

SHORT KIPS

PATTI DUNNE'S SCHOOL GYMNASTICS
1974-2010
Celebration of Excellence

“Dunne’s Time Machine”

Dunne’s Time Machine

Each year, Dunne’s highlights another year of gymnastics at our annual Gym-Fest Celebration. This season, our theme is “Dunne’s Time Machine”. We will be reaching back to the very beginning of Patti & Kevin Dunne’s gymnastics adventure which officially began in 1973. This year, while we salute the achievements of our students, we also celebrate 37 years in business, and for Patti and Kevin, we pay tribute to their incredible journey which has forever touched the hearts and lives of so many families. Our goal is to honor the past and look forward to the future as we celebrate a lifetime of learning and growing together.

Roots and Wings

*You are the one who said “Go try it”
You said the words “I know you can”
And when I felt like I had blown it
You helped me try again*

*You gave me roots to grow in love
You gave me wings to reach a star
You set me free to be who I am
Just by being who you are*

*You were the one that God assigned me
And in your love my life has grown
You were the one whose faith I borrowed
‘Til I had found my own*

*I thank the Lord for who you are
He knew just who I’d need
You loved me just the way I am
And pointed the way, to who I could be*

This song tells the story of our greatest wish for the children in our lives. As I step back and take a closer look at the history of our school, I am reminded that this theme took root long before any of us learned our first cartwheel.

Patti and Kevin grew up in families who not only instilled the importance of hard work and dedication, but they were taught the essence of strong family values as well. Patti and Kevin were deeply influenced and blessed by their families and coaches who taught them to dream, to build, to love, to believe, to overcome obstacles, and to find simplicity and adventure in everyday happenings. They were inspired and encouraged by the love and values instilled in them at an early age. As adults, Patti and Kevin have blessed so many by passing on their passions and dedication, their love and compassion to those all around them.



(July 1988)

Our Dedication Prayer

(from our Hebron Grand Opening, 1988)

We dedicate this school to you, oh Lord. Bless all those who enter here. Grant us the ability to reflect your love by making each child feel special and unique. Help us to challenge our students to make the most of their God given talents and abilities. We ask for no greater blessing than to fill this building with the music of childrens’ laughter and memories of lasting friendships.

Amen.

We are Family

Since before any of us were born.

*God planned for us to share our lives with each other.
He knew exactly how our strengths and weakness would
balance one another, and the depth of love,
understanding, and
commitment we would learn to feel. He knew the
richness of our separate
characters would be developed through the hard times,
and that mutual trust
and respect would be born as a result of overcoming the
trials together.*

By Gail Copeland

In the Beginning...

Patti Corrigan grew up in Weymouth, MA. Her family pioneered the sport of gymnastics for the state and region, bringing organized gymnastics into the high school and advancing into regional and national competition. Patti's father was a true believer that anything was possible. He had a vision for his children, and pressed forward with confidence and dedication to make it a reality. Today, he would be so proud.

One of Mr. Corrigan's favorite poems was, "Somebody said it couldn't be done but he with a chuckle replied, maybe it can't but he would be the one who wouldn't say so until he'd tried. So he buckled right in with a trace of a grin on his face, if he worried he hid it. He started to sing as he tackled the thing that couldn't be done and he did it!"

Upon realizing the gymnastic talent and passion for the sport that was growing within his children, Mr. Corrigan educated himself as a gymnastics coach and judge, and turned the family barn into a gymnasium, where Patti and her siblings would train along with elite level gymnasts from near and far. Patti and her sisters, Kathy and Bonnie, were among the highest ranked gymnasts in the country. Patti was undefeated from the age of 12 all the way through High School. Patti and her sister Kathy, qualified for the 1968 Olympic Training Squad. Patti excelled as a 4-time All American gymnast at Springfield College, and was the National Uneven Bars and Vaulting Champion in 1971. The Corrigan family is still regarded as a defining force in the development of women's gymnastics.

In 1973, with a leap of faith, Patti decided to open a gymnastics school. Her earliest classes were taught at St. Maurice Church in Bolton. After a year, she moved the growing business to Pine Street in Manchester where it would flourish for nearly 15 years. In the summer of 1988, Patti and Kevin proudly opened our current facility in Hebron.

For all of these accomplishments, Patti is humble. She finds her deepest gratitude in recalling the golden opportunities she was given by her family and community as a youngster, and believes that her talent was secondary to the wealth of love and support she received which encouraged her to be the best

gymnast and person she could be. From a young age, Patti's mother taught her children to be loving and generous, to welcome all, to nurture and care, and to connect with the human spirit and needs of each individual.

It was at Springfield College that Patti and Kevin met. Kevin, a Tri-sport captain from Hall High School in West Hartford, CT, went on to play football and wrestled at Springfield College, earning recognition as a top wrestler in New England. Early on, Kevin was influenced by Hall High School Football coach, Frank Robinson. Coach Robinson provided inspiration and guidance which ultimately influenced Kevin's career path. At Springfield, he was mentored by Coach Ted Dunn, who inspired great achievement and respect from his athletes. Coach Dunn's Christian values played a role in teaching his athletes strength of mind, body and spirit. These qualities would become a defining part of Kevin's coaching/teaching philosophy.

Kevin studied education and became a teacher, coach and athletic director at Parish Hill High School from 1971-2006. Upon his retirement, the Gymnasium at Parish Hill was named after him. In addition to his public school teaching, Kevin coached the gymnastics team at Patti Dunne's from 1974-1999. It is amazing to reflect on the positive impact Kevin's teaching and mentoring, and wonderful sense of humor has had on generations of area youth.

Patti and Kevin are quick to remind us, that though they have experienced success, they are not comfortable in the spotlight. They have simply lived the life they've been inspired to live. Along the way they have managed to bless and inspire greatness in others, just by being themselves. The traits passed on from the Corrigan and Dunne families certainly shine brightly in the lives their children and grandchildren. The roots are nestled deep, and the children have grown strong with wings to soar.

Currently, Patti teaches preschool fitness classes and works as a Pastoral Counselor. Kevin (known as "the chief" to our preschoolers) can often be found assisting with classes, making our studio sparkle, and providing a daily dose of good humor for our staff and students. Patti and Kevin are also enjoying their grandchildren, and some well deserved time by the ocean.

As they continue on life's path, we salute their achievements and express our gratitude for the precious moments and golden opportunities they have given us. On behalf of Dunne's students; past, present and future, we thank them for making a difference.



