



FOR IMMEDIATE RELEASE
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Local Gymnastics Facility Hosts USA Gymnastics (USAG) Region 3 Training Camp

COPPELL – Texas Dreams Gymnastics at EveryBody Fits in Coppell hosted the USA Gymnastics Region