



FOR IMMEDIATE RELEASE
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Local Gym Provides the Most TOPS Gymnasts in National Testing

COPPELL –Susie Smith, 9, made this year’s TOPs National Gymnastics Team and earned the right to train at Bela Karolyi’s Ranch in Houston, Texas. Smith is from ABC Gymnastics in Indianapolis, Ind., and trains 25 hours per week. She’s coached by Joe Gym, who said, "Susie is incredible. She’s such a dedicated, hard working gymnast. She’s very focused and it’s great that she’s in the top 20 kids for her age group in the country."

USA Gymnastics, the national governing body of the sport in the United States, conducts an annual talent opportunity program to identify young gymnasts who have the ability to excel in the sport. Through a series of tests, USA Gymnastics identifies approximately 20 gymnasts in each age group, 7-11, to make up the TOPs National Team.

Susie, who attends XYZ Elementary School and is in the 4th grade, just returned from the National TOPs Camp in Houston which was held, December 4-8, where she and her coach worked with the USA Gymnastics National Coaching Staff.

"It was a lot of hard work but also a lot of fun," said Susie. "It was great meeting and working with all of the National Gymnastics Coaching Staff. It was also fun to meet Bela and

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Martha Karolyi."

Gary Anderson, the USA Gymnastics National Elite Program Chairman, commented on National Camp by saying, "This really is a gathering of the girls who will become America's elite female gymnasts. The girls you see at National Camp will be showing up in the Olympics in 2008 and 2012."

TOPs Regional testing took place throughout the summer and approximately 3,000 gymnasts participated. From those who participated, 310 gymnasts from around the country were invited to TOPs National Testing. The National Testing was held in Huntsville, Texas, Oct. 2-4 at the USA Gymnastics National Team Training Center, where approximately 20 gymnasts in three age groups (9, 10 and 11) were selected to the TOPs National Team.

At National Testing the gymnasts perform physical abilities tests including pull ups, leg lifts, flexibility, sprint, rope climb, vertical jump, push ups and press handstands as well as perform required skills on each of the events including vault, uneven bars, balance beam and floor exercise. The scores are tallied and the top 20 gymnasts in each age division were named to the TOPs National Team.

About Texas Dreams Gymnastics and EveryBody Fits

Texas Dreams Gymnastics, which is directed by former All-Around World Champion and Olympic medalist Kim Zmeskal Burdette and her husband, National Team Coach Chris Burdette, is located in EveryBody Fits in Coppell, Tex. EveryBody Fits offers the finest artistic and athletic programs for the whole family including: Gymnastics, Dance & Drill Team, Cheerleading, Taekwondo, Fitness, Art, Acting, Sports Skills, and a Café. The first of its kind, EveryBody Fits is a uniquely-designed facility providing one place to enroll kids in a diverse set of programs while also allowing parents to focus on their own fitness or leisure desires. To learn more about this announcement or EveryBody Fits, visit our Web site at www.EveryBody-Fits.com or call 972-471-2345.

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