**"WE CAN NEVER KNOW THE FULL EFFECT
THAT ONE PERSON HAS HAD UPON THE
WORLD. WE ONLY KNOW HOW DEEPLY**

**OUR OWN HEARTS HAVE BEEN
TOUCHED.”**



**Patti Dunne's School of Gymnastics
Pine St. Manchester. 1974-1987**

The Builder

*A builder built a temple,
He wrought it with grace and skill;
pillars and groins and arches
all fashioned to work his will.
Men said as they saw its beauty,
“It shall never know decay;
Great is thy skill, O Builder;
They fame shall endure for aye.”*

*A teacher built a temple
With loving and infinite care,
Planning each arch with patience,
Laying each stone with prayer.
None praised her wondrous plan,
For the temple the teacher built
was unseen by the eyes of man.*

*Gone is the Builder's temple,
Crumpled into the dust;
Now lies each stately pillar,
Food for consuming rust.
But the temple the teacher built
Will last while the ages roll,
For the beautiful unseen temple
Was a Child's immortal soul.*

*“Once a Castaway, Always a
Castaway”*

(Messages from former gymnasts)

Over the years, thousands of children have passed through the doors at our school. The lessons learned have not only been those of gymnastics. These children have learned discipline, dedication, strength, courage, hope, patience, perseverance, and more. Along the way, they developed coordination, strength and flexibility, they learned some amazing gymnastics skills, and perhaps even won a medal; but here's the truth... What they learned here prepared them for life. They learned to be brave. They learned to try their best. They learned that it's not always easy. They learned to listen, and adjust. These are lessons that would stay with them forever, and come back to guide them time and time again. These kids grew up. They had families of their own, and found success in their lives in so many forms. It is an honor to be part of a business that has had such a tremendous impact on generations of children.

Love, Wendy (former Castaway 1999-1988)

I started at Patti's in the old factory in 1977... I would not have changed one moment. I cherish every ribbon, trophy, medal, memory, sleepover, extra hour put in, every sit up, push up, dance class, split, lesson in self confidence, humility, every flip, handstand, and handspring. Every accomplishment and let down- because it was all part of what made me. And I like me. Patti and Kevin, thank you for molding me, teaching me, and loving me and everyone else you ever touched in life.

Luv, Jenny (Dunphy)

Dear Patti and Kevin,

Thank you so much for changing my life. The wisdom, confidence, heart, and faith you have shown to me as well as the community has been an inspiration. Your influence on my life is immeasurable and the skills and lessons I learned while at Dunne's has been amplified throughout my life. Your presence and guidance in my life eternally holds a place in my heart as an athlete and a person. For this and so much more, I thank you from the bottom of my heart.

Love Always,

Jennifer (Riedl) McGaffic
(former Castaway 1988-1999)

Many of the best experiences of my childhood happened at your gym. I made some of my best friends for life there. It was at gymnastics that I learned the importance of focus, dedication, sacrifice, and hard work in order to achieve goals. Presently, I am pursuing my PhD in history and while my current goals are not gymnastics oriented, it was the lessons that I learned at your gym that taught me how to pursue them... Thank you for some of the best memories of my childhood and all of your support over the years! I am sure

that for decades to come, children will continue to grow up at Dunne's and leave with fond memories and having learned some of the most important lessons of life, just as I did.

Love, Robyn Rodriguez

I have such great memories from Patti Dunne's and consider it to be the largest and most passionate part of my childhood. I will always be grateful for the level of discipline, responsibility, and team building skills it taught me. One of my favorite memories is Kevin's "What would you do for a Klondike bar" challenge from summer camp. The experiences that I had at Dunne's was unlike any other and I am so happy that I was able to participate in a program that welcomed me not only as a gymnast, but as family.

Meghan Cronen

Thank you Patti and Kevin for the experience of teaching in your gym. It was there that I learned that I wanted to work with children. Thank you for believing in me!

Love, Kate Pfeiffer Sargent (1991-1996)

Gymnastics made me the person who I am today. It taught me how to discipline my body and mind. It boosted my self confidence. I thank Patti, Kevin, Wendy, Robyn, Tony and Frank for believing in me.

Shawn (Avery) Schlieper

Patti and Kevin,

You two are amazing people, and built an amazing program. You started a place where dreams came true and friendships were born. You hired a staff that encouraged us to reach for the stars and that's exactly what we did! I know for myself that, that mentally has stayed with me until this very day! You helped me become the young woman that I am today, by influencing me as the little girl I came to you as. Thank for giving me the opportunity and privilege to represent Dunne's Gymnastics. I commend you on the beautiful legacy you've left behind. I love you guys and God bless!

Love, Lindsay Payne

Thank you for all you did for me when I attended Patti Dunne's. You taught me to have confidence in myself which has continued throughout the years. Knowing that you can do something that looks absolutely impossible and incredible.....it feels so good. Thank you for giving me that and hopefully my children will have the same experience.

With love, Lori Converse-Bushnell

Patti Dunne's has given back to me a lot that I have taken into my early 20's. It wasn't until I went to college and met a wide variety of people that I realized how the values taught to me from the gym were so important. I learned discipline, hard work and taking pride in things really pay off. These values have allowed me to excel in the PT field, as well as gymnastics in college.

To Patti and Kevin, I don't think anyone on staff can put into words how much you have done to help all of us. Your emphasis for greatness and the time you have dedicated to our

gym is truly a goal we can all strive to pursue. Take care of yourselves and enjoy the finer side of life. You deserve it!

Best of Luck, David Tilley

As a teacher and a mother, I realize how difficult it is to teach children, expect the best and maintain a cool temper while doing so. Looking back at my years at the gym, I realize now all that you have given to your gymnasts. All my memories are upbeat and positive. I remember the way you were able to motivate us to work hard and at the same time have fun.

Lucky for me, I had so many years at Dunne's first that the foundation you built allowed me to rise above the negative experiences. You were always so patient and understanding. I remember you telling me that I was my own worst enemy and that I needed to lighten up. You were right. You taught me how to take constructive criticism and use it to better myself. That is a trait that has helped me persevere through college, motherhood, and teaching. You taught me discipline, self motivation and to strive to be the best. The atmosphere that you created taught me the importance of friends and the ability to maintain friendships even when they were your biggest competition. I learned how to balance being a child, and still be able to be serious about a sport

Thank you for a life time of memories and for teaching me the most important lessons in life. I will forever be grateful to you and your family for allowing me to share the experience with you. I hope my children someday have the opportunity to work with a coach that will truly inspire them as you did for me. Thanks for everything.

Sincerely,

Lauren McLean Bonfiglio

Patti and Kevin,

Thank you for supporting and encouraging each of us throughout our time at the gym. It was great to have such inspiring people as role models. And Kevin, thanks for making my graduation special with the grip-burning ceremony. It was quite messy and stinky, but it meant a lot to me. I hope you both have enjoyed all these years watching your gymnasts soar because of you. Thanks for everything.

