

Boys Team Levels

Pre-Team / Compulsory Level 4

Ages; 5 to 7 years of age

Compulsory Level 5 /6

Ages; 7 to 9 years of age

Compulsory Level 7 /Future Stars

Ages; 8 to 13 years of age

Optional Level 8 & 9

Ages; 12 to 13 years of age

Optional Level 10

Ages; 14 to 15 years of age

Ages; 16 to 18 years of age

Elite

We currently host one of the few Elite training programs that offer funding, training and residency in the United States.

Days and Times

Pre-Team / Level 4

Wednesday - Friday 6:00 - 8:30

Compulsory Level 5 /6

Tuesday and Thursday 4:00 - 6:30

Saturdays 9:00 - 12:00

Compulsory Level 7 / Future Stars

Monday, Wednesday and Friday 4:00 - 7:00

Saturdays 11:00 - 2:00

Optional Teams

Monday - Friday 4:00 - 8:00

Saturdays 12:00 - 4:00

For more information please give us a call

630-495-0150

Coaching Staff

Tim O'Connell

M S Ed

Kinesiology, Psychology

Physical Ed and Sports Medicine

A former competitive gymnast from Montague, Michigan, Tim O'Connell has developed his program based on his 28-year competitive background in gymnastics.

Tim has 12 years of USA national team coaching experience, including seven national team members and three national event champions at the Junior Olympic level. Tim was previously the director of men's gymnastics for the State of Illinois and has worked with the men's Junior Olympic gymnastics program.

A former gymnast and coach with national and international experience, Tim has been coaching since 1981. Tim's 15 years of collegiate experience includes coaching men's gymnastics at Central Michigan University, the University of Michigan and the University of Illinois at Chicago, where Tim served as both Assistant Coach and Recruiting Coordinator for men's gymnastics.

In addition to his extensive history in USA competitive gymnastics Tim gives talks to athletes, coaches and parent groups on NCAA Recruiting, Skills Development and Sports Psychology. Tim was selected to the coaching staff of the Illinois High School team that won the National High School Title in Texas, in 2006.

Tim graduated from Central Michigan University in 1982 with a bachelor's degree in physical education and psychology with a minor in sport medicine. Tim attained a master's degree in kinesiology and a master's degree in psychology. In addition to his two undergraduate degrees, two graduate degrees, he is currently pursuing a post graduate degree in psychology.

Rich Larsen

M S Ed

Physical Education

A former competitive gymnast and NCAA National Champion, Rich Larsen has 33-years of competitive coaching in both men's and women's gymnastics.

Rich has 33 years of High school coaching in gymnastics as well as boys and girls diving and 10 years with both men's soccer and men's golf. His diverse experience brings in a special competitive edge to our program.

A former National Champion, Rich has been coaching since 1975. Rich's 33 years of High school coaching has gone with several merits, some of the most recent have been taking York High school to the runner up team championship and then the next year to become the Illinois High school State Championship as a team as well as the All around Champion.

In addition to his High school expertise Rich has coached a USA JO National Champion and event Finalist.

Rich's 33 years experience in Illinois High school gymnastics isn't limited in coaching but in assisting in writing and the interpretation of the state gymnastics rules. Not only has Rich been a major developing coach in the Illinois High School system, he also was the IHSGCA president and term member of the Illinois High School Advisory Board.

Rich graduated from Iowa State University with a B S in Education as well as being the Men's gymnastics team Captain. Rich has also attained a master's degree in education.

Josh Levin

M A Administration

Compulsory Coordinator

Josh brings his strong leadership qualities to our Compulsory teams as well as his 8 years of optional coaching, he is a great addition to our coaching staff

Josh is a native of Glen Ellyn and competed in gymnastics for Glenbard West High School. He was the AA high school state champion and was the first and only Illinois high school gymnast to receive a perfect 10. He competed for the University of Michigan where his team won the NCAA championship in 1999. Josh believes that gymnastics teaches leadership skills and all you need to know about life you learn in gymnastics.

Josh Graduated from The University of Michigan in 2002 with a Bachelor's degree in English and Psychology and attained his Masters degree in Administration from National Louis University

Working hand in hand with Northern Illinois Gymnastics Booster Club (NIGBC)

We are proud to have the NIGBC as our booster club. The NIGBC is a nonprofit organization managed and supported by parents of the Aerial Gymnastics Club. As a member of the boosters club and through your participation at our fundraising activities you can be reimbursed a percentage of your competition fees at the end of the year.