



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN  
YMCA**

2705 Techny Road  
Northbrook, IL 60062  
[www.nsymca.org](http://www.nsymca.org)

**For More Information Contact:**

Nancy Gerstein  
Creative Marketing Associates, Inc.  
847 401 0384  
[Nancy@CMACreative.com](mailto:Nancy@CMACreative.com)

FOR IMMEDIATE RELEASE

**North Suburban YMCA Swimmers Earn Multiple Medals at  
Special Olympics Summer Games**

**Northbrook, IL: June 2016** – The North Suburban YMCA's Flying Turtles swim team rose to the occasion for their first state-wide meet, earning ten gold medals and two silvers in the Illinois Special Olympics' Summer Games on June 11. Coached by Tom March, nine swimmers from the team qualified as contenders at the state level games, which were held at Normal Community West High School in Normal, Illinois.

Several of the NSYMCA swimmers earned gold medals for their first place finishes by age group, including Sean Phelan, Melanie Martinez, Kevin Dinga and Joseph Erie in 25M Freestyle; Joe King in 50M Freestyle and 50M Butterfly; Andrew Massari in 100M Freestyle; Kai Miller in 50M Breaststroke and 50M Freestyle; and Sean Phelan in the 25M Breaststroke. Sam Kasallis earned a silver in his 25M Freestyle race, as did Nate Freeman in the 50M Freestyle.

The Summer Games is a premiere sports competition for Illinois Special Olympians with more than 4,000 athletes and Unified Partners competing in 6 different sports. Nearly 11,000 people attend the games each year.

"All nine swimmers dropped amazing amounts of time off of their swims," shared Coach March. "Our relay came in 22 seconds faster than their time at the District meet."

Perhaps more importantly though, the swimmers developed socially, making new friends and learning to interact, play and work as a team.

"You could just see the pride in how they performed and interacted with each other as a true team. When they were not swimming, they were in the stands cheering on their teammates," beamed March.

The Flying Turtles swim team is just one of the many special needs programs and services offered by the North Suburban YMCA. Inclusive aquatics, art, dance, fitness, and yoga enable youth people with special needs to learn, play, and interact with their peers under the guidance of supportive Y staff in a nurturing environment.

For more information on the Flying Turtles, contact Tom March, [Tmarch@nsymca.org](mailto:Tmarch@nsymca.org). For additional details on other special needs programs the Y offers, contact Liz Frusti, Special Services Coordinator, at [efrusti@nsymca.org](mailto:efrusti@nsymca.org).

### **About the [North Suburban YMCA](#)**

The YMCA is a charitable organization and relies on donations to make services available for all families and individuals in its 15-city region. All board members are volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served the northern suburbs of Chicago for over 45 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that address the needs of our diverse community and are accessible to all. For more information on giving opportunities, contact our Development Office at (847) 272-7250, x. 1219 or [awright@nsymca.org](mailto:awright@nsymca.org)

### **About [Special Olympics](#)**

Special Olympics provides year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills, and friendship with their families, other Special Olympics athletes and the community.



*Photo caption: Members of the North Suburban YMCA Flying Turtles Swim Team competed at the Special Olympics Illinois Summer Games on June 11, 2016. Back row, l to r: Nate Freeman, Coach Tom March, Sam Kasallis, Kevin Dinga, Joseph Erie, Coach Nicole Lukowski, Kai Miller; front row: Coach Missy Contri, Melanie Martinez. Not pictured: Joe King, Andrew Massari, Sean Phelan.*