Rebecca Leuck (former Castaway, 1990-1996)

Dear Patti & Kevin,

Although I have only been a part of the Dunne's family for a few short years, I can truly say that I am proud to help carry on the torch for future generations of gymnasts through your wonderful program. Your lifelong commitment to the sport of gymnastics has been inspiring. I wish you both continued happiness in your retirement and best wishes for a new beginning and many relaxing days on the beach!

Sincerely,

Kristi Morrison

I have such fond memories of Patti Dunne's- especially the sleepovers back when the gym was in Manchester, and how exciting it was to move to Hebron. I will always be fond of memories with Frank- we certainly had the love-hate

relationship- but even to this day, I feel as though I am a stronger person for knowing him. I still have the turtle my mother made to commemorate the "turtle club" Frank talked about in saying how slow we all ran for vaulting. And I will also ALWAYS remember Kevin calling me "Dr. J." I can still hear him say.... "The docta is in!"

Jackie LaMontagne Duncan
(former Castaway 1981-1990)

Patti and Kevin,

It's been ten years since I last worked out in your gym as a member of the senior team but 38 Pendleton Drive will always have a special place in my heart. Wendy, Robyn Rogers, Tony, and the both of you all had a hand in raising me. Then, you gave me my first job teaching preschool and general gymnastics and now I've grown up to be an elementary school teacher. You started the fantastic tradition of "Where have you Dunne a handstand?" and I still take a handstand picture every time I'm on vacation. Carmela, Robyn Rodriguez, Wendy, Tony and I even did one at Carmela's wedding! Some of my most cherished memories took place at Patti Dunne's. I couldn't have imagined a more fun place to grow up in or a more amazing group of people. Thank you for making your gym such a wonderful place to do gymnastics; it was my second home. I know that Matt and Wendy will carry on your traditions and make that gym a special part of many more children's lives.

Congratulations!
Jackie Scott

Patti and Kevin,

You are such wonderful people that will hold a special spot in my heart, forever. You always let kids just be themselves (I'm thinking of Kasey with "Let's get ready to tumble!" on the microphone). We always had so much fun in practice even though we worked hard. You showed me how to love the sport, which helped me stick with it for so long. You are both very special people who have influenced so many lives in a positive way. Thank you so much for your life's work. I wish you all the best.

Kerry Cutler

My very first memory of Patti Dunne's is back in Manchester. I remember first watching my brother Ben enjoy gymnastics and I joined shortly after. The popcorn song is imbedded in my mind and will be forever!

Once the gym moved to Hebron that is when I started to take gymnastics more serious and gave up dance. It was a big decision but a simple one, I wanted to do gymnastics! I made some of the best friendships at Dunne's. I wanted to be the best gymnast possible. I took with me, confidence, strength in mind and body, friendships, and memories. One memory I have is Kevin coming into the gym while we were stretching and speaking so positive. Kevin's quotes and sayings really gave me motivation to be better at gymnastics and at life. Kevin also inspired me to become a physical educator and I also followed his footsteps to Springfield College. I now teach physical education at Debary Elementary in Florida, I'm certified as a personal trainer and have coached gymnastics in

the sunny state as well. If I didn't have Patti Dunne's in my past I'm not quite sure the present would be so sweet.

Thank you and God Bless,
Nicole Beaulieu Maenza
(former Castaway 1985-1995)

Last fall, my twin 5-year-old daughters started gymnastics. On the first day of class, we (the parents) joined them in the gym. Immediately the smell of the chalk and the squishy feel of the mats transported me back to my own gym days. I had not been in a gym in nearly 20 years, but if I closed my eyes I could imagine that I was back in Manchester, a 5-year-old myself, walking into my first gymnastics class.

Most of my memories of Patti Dunne's are from the old Manchester gym. After school in Wethersfield, we would pack into the car and head to the gym, walking up the wooden steps to the giant room where we all spent so much time, the Home of the Castaways.

We had quite a few coaches but the ones that stood out, by far, were Patti and Kevin. As soon as you entered the gym, the first sound you would hear was Kevin's big booming voice. When we were finishing a rotation during practice, you could hear him from every corner of the gym, telling us it was time to "Rotate-o Potato". My memories of him are of a gentle giant (in my 8-year-old mind he was 7 feet tall but he may have been slightly shorter), always with an encouraging word and unmatched strength. If Kevin was spotting me on a new trick, I knew I had nothing to worry about.

Patti was petite and quiet, but just as strong, inside and out. She was our leader, always keeping things moving smoothly and lending us an ear when we needed it. She made sure we were in a straight line as we marched from event to event at a meet and always encouraged us when it was our turn to compete. As a child I envied her poise and composure and hoped that I could match it when I grew up.

Some of my favorite memories of Patti Dunne's didn't involve a cartwheel, kip, or back handspring. I remember when we had a sleepover in the gym, and I was able to just hang out with my teammates, conspiring and chatting until late at night. My favorite nights of the year were the award ceremony nights, reflecting back on the year through coaches' speeches, slide shows and conversations. When I won a plaque for "most improved C team" member in 1985, I remember being about as proud as a child could be!

Throughout my years at Patti Dunne's, not only did I learn ariels, punch fronts and flyaways, but I learned grace, strength and determination. I learned that with hard work I could accomplish anything and make my dreams come true. Thank you Patti and Kevin for all that you have taught me about gymnastics, life and myself.

Kate (Ivers) Kudlac (former Castaway- 1980-1989)

Dear Patti & Kevin,

It is impossible to put into words what Patti Dunne's has meant to me. I cannot think of a better place to have grown up. I spent 9 years not only learning to be a better gymnast, but more importantly, to be a better person. The gym was my second home and my coaches and teammates were my family.

Sometimes people ask if I missed out on my childhood by spending so much time doing gymnastics. What I had was more fun, more friends, more love and support than anyone I know. Thank you for putting your hearts into building Patti Dunne's. It has given me a lifetime of lessons and memories.

With love always,
Heather (Larson) Neisen

"A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove...But the world may be different because I was important in the life of a child."

Teachers Corner

Our goal is to teach children they can achieve, and to understand that success is not merely measured in victories but in the confident knowledge that they have done their best. Our coaches, teachers, and staff have inspired our students to reach for their own goals and dreams, and have motivated them to make the most of their abilities. For the past 37 years, Patti Dunne's Gymnasts have enjoyed the benefits of such wonderful lessons and teachers. There is no doubt that kids who spend time at Dunne's take away valuable lessons and memories, to cherish always.

We would like to express our gratitude to the many teachers who light up our school. Their love, wisdom, and encouraging words add so much to our gym every day. Each of our staff have their own creative teaching style and personality which makes them so special. Their dedication and commitment to upholding the ideals and philosophy of our school ensures that our program will stay strong for many years to come.

We extend a heartfelt thanks to these special individuals who give so much for so many. They are teachers, role models, and friends. Our gym families have been blessed by their knowledge, patience and love.

