



FOR IMMEDIATE RELEASE

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Greater Philadelphia YMCA Gymnast Honored with National YMCA Outstanding Athlete Award

Willow Grove, PA — The Greater Philadelphia YMCA is proud to announce that Julianne Rudgunas, a dedicated member of its Willow Grove Twisters Gymnastics Team, has been selected to receive the prestigious **2025 Outstanding Athlete Award** at the YMCA National Gymnastics Championship in Green Bay, WI.

Presented annually by YMCA of the USA, this national honor is awarded to just two student-athletes across the country who exemplify academic excellence, strong character, and a deep commitment to their community through YMCA competitive gymnastics.

A graduating senior at Upper Moreland High School, Rudgunas has been part of the Willow Grove Twisters since 2015. Beyond her success on the mat, she has consistently demonstrated leadership, sportsmanship, and a commitment to the YMCA's core values of **caring, honesty, respect, and responsibility**.

As part of this recognition, Rudgunas will receive a **\$2,000 scholarship** to support her education at the University of Vermont during the 2025–2026 academic year.

"We are incredibly proud of Julianne for receiving this national honor," said Darlene Malone, Association Gymnastics Director for the Greater Philadelphia YMCA. "This award is a testament not only to her hard work and dedication to the sport of gymnastics, but also to the positive impact she's had on her team, our Y, and the greater Willow Grove community."

Rudgunas isn't the only one making headlines—under the leadership of Coach Mubarak "Mo" Simmons, the **Willow Grove Twisters recently claimed the Level 8 National Team Championship**, marking another major milestone for the program.

About the Greater Philadelphia YMCA

The Y is one of the nation's leading nonprofits, strengthening communities through youth development, healthy living and social responsibility. Throughout the Delaware Valley, the Greater Philadelphia YMCA serves more than 150,000 individuals each year – regardless of age, income or background – across 15 branches located in Berks, Chester, Delaware, Montgomery, Philadelphia, Pike, Burlington and Camden counties. Coupled with dozens of childcare sites, and one overnight camp in the Poconos, the Y has extraordinary reach in connecting people to healthier lives. For more information, please call 215-963- 3700 or visit philaymca.org.

About the Y

Driven by its founding mission, the Y has served as a leading nonprofit committed to strengthening community for more than 175 years. The Y empowers everyone, no matter who they are or where they're from, by ensuring access to resources, relationships, and opportunities for all to learn, grow and thrive. By bringing together people from different backgrounds, perspectives and generations, the Y's goal is to improve overall health and well-being, ignite youth empowerment and demonstrate the importance of connections in and across 10,000 communities nationwide. Learn more at ymca.org.
