' Gymnastics Terms and Conditions address both of these positions. Passes for both will be distributed accordingly.

Pass Gate

Only individuals competing in the session will be allowed entrance through the Pass Gate. Those persons not competing in a given session shall be given free admittance through the main entrance by displaying their participant pass.

Pass Gate Q/A

Q: What happens if I have more coaches than coaches passes?

A: Schools will be provided no more than four (4) passes for coaches. They cannot be shared.

Q: I forgot to list one of my assistant coaches on the *List of Participants*. What can I do?

A: An email to Tracie Henry (thenry@ihsa.org) from your school administration is required to add coaches to the roster. If approved, your school will be notified.

Have a great state final! Let us know if we can make your experience even better!

State Final Student Media/Video Taping



Contact: Matt Troha • mtroha@ihsa.org • Phone: 309-663-6377 • Fax: 309-663-7479

STUDENT MEDIA CREDENTIALS FOR PARTICIPATING SCHOOLS

Congratulations on qualifying for an IHSA state final in a team sport. In order to provide the best possible coverage of this event for your school newspaper, yearbook and AV club, etc. you are entitled to have up to three students receive credentials to cover this event as official media members. In the event that you have less than three students, an adult sponsor may be included on this list. To apply for student media credentials, please have your Athletic Director or an individual involved with the aforementioned programs email Matt Troha (mtroha@ihsa.org) at the IHSA with the following information:

- 1) The names of individuals attending
- 2) Whether they are students or adults
- 3) If the attending individuals will serve as reporters, photographers, videographers, etc.

Student media who are registering for credentials are expected to maintain a level of professionalism while covering this event. That includes no cheering while in the press box or game coverage area. Proper attire is also required. Wearing school shirts and colors is acceptable, but students wearing face paint, costumes, carrying props, etc. will be required to change before receiving credential clearance.

The individual applying for student media credentials will receive specific information on credential pick-up and media regulations at the event via email in the days leading up to the state final.

Please note that student media credentials are only available for state final events in team sports. Due to the sheer volume of schools who qualify in individual sports, our press facilities would be unable to accommodate student media from all participating schools in individual sports. Student media are also welcome to cover IHSA state final activities. Credentials are not required for these events, but please have your students check-in with state final personnel upon arrival for media coverage regulations.

VIDEO TAPING STATE FINALS FOR COACH FILM BREAKDOWN

Each school will be eligible to receive a pass for an individual attending the state final event to shoot game film that is for the sole purpose of being used by the coaching staff for postgame breakdown. Passes for videographers shooting highlight videos, documentaries, etc. should be included in student media application reference above. Additional passes for videotaping purposes will need to come from the allotment of state final passes given to school/head coach at or prior to the state final event.

To apply for a credential to shoot video, please have your Athletic Director email Matt Troha (mtroha@ihsa.org) at the IHSA with the name of the individual who will be taping and whether they are an adult or a student.

Please contact Matt Troha (309-663-6377) at the IHSA for any questions related to this document.



Do What's Right! Sportsmanship

DWR! EXPECTATIONS

- ❖ Represents their school and community well with positive interaction with opposing fans and players.
- ❖ Uses positive yells, chants, songs, or gestures.
- ❖ Display modesty in victory and graciousness in defeat
- ❖ Respect and acknowledge the integrity/judgment of officials.
- ❖ Exhibit positive behavior with opponents and fans before, during and after the contest.

Acceptable Behavior...

- During the National Anthem, students, participants, and fans should stand, remove any hats, face the flag, not talk, place the right hand on the heart, and remain still until the end of the anthem.
- Applause during introduction of players, coaches, and officials.
- Players shaking hands with opponents while both sets of fans recognize player's performance with applause.
- Accept all decisions of the game officials.
- Spirit Participants lead fans in positive support.
- Handshakes between participants and coaches at the end of contests, regardless of the outcome.
- Treat competition as a game, not a war.
- Coaches/players search out opposing participants to recognize them for outstanding performance or coaching.
- Applause at the end of the contest for performance of all participants.
- Everyone showing concern for an injured player, regardless of the team.
- Encourage surrounding people to display sportsmanlike conduct.

Unacceptable Behavior...

- Disrespectful or derogatory yells, chants, songs, or gestures.
- Booing or heckling an official's decision.
- Criticizing officials in any way; displays of temper with an official's call.
- Yells that antagonize opponents.
- Refusing to shake hands or give recognition for good performances.
- Blaming the loss of the game on officials, coaches, or participants.
- Laughing or name calling to distract an opponent.
- Use of profanity or displays of anger that draw attention away from the game.
- Doing own yells instead of following the lead of spirit participants.
- Use of profanity or displays of anger that draw attention away from the game.
- Doing own yells instead of following the lead of spirit participants.