Dunne's 2010 Staff

Nancy Bailey, Jacob Baine, Emily Bertora, Marci Bienkowski, Kevin Bright, Stephen Brine, Tori Chesnutt, Julie Dutton, Kevin Dunne, Matt Dunne, Patti Dunne, Lydia Ezerins, Ali Gostanian, Kaitlyn Hogan, Barbara Hughes, Darci Hughes, Sean Hughes, Kathy Jordan, Wendy Marinan, Kristi Morrison, Kristy Nicolo, Rich Nietupski, Morgan Ouellette, Nichole Ouimette, Tony Perreno, Melissa Procaccini, Kip Reed, Hannah Sobieski, Dee White and Sarah Yaiser.

"THE ESSENCE OF TEACHING"

"What nobler profession than to touch the next generation - to see children hold your understanding in their eyes, your hope in their lives, your world in their hands. In their success you find your own and so to them you give your all."



Preschool Fitness & Recreational Gymnastics, Reaching for the Stars

Our preschoolers have amazed us this season with their social and emotional growth, as well as some wonderful physical milestones. All of our students have grown in leaps and bounds this year with increased strength, skill and confidence. Our older students have learned the importance of goal setting, and are beginning to realize that the sky is the limit. We are proud to serve as a place for children to experience early success as a result of vision and hard work. During Gym Fest, students will incorporate skills into routine sequences gaining confidence and self expression through performing in front of a loving audience. This is such an important time for our students and a wonderful way for them to gain recognition for their talent and hard work. We are so proud of our athletes and are thrilled to share in the celebration of their accomplishments.

Our team gymnasts and cheerleaders will also participate in Gym Fest activities. They will demonstrate their skills and routines, assist our class students and coaches, and add to the grand finale ceremony of our Gym Fest activities. These team athletes have brought much honor to Dunne's Gym. They represent the highest level of achievement at our school, and their performances are sure to impress our audiences. These dedicated individuals show us that anything is possible; with commitment, dedication and perseverance towards gymnastics excellence. We cannot speak more highly of such an

outstanding group of athletes who contribute in so many ways to our school.

On behalf of our Staff, I would like to congratulate all of our students for an amazing year of learning and growing in body, mind, and spirit. Your families and coaches are filled with pride. This year has been filled with treasured moments, special friendships, and valuable lessons. Keep these memories with you always.

Happy Handstands!
Wendy

Congratulations to our graduating Seniors, we are proud of your achievements!



Dear Teenager

*Your world is changing faster now.
Your choices are unfolding.
The future lies within your grasp.
A vital force worth molding.*

*Your role is not a simple one;
Your course has not been set.
You must avoid the obstacles.
Steer clear of every threat.*

*The pressures come from all around-
Examples good and bad.
Be richer through the friends you choose,
Their peers who strengthen, add.*

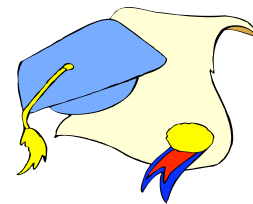
*Accept responsibility.
Deserve your parents' trust.
Let go of your dependence-
Temper freedom's forward thrust.*

*Don't ever lose control
And let the others steer your course.
Your life's a gift for you to shape
With independent force.*

*Reach high: pursue your talents:
Make the most of your potential.
Remember, as your goals take form.
Your dreams become essential.*

*You may seek all the answers:
Be content to find a few.
Don't grow impatient with the world-
Tomorrow's world is you.
Bruce W. Wilmar*

"Rising Stars Speak Out"



Kristy Nicolo

Patti Dunne's has become a second home for me. Inside this building I have been a student, a teacher, and made friendships and relationships that are irreplaceable. As I student I began at a young age taking general gymnastics, like most of the kids in the gym currently. In seventh grade I began the Diamond All Stars cheerleading team and have been on it since. I have been with this team from the beginning and have watched it develop and grow into a larger program over the years. I am so grateful that I have had this experience because it has shaped me so much a person. It has installed valuable traits into me such as dedication, toughness, and proof that hard work really does pay off. These aspects help me inside the gym, but also extend into all aspects of life. My coaches Barb and Sarah have been there through it all and put their hearts and souls into the team. I now appreciate the yelling and grueling workouts because it puts a tough skin on you that will be essential in the real world. And while they know when to be tough, I also know that they legitimately care about every girl on our team and I could go to them with any problem without the fear of being judged. I look up to them both with the utmost respect and can't thank them enough for everything they have added to my life. The sacrifices they make for the team, to be there for all of the practices and competitions, are absolutely respectable, and I hope someday I will be as passionate about my job as they are. I'm positive that I will not find any other women like them in my lifetime but know our relationships will continue well after I leave. Tony has also been my gymnastic coach and my tumbling coach. He is absolutely an unbelievable man who has a dedication to this gym like nobody can imagine. He has touched my life, along with hundreds of other students, in a way that has changed me

as a person. It is great to see a man who will put aside everything else to make sure he does everything possible to make a student successful. He has taught me so much about the sport and as well as coaching that I owe my success to him. The father daughter relationship we have reflects the undying respect I will always have for him.

On the other end of the spectrum I have also had the joy to be both a cheerleading and gymnastics coach. While all of my friends complain about how boring their job is and dread going, I am always excited! When I started, I never realized how rewarding a job could really be. Having these children for even just a couple of months in a class, it is incredible to see how much they grow. You see their strength develop and their skills get even better. It is incredible to see the smile on their face when they master a new skill, even though sometimes I think I'm more excited over their success than they are! I also love the relationship I have developed with all of my students. In gymnastics you place a great amount of trust in your coaches not to let you fall, which strengthens and makes the bond between student and teacher even stronger. Besides the gymnastics you hear about their lost teeth and birthday parties along with their scraped knees and tough days at school. Even the smallest things like a hug or an "I missed you" can brighten your day like nothing else. At the end of each year I am so attached to my gymnasts and am devastated to see them go.

This year I will have to say goodbye for good but know every single one will continue to grow into even more wonderful gymnasts and do great things with their lives. This year I was able to help coach the Tiny Gems cheerleading team, and have never witnessed such a talented and hardworking group of girls. Those girls blow me away every practice with their pure talent and how hard they work to get more skills. It is so great to not have to remind them to keep working during practice. I also love how they can see me as a friend but respect me as a coach because it makes them so much fun to coach (along with all the fun personalities)! There is no doubt in my mind that all of them will be unbelievable successful in their cheerleading careers but be great people.

Leaving Patti Dunne's for college at the end of the year will not be easy but I only have good memories to take with me. Matt and Wendy have been outstanding first bosses and have made this all such a positive experience for me. I hope that many more people get to have similar experiences as me through Patti Dunne's and will develop the same love and respect for the gym. Farewell Patti Dunne's!!



