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**For Immediate Release**  
**Photo Attached**  
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### **Local Athletes Make the TOPs National Team**

For the 4<sup>th</sup> consecutive year, Texas Dreams Gymnastics at EveryBody Fits in Coppell, TX has the most TOPs National Team members in the nation with 12 girls named to the team. TOPs (Talent Opportunity Program), is a USA Gymnastics talent search and educational program for female gymnast age 7-11 and their coaches. These girls train year-round with the ultimate goal of becoming an elite gymnast by age 12. During the months of June and July, the gymnasts are evaluated on physical abilities at the state or regional level. This testing consists of skills like press handstands, cast handstands, handstand holds, vertical jump, flexibility, sprints and a rope climb.

The athletes ages 7-8 are tested regionally and the top 40 athletes in the U.S. are named to the Diamond Team placing them on the TOPs National Team. This year Texas Dreams Gymnastics had 6 young athletes from this age group named to the National Team: Mackenzie Dennis age 8 from Coppell, Lexi Griffith age 8 from Midlothian, Taylor Jeske age 8 from Coppell, Kortnee Miller age 8 from Lewisville, Grace Quinn age 8 from Arlington and Olivia Wettstein age 8 from Flower Mound. These athletes train 18 hours a week and are coached by Gina Logan, Travis Cherrier and Tatiana Kondratova.

The 9-11 year old athletes that score high enough on the regional physical abilities test are invited to participate in national testing where they are evaluated by the USA Gymnastics national staff outside of Houston. These athletes are asked to perform the physical abilities test again and also a skills test on bars, beam, floor and vault. From these combined scores, athletes are ranked nationally and the top 20 athletes in each age group are selected for the TOPs National Team. The athletes that are accepted onto the National TOP Team are invited to attend the National TOP Training Camp at the USA Gymnastics Training Center in Houston. This year Texas Dreams had 6 girls in the 9-11 year age group named to the National TOP Team. Allyson Nied age 11 from Coppell has been named to the National TOPs team every year that she has competed. This is her fifth year to be a member which is a very high honor. Other Texas Dreams Athletes making the National Team are Reagan Campbell age 10 from Highland Village, Allison Cary age 10 from Coppell, Ashton Kim age 10 from Westlake, Adriene Miller age 10 from Lewisville and Lexi Montgomery age 10 from The Colony. These athletes train between 27 and 30 hours a week. They are coached by Kim Zmeskal-Burdette and Chris Burdette.

Texas Dreams Gymnastics located at EveryBody Fits offers recreational and competitive gymnastics. Superior quality facilities and equipment, along with dedicated, expert coaches, ensure an enjoyable and beneficial experience for children and adults alike.

EveryBody Fits opened in Coppell , TX in 2001 and since that time has offered top-quality programs in acting, art , dance, driver's education , fitness, gymnastics, music, theatre, taekwondo which are designed to develop and enrich the lives of its students.