



**FOR IMMEDIATE RELEASE**  
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## **Local Gymnast to Represent U.S. at World Cup in Germany**

COPPELL – Kalon Ludvigson, 18, from Plano, has been selected as one of only four gymnasts in the country to represent the United States at the World Cup Trampoline & Tumbling event in Salzgitter, Germany, in September.

Despite a fall during the preliminary round during the U.S. Elite Challenge held in Las Vegas over the weekend, Ludvigson's exceptional reputation in the tumbling event won him a spot on the U.S. power tumbling team where he'll compete at the World Cup.

The U.S. Elite Challenge is an international competition for Level 10, Junior, and Senior Elite athletes, and it's the last major competition before the U.S.A. Gymnastics National Championships. Since Ludvigson fell during the prelims of the tumbling event, he had to sit out of the finals but still finished in sixth place. Ludvigson also finished in the top spot over fellow teammate, Derek Stangel, in the men's senior elite double-mini trampoline event.

"I had a disappointing preliminary round at the U.S. Elite Challenge, but being named to the U.S. team in spite of my fall was very exciting," said Ludvigson. "I'm now concentrating on nationals and hope to have an even better showing there before going on to the World Cup."

In addition to Ludvigson's success at the U.S. Elite Challenge, his fellow teammates also had strong finishes. Strangel, 21, of Plano, finished right behind Ludvigson in the men's senior elite double-mini trampoline event earning him the silver medal, and he placed seventh in the men's junior elite tumbling. Amy McDonald, 22, of McKinney, finished in fourth place in women's senior elite tumbling. Anna White, 16, of Coppel, placed eighth in the women's Level 10 tumbling event and finished in sixth place in the double-mini trampoline.

"I was pleased to see Kalon's tumbling talent recognized, because he's definitely one of the best," said coach Justen Millerbernd. "I'm very happy with how our team performed at the U.S. Elite Challenge, and I'm looking forward to some exciting competition at nationals in Illinois next month."

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Ludvigson, Strangel, McDonald, and White all train approximately 22 hours a week at Texas Dreams Gymnastics in Coppell and are coached by Millerbernd and Drew Simon.

### **About Trampoline & Tumbling Events**

*(Source: USA Gymnastics Trampoline & Tumbling)*

#### Power Tumbling

Power tumbling is performed on elevated spring runways that help tumblers propel themselves higher than a basketball goal as they demonstrate speed, strength, and skill while executing a series of acrobatic maneuvers. Top-level contenders will perform explosive somersaults with multiple flips and twists.

#### Trampoline

International competition trampolines are larger and more powerful than those utilized in the early years and a far cry from the "backyard" models that are found today in most American suburban neighborhoods. These modern trampolines can launch trained athletes as high as 30 feet in the air during performances. During two competitive routines of 10 skills each, upper-level athletes can easily demonstrate a graceful array of double, triple, and twisting somersaults.

#### Double Mini-Trampoline

Double mini is a relatively new sport that combines the horizontal run of tumbling with the vertical rebound of trampoline. After a short run, the athlete jumps onto a small two-level trampoline to perform a rebounding trick immediately followed by a dismount element onto a landing mat. Double mini is similar in concept to springboard diving, using a mat instead of water.

### **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, Texas. EveryBody Fits offers the finest artistic and athletic programs for the whole family including: Gymnastics, Dance, 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](http://www.EveryBody-Fits.com) or call 972-471-2345.

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