Sean Hughes

I have been a gymnast at Patti Dunne's School of Gymnastics for fifteen years now and a coach here for five years, and while I am very glad to be graduating from high school to move on to college at Jacksonville University in Jacksonville, Florida, I will be very sad to be leaving Patti Dunne's. I have

spent a good part of my life in this gym and am very happy to say that this place, and all of the people in it, has helped me to become the person I am today. This place has become a huge part of my life, not only as a gym, but also as a second home to me. I like to think of all the people that have been here with me throughout my years in the gym as family. I would like to thank Patti Dunne, Kevin Dunne, Matt Dunne, Dee White, Wendy Marinan, Tony Perreno, all of my teammates, and everyone else who have coached and helped me throughout my years as a gymnast. I strongly believe that all of these people have helped me become a better gymnast, a better coach, and more importantly, a better person. Matt and Wendy have been very helpful with my job as a coach and my career as a gymnast, whether it was helping me with my coaching techniques, coaching me on all of my skills and routines, or helping me learn how to build the values that will help me and stay with me all throughout my life. Patti and Kevin Dunne have shown me how to be a kind and generous person by building a wonderful atmosphere in the gym and giving me the personal attention I needed to become the person I am today. Dee has been a great friend and mentor to me all throughout my time at the gym as both a gymnast and a coach. My teammates, both in the past and the present, have also helped me as friends and fellow gymnasts. Finally, my coach Tony Perreno has been a great coach and amazing mentor to me all throughout my life, since I started in preschool classes and moved on to general and team gymnastics. Tony has shown me not only how to be a great gymnast and coach, but also how to be a great person. Without the help Tony has given me, whether it was with gymnastics or life in general, I would not have been able to grow into the person I have become today. Also, I would like to thank my parents for starting me in gymnastics and for all they have done for me throughout my childhood. They taught me the values that were reinforced in my time at the gym, which I will hold with me for all my life. I will never be able to thank them enough for that and so much more. I am eternally grateful to all these people, and many more people who have passed through the gym, for helping me throughout my life. I am finally ready to move on and further my education but I will never forget Patti Dunne's and all it, along with the people inside it, have done for me and given to me, no matter where life takes me in the future.



Lydia Ezerins

Growing up I was always a very quiet and shy little girl, I was so nervous to go to new places and to meet new people, but that all began to change when I discovered cheerleading in seventh grade. I decided to try out for the middle school cheerleading team, not really knowing what to expect or how to do the motions or stunts, but I gave it my all and made the team. I had found something I loved so after the season was over, I searched for cheerleading teams; I discovered a competitive team called the Diamond All-Stars, in Hebron, Connecticut, where I live. I did not know at the time what it was going to be like, how I was going to fit in, and if I would

even like it. I took that chance not knowing anyone, but wanting to be a part of something I loved.

Over the next couple years team mates left and new members came but one thing stayed the same, my dedication to the Diamond All- Stars. As a senior, I am the person who has been on the Diamonds the longest and who has stuck it out through thick and thin and ups and downs and let me say, we have had a lot of them. Winning is something that has not come easy for the Diamonds. At all our competitions we have placed last or second to last, and many girls have quit because of that. I feel that just makes me stronger and want to work harder to do better. Our time finally came last year in April when we received fourth place out of ninth at the Reach the Beach Competition at Six Flags New England. Two people from each team got to sit up on stage while they awarded the trophies. As they called the places for level three senior division, I held my breath hoping for the best. They called ninth, eighth, seventh, six, fifth... I was in complete shock when I had not heard Diamond All- Stars yet. When fourth place was called, and it was the Diamond All- Stars, I flew up from where I was sitting, and started jumping and screaming and eventually started crying. The host said it was the best reaction all day. From being on the Diamonds, I understand the importance of team work and this has helped me realize how important it is to get along with people and understand you cannot do everything alone. Teamwork, cooperation and being committed are lifelong lessons I will carry with me in college, my career and just everyday life.

Over the past six years I have shown my dedication and determination for the Diamonds and I was chosen to be the captain this year. It is a huge challenge getting fifteen teenage girls to focus but I have done a good job so far and plan to help the Diamond All- Stars to continue to grow this final year. Being a captain means, every time we do our routine, I have to do it full out to encourage my other teammates to try and accomplish our goals. Being a role model for the younger girls is a wonderful opportunity for me to show my maturity and to help those who may be struggling. Empathy, responsibility, and being a role model are characteristics that I learned in cheerleading, that will stay with me forever.

Cheerleading is one of the things that come easy to me; I have the gift to be a great cheerleader. But with school, it has been different. I have had to work extra hard in school, I have had to study and apply myself more than many other students. So I made sure I was committed to excelling in my schoolwork and finally, much like the Diamonds, in my last year I earned honors all four quarters. I knew that I had special skills that I could count on, such as my organization, my interest in people and life, and knowing that hard work does pay off. The way I look at it is, cheerleading is my gift and school is my challenge and that all that I have learned in cheerleading will help me succeed in school and in life. I know that once I commit to something I will ultimately succeed through hard work, cooperation, dedication, and knowing that the sky is the limit.



Taylor Murphy

When you ask yourself what a trophy is, or what it means to receive a trophy, most people would spontaneously say that it is just a piece of plastic awarded to an individual for excellence in a specific sport or event. This is true to an extent, but a trophy means a lot more to me. A trophy means overachievement, supremacy, it means that all the hard work, time and dedication that has been put into that specific area has paid off. When I received my first trophy I felt a sense of pride and accomplishment. It was officially the first time I could say I not only reached the goal I wanted to reach, but I did it with flying colors.

On the green painted walls in my room rests a white wooden shelf that was nailed in several years ago. The shelf sits above eye level, giving off the perception that it is superior compared to other objects scattered randomly throughout the room. On top of the white shelf sits four, one-foot tall, gymnastic trophies. The marble base of the trophies contributes greatly to the weight of them. With a gold plaque imbedded into each of the bases that say "New England International 2004 1st Place Floor Exercise" or "New England Invitational Competition 1st Place All-Around 2005", there is no doubt to the human mind that these trophies are of importance. The trunk of the first trophy I have ever received in gymnastics is a metallic blue, which parallels the color of the ocean, a relaxing and stress free setting where the mind is able to wander. Realization is a key component in my life. Without being relaxed it's near impossible to accomplish any type of work. Along with the metallic blue on the trophy is a glistening white, which I correlate with the first snowfall of winter, a happy and memorable moment of each year. The color white represents peace and serenity, also important factors in my life.

The trunk of the trophy is thick and difficult to wrap a hand around. This resembles the dominance that I had to have above all the other gymnasts in order to receive the trophy. The crevices in the trunk add an elegant detail, creating different shades and mixtures of the blue and white depending on which way the light is shining. The crevices are the most unique aspect on the trophy, sinking in about two centimeters creating a valley-like shape. They represent the difficult and aggravating moments in life, but also prove that wherever there is a downfall there is always going to be an up rise to make matters even.

