



FOR IMMEDIATE RELEASE
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Texas Dreams Places Most Athletes On TOPs National Team

COPPELL – Nine gymnasts from Texas Dreams Gymnastics recently made this year's TOPs National Gymnastics Team and earned the right to train at Bela Karolyi's Ranch in Houston, Texas. Texas Dreams Gymnastics at EveryBody Fits had the most athletes represented that made the prestigious team. Kim Zmeskal-Burdette and Chris Burdette coach the magnificent nine approximately 25 hours per week. The athletes include Grace Quinn, 7, from Arlington; Kennedy Baker, 11, from Lewisville; Katherine Campbell, 9, from Highland Village; Allison Cary, 9, from Coppell; Kyleigh Compton, 11, from Southlake; Ellie Heppes, 11, from Coppell; Meg Howard, 9, from Coppell; Ashton Kim, 9, from Westlake; and Allyson Nied, 10 from Coppell.

Grace Quinn, age 7, was a particular stand out and made the Diamond Team. This is a particularly impressive accomplishment because only there are only 44 young athletes in the nation to get this honor. "We are so proud of each of these girls," remarked coach Zmeskal-Burdette. "They've worked so hard for this. And, of course, we're especially proud that so *many* of our girls made the team."

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 to 11, to make up the TOPs National Team.

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, October 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.

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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. Additionally, the athletes must 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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