

Service Dog Woody Became the part of Youth Gymnastics Team 360iGym in Northern Virginia

Woody is a Service Dog who helps 14 years old girl Lily to become Level 9 Gymnast Nationally in Tumbling



Sterling, Jan 22, 2020 (Issuewire.com) - For the First time in Northern Virginia!

360iGym Gymnastics Center in Northern Virginia will host Woody Invitation Trampoline & Tumbling Competitions 2020 on Sunday, January 26, 2020, 8:30 am - 4 pm at 21586 Atlantic Blvd, Sterling, VA

189 athletes, 10 clubs from Virginia, Maryland, Pennsylvania

Come with your children & friends to experience the Olympic Spirit & Support Youth Gymnasts!

The idea of this event came out from an organizer and a head coach of 360iGym Robert McGrew, who

has worked with Lily from 2015.

Lily Heykoop is a 14-year-old teen with a disability most people cannot see. It is only after spending time with Lily that most people see the challenges she faces on a daily basis.

Lily is now considered a highly functioning autistic child thanks to three tools in her toolbox: 1. Fierce advocacy and support of her family 2. Her second home 360i Gymnastics and 3. the 75 lb black lab Woody, her Service Dog.

When Lily first came home to the Heykoop Family at the age of 2 from Russia, the Heykoop family began to build a toolbox to help Lily cope with her disability and learn to function in the world around her. Finding her home in Gymnastics was a Godsend. Lily has a natural gift for the sport and has been a way to build her self esteem. Additionally, physical activity helps her regulate her ADHD and sensory deficiencies.

With the help of coach Robert McGrew, head coach of 360i, Lily has deepened her love of the sport and found her path under Trampoline and Tumbling. Robert has been a gift to the Heykoop Family as he works with Lily rather than forcing Lily to conform to a set path or fit in a box.

He adjusts his coaching day to day depending on Lily's needs. This has lead Lily to place 8th Nationally in Tumbling and grow into a strong Level 9 competitor. This year Lily is working to take national titles in both USAG and USTAs Trampoline and Double Mini Events and advance to Level 10 competition, the last step before Elite Level competition.

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