A gold gymnast rests on top of the trunk of the trophy. She is upside down in a handstand with her right leg bent and her left leg straight, practically creating a shape that looks like the number four. The vivid detail in the gymnast's body is extremely noticeable when you look at her. You can see the muscles protruding out of her arms to hold the handstand in that exact spot, and the tense muscles in her legs from pointing her toes so hard. These protruding muscles are extremely significant; they not only resemble the physical strength that is needed in life, but also the mental strength that is necessary to push through difficult times to see results and rewards. Determination is also essential to get to that point. Gymnastics has been one of the largest chapters of my life,

starting when I was only four years old and continuing still to today, thirteen years later. A gymnastics trophy does not only resemble where I have been as a gymnast, but also who I have become as a person.



Spotlight on the Girls Castaways Team



Hello, and welcome to an inside look at the Castaways Girls Team Spring Season 2010. What a great season!! I would like to congratulate all of our competitive gymnasts as they worked extremely hard this year, and seeing the rewards as the last few meets of the season have come to an end. As a program, it was an extremely successful year with some first place finishes, and many “personal bests” amongst our entire team.

Our level 4 Team has matured nicely this year, and the entire coaching staff couldn't be more pleased with their progress and performance at meets. They have been tremendously focused in practice, and it certainly has helped at competitions. Great Job Ladies!! Our Level 4 team this year consists of Sarah Aissis, Justine Boonstra, Allison Carey, Jenna Decoursey, Caitlin Foster, Shelby Gancarz, Amber Guarino, Emma Hazel, Allison Hughes, Kelly Jacobson, Maya Paprocki, Sarah Pruitt, Catherine Rall, Madison Starr, and Kristin Whitney. Our Level 5 team has certainly learned this spring that hard work pays off where they placed 3rd at the Connecticut State Championships held March 22nd at Killingly High School.

The Level 5 State Championships this year was a very close competition, and our Level 5 team missed being state champions by just 0.425 points, which is a very small margin in gymnastics!! Overall, the team took 3rd, but was able to take 1st in the State of Connecticut on Bars!!!! Great Job Ladies!! The Level 5 teams' hard work in the gym, and concentration on cleaning up their routines, and perfecting the “little things” made a big difference at this year's State Meet. We also had many individual highlights at the State Championships this year with Jordan Chicoski clinching the 11 year old Division State All around Title. Kailee Chanski clinched the 3rd place All around Title for the 13 year old age division and Kyra Mourey clinched 3rd place All around Title for the 11 1/2 year old age division. We couldn't be more pleased with the progress our level 5 team made this year, and their performance at the State Championships was a total team effort. They all should be very proud. Our Level 5 team this spring consists of Kailee Chanski, Jordan Chicoski, Natalie Davoodi, Katie Hill, Emily Moreau, Kayleen Mourey, Kyra Mourey, Jessica Rand, Lydia Reeves, and Kendra Spector.

Our Level 6 team this spring is composed of 4 gymnasts. These young ladies have been focusing their efforts on completing their requirements and making their skills “bigger and better” as it will prepare them nicely for the optional levels. Level 6 is the last stop on the compulsory road before they enter the challenging, yet exciting realm of optional level gymnastics. The coaching staff is very proud of their performance at their State Championship meet held at Killingly High School on May 23rd. As we did not have enough gymnasts to make a Level 6 team this year, they all performed great individually. Our Level 6 team this spring consists of Devyn King, Allyson Briggs, Sarah Cameron, and Hannah Rumley.

Our optional team this year consisted of 15 gymnasts from level 7-9. We had 8 level 7 gymnasts, 6 level 8 gymnasts, and 1 gymnast currently training for level 9. We were extremely proud of their efforts this year, goals were met and much progress was made. There is a lot of work that is involved at the optional level to get the gymnasts ready for competition, and the coaching staff “tips our hats” to all of these young ladies who juggled a demanding training schedule, as well as excelling in the classroom. The optional level girls compete in one season, which starts from mid-November, through the beginning of April. Every meet was a stepping stone, lessons were learned, and skills improved.

Our level 7 team this year consists of Mackenzie Cooke, Rachel Herwerth, Reily Mcknerney, Alexandra Piel, Jessica Rivard, Rebecca Rumley, Kiele Sacco, and Megan Voelker. We are proud of these young ladies in qualifying to the State meet that was held in March this year at Saint Josephs College in Hartford. It was great experience for all of them to compete amongst the best gymnasts at level 7 in the State of Connecticut all in one competition arena. As the field was extremely competitive, our optional girls did very well, and I think it motivated them to keep working hard in the gym, and focused on their goals.

It has also been a great year for our Level 8 team which consists of Casey Beaulieu, Emma Hartan, Annie Hetherington-Coy, Danielle Maffuid, Stephanie Mager, and Lauren McCormick. I would also like to congratulate Rachel Moore who just started at our school this past year, and has been working very hard in the gym. Rachel is preparing to compete at level 9 next year, and we would like to officially welcome her to our gym family. The level 8 team had a banner year this competitive season with many 1st place finishes, and many personal accomplishments. The team took first place at the New England Invite, The Turkey Tumble, and The Cape Cod Classic held this past March. As a team they also took 5th place at the Connecticut State Championships held at the end of March at Saint Josephs College in Hartford.

The coaching staff would like to congratulate Danielle Maffuid, Lauren McCormick, and Annie Hetherington-Coy who qualified at the State Meet to the Regional Team. This team was chosen at the State Meet based on All-Around Scores to represent our Region (Connecticut, Massachusetts, Rhode Island, Maine New Hampshire, and New York) to

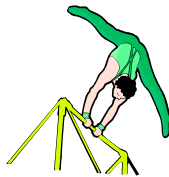
compete at the Regional Meet held in North Andover, Massachusetts. The coaching staff couldn't be more pleased and proud of their performances against the region's top level 8 gymnasts.

I would like to say "Thank You" for all of our team parents, gymnasts, and coaches who helped run a great home meet that we hosted on April 11th. A home meet is not possible without the teamwork of many individuals, and I appreciate your time and dedication to our program. It's always nice to see our team gymnasts compete in their own gym, and our team parents, gymnasts and coaching staff always seem to pull together nicely to run a great, and memorable meet.

Lastly, I would like to express a big thanks and gratitude to a wonderful team staff this year. Their dedication, time and commitment to this program are much appreciated. Each member of our coaching staff contributed their unique strengths for the benefit of our entire team program. I would like to thank Kathy Jordan, Melissa Proccacini, Kristi Metzler, and Kip Reed. It has been a wonderful group of talented and knowledgeable coaches working together on a common vision to strengthen our team girls' team program, and further the talents and abilities of all our young gymnasts.

Sincerely,
Matt Dunne
Girls Team Director

Spotlight on the Castaways Boys Team



Wow, what a season for Patti Dunne's boys teams. Our beginner team with Brayden Vicino, Breenan Kievman, Ethan Godfrey, Erin Clark, Harley Perreno, Andrew Gatesman, Will and Wes Roser led it off with their hard work learning the level 4 routines. They all had a great season. They competed in three meets and earned many ribbons at this level. For the first time we had all eight members qualify and compete at the state meet. Keep up the great work. We look forward to seeing you continue to grow in our sport.

Champions, we always knew you were now we have the banners to prove it! Congratulations to Nicholas Allard, Chris Collins, Garrett Dumore Alex Ezerins, Eric Ezerins, Andrew Gannon, Robert Hartling Ryan Kelsey, Gregory Leitkowski, Shawn McGuigan, Jonathan Roper, Ryan Smith and Matthew Zimmer who were our level five state champions. They beat out nine other teams. For this honor they worked very hard and I am very proud and very impressed.

Not to be out done by the level 5's, our level 6's brought home their own state championship team by beating ten other teams in Connecticut. Noah Chokas, Kyle Vining, Scott Vining pulled it off with just the three of them working as a team all year. Awesome job! I could not be prouder of these two teams for all their hard work and dedication.

Our optional levels 8 & 10's led by Captains Sean Hughes and Steven Brine were all working very hard to polish routines to showcase the talents at such meets as the West Point Open and the Boston Classic. Jonah Swett, Nick Leitkowski, Lawrence Slyman and Dan Hughes worked very hard four days a week and were able to learn many new skills to add to their routines. As always their hard work and dedication is the reason why we have strong young gymnasts following in their footsteps.

We will be losing two fine young men this year. Captain Sean Hughes will graduate from RHAM High School and plans to attend college in Jacksonville Florida. Also Captain Steven Brine will graduate from E.O. Smith High School, and move on to Eastern Connecticut State University. On behalf of the team, I thank Sean and Steven for their leadership. They will definitely be missed.

On a personal note I am very proud of you both. We have been through a lot over the year and I've yelled at you, complimented, supported and most of all believed in you both. It has been an honor watching you grow and learn. You have made a huge impact on the boys around you. Not only are you great gymnasts but more important you are fine young men. I will always have your back, the way you did with your team.

*Sincerely Your Coach & Friend,
Tony*

Congratulations to Lawrence, Dan and Jonah who are our new Team Captains . I am sure they will do a great job!

We Must Teach Our Athletes To Dream



We must teach our athletes that dreams provide us a sense of direction and the inner strength of persevere when those all around us are quitting.

We must teach our athletes that life does not provide guarantees, just opportunities and those who develop the faith to act on the belief that they can succeed will always finish ahead of those who wait until they know they can succeed.

We must teach our athletes that every dream comes with a price, and they may only realize the dreams for which they are willing to pay in advance, and pay in full.

We must teach our athletes that dreams are just a destination. The type of people we

become as we journey to our dreams is far more important than the reward we receive at the end of our journey.

We must teach our athletes that to master gymnastics is to master balance.

When we lose our balance, we fall.

Life works the same way

--Mark Gibson

“ Ready, Set, Cheer”



Dunne's Diamond All Stars

Congratulations to the Diamonds on another amazing season! After five competitions and winning a bid to the US Finals in Virginia Beach, we are having fun working on our new gym fest routine.

Congratulations to our graduating seniors! Lydia will be attending Southern in the fall, Taylor will be at Central, and Kristy will be flying far far away to the University of Colorado, Denver. We are lucky that both Kyla and Laura will be attending college locally. Laura will be returning to Diamonds next year and I'm sure Kyla will stop by now and then to catch up! We are also proud to announce Taylor will be a member of the Central University Cheerleading Squad next year!

I am very sad to report we will be losing a valued member of our coaching team next year. Sarah Yaiser has been working side by side with me for the last four years and she will be sorely missed! She has made the Tiny Gems the team they are today and I am eternally grateful for that. I know she'll be moving on to pursue her goals but I will miss her dearly.

We are pleased to welcome coach Kristi Morrison to our cheer staff starting this summer. In addition to her outstanding work with our general and competitive gymnastics programs, Kristi will bring a wealth of knowledge and experience to our cheer programs. Kristi recently earned her Masters Degree in Education from ECSU. She did her undergraduate work at Hawaii Pacific University, where she earned a full cheer scholarship. In 2005, Kristi was a member of the National Collegiate Cheer Championship Team. We look forward to having Kristi on our Cheer Staff!

Cheers!
Coach Barb



Tiny Gems All Stars

Tiny Gems had such a fantastic competitive cheer season! They traveled from Connecticut to New Jersey; and everywhere next to and in-between. Tiny Gems have seen exactly what hard work and dedication can bring. We are so proud of them and could not have asked for a more prosperous season. Have a great summer ladies...and keep running! ☺

Cheers!

Coach Sarah, Coach Lydia, Coach Kristy

To all my DIAMONDS, TINY GEMS and Parents:

Over the past 4 years I have made some great friends. Although I may have been your coach over these years, you have all taught ME so much. I will miss you incredibly. I am so proud of each and every one of you. Whenever I am asked how many children I have; I always answer, with a smile, “I have 27 beautiful daughters.”

Cheers,
Coach Sarah ☺

Secretary's Desk



Fall registration began June 1st and continues through Gym Fest. Students have already received information regarding registration procedures. Please register before gym fest as classes fill up quickly.

If you have a child entering kindergarten, we will work with you so that you can have either a morning or afternoon class depending upon your child's schedule. Please notify us as soon as possible which class time you will need. We are aware that many school systems are moving towards a full day kindergarten schedule. Our full day kindergarten students should either register for a class on Saturday at 10:00 AM or Thursday at 4:00 PM.

As always, I am available to answer any questions regarding registration or to direct you to the correct person regarding placement for next year.

Dee

Summer Gymnastics

Register now for Summer Classes and Summer Adventure Weeks

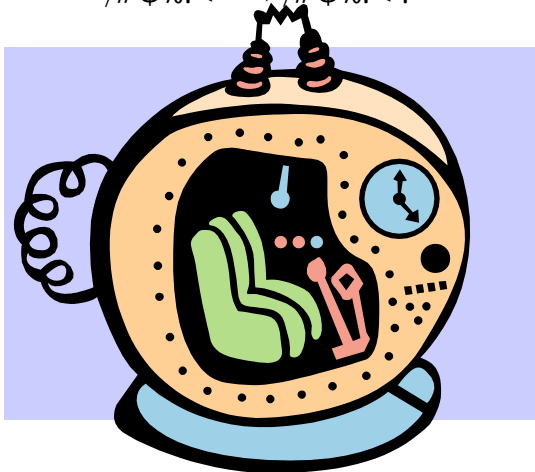
**Summer Sessions:
July 5th through August 14th**

**More information on-line
dunnegymnastics.com**



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**General, Intermediate, Castaways Pre-Teams,
Youth Cheer, Tiny Gems Cheer
Times Listed Below
No 10 Minute Warm-up Time During Gym Fest**

| Normal Class Time | | Your Gym Fest Class Time | |
|-------------------|-----------------------------------|--------------------------|------------------------|
| Tuesday | 4:00-5:00 | Tuesday | 4:00-5:15 |
| Tuesday | 5:00-6:30 | Tuesday | 5:15-6:30 |
| Tuesday | 6:30-8:00 | Tuesday | 6:45-8:00 |
| Thursday | 4:00-5:00 | Thursday | 4:00-5:15 |
| Thursday | 5:00-6:00 | Thursday | 5:15-6:30 |
| Thursday | 6:00-7:00 | Thursday | 6:30-7:45 |
| Thursday | 7:00-8:00
Tiny Gems | Thursday | 7:45-9:00 |
| Thursday | 7:00-8:30 | Thursday | 7:45-9:00 |
| Friday | 4:00-5:00 | Friday | 4:00-5:15 |
| Friday | 5:00-6:00 | Tumbling | No Class |
| Friday | 5:00-6:30 | Friday | 5:15-6:30 |
| Friday | 7:00-9:00 | Advanced
Team Demo | Reception to
follow |
| Saturday | 11:15-12:15 | Saturday | 11:30-12:45 |
| Saturday | 12:15-1:15
General | Saturday | 12:45-2:00 |
| Saturday | 12:15-1:15
Youth Cheer | Saturday | 12:45-2:00 |
| Saturday | 12:15-1:45
Intermediate | Saturday | 12:45-2:00 |
| Saturday | 12:15-1:45
Tiny Gems | Saturday | 12:45-2:00 |

**Preschool Classes Will Be At Their Regular Times
There are absolutely no Make-ups
During Gym-Fest Week**

Gym Fest Notes Parking & Exit Regulations

Please observe the enter and exit signs to keep our students safe. It is of vital importance that we adhere to the parking guidelines established by our town. During times when our parking lot may be full, please utilize the following designated areas:

Right hand side of road in front of our field and extending to the right hand side of the circle.

Absolutely no parking in the middle of the circle, at the fire station or at KinderCare.



We are proud of our athletes and invite you to celebrate their achievements with us during the week of June 15th - 19th.

Gymnasts should wear their Gym-Fest T-shirt to class during this week. Please see the Gym-Fest schedule for special class times at the end of the newsletter. Please make "At Home" arrangements for younger siblings.

If you are late bringing your child to the Gym-Fest performance, kindly wait with your child until the musical opening numbers are finished before letting your child join in. Parents should take their child's shoes and personal belongings and enter through the main entrance at the lobby. All classes will be dismissed through the side doors. Thank you for your attention to this matter.



VISA CHAMPIONSHIPS COMING TO HARTFORD, THIS AUGUST!

Don't miss out on the opportunity to see some amazing gymnastics this summer!



For tickets, go to dunnegymnastics.com and follow the link for Visa Championships.



USA Gymnastics awards 2010 Visa Championships to Hartford, Conn.

08/20/2009

- [Early Bird Tickets on sale TODAY](#)

HARTFORD, Conn., July 29, 2009 – USA Gymnastics has awarded the 2010 Visa Championships to Hartford, Conn., marking the first time the event will take place in Connecticut. Scheduled for Aug. 11-14, the XL Center will host men's and women's gymnastics, while the Chase Arena at the University of Hartford will hold rhythmic gymnastics, acrobatic gymnastics, and trampoline and tumbling. The USA Gymnastics National Congress and Trade Show, which is held in conjunction with the Visa Championships, will be staged at the Connecticut Convention Center.

"We are very excited to bring this prestigious event to Hartford and the state of Connecticut for the very first time," said Steve Penny, president of USA Gymnastics. "The Visa Championships showcase the USA's top gymnasts, and this is the perfect place to see both established stars and rising young talent as they move toward the 2012 Olympic Games in London."

The Visa Championships determine U.S. champions and the U.S. national team for each gymnastics discipline at the junior and senior elite levels. NBC and Universal Sports will broadcast live action from the men's and women's gymnastics events. All-session artistic tickets will go on sale today to the general public via [Ticketmaster](#) and participating gym clubs in the Hartford area.

"We are honored the State of Connecticut was selected to host such a popular and exciting sporting event. All eyes will be on our state next August as gymnastics fans of all ages, families and business leaders welcome the 2010 Visa Championships to Hartford," said Governor M. Jodi Rell. "Today's announcement is the kind of great news Connecticut families and businesses need at this time."

The roster of former U.S. all-around champions includes many of the best-known and well-loved names in gymnastics including

women: – Nastia Liukin, Shawn Johnson, Carly Patterson, Courtney Kupets, Shannon Miller, Dominique Dawes, Kim Zmeskal and Mary Lou Retton; and men – Paul Hamm, Blaine Wilson, John Roethlisberger, Mitch Gaylord, Peter Vidmar and Bart Conner. The Visa Championships traces its history back to 1897 for the men and 1931 for the women.

The 46th Annual USA Gymnastics National Congress and Trade Show is a three day event open to the entire gymnastics community. Held in conjunction with the Visa Championships, National Congress provides a unique opportunity for presentations, demonstrations and educational seminars on a variety of topics and a large exhibitor's hall with additional business opportunities.

About the venues

The XL Center, which was built in 1975, will host two days of competition for both men's and women's gymnastics. The XL Center is home to the Hartford Wolf Pack of the American Hockey League, and the home away from home for the University of Connecticut men's and women's basketball programs. In addition to the resident teams, the XL Center entertains millions of visitors annually with a variety of concerts, family shows, ice-skating spectacles, consumer events and trade shows throughout the season. The XL Center has been the proud host of the Big East Conference Women's Basketball Championship for the past five years and has extended its contract until 2011.

Chase Arena, located at the University of Hartford, will host rhythmic gymnastics, acrobatic gymnastics, and trampoline and tumbling. Chase Arena, which seats 3,500, is part of the Reich Family Pavilion in the University of Hartford's Sports Center and serves as the home of the university's basketball teams and other intercollegiate programs, as well as a variety of special events. Located in West Hartford, the university enrolls more than 7,000 students.

The Connecticut Convention Center, which has more than 205,000 sq. ft. of exhibition space, is the site for the USA Gymnastics National Congress and Trade Show. The facility offers an outdoor esplanade overlooking the Connecticut River and is connected to both the Hartford Marriott Downtown and the Connecticut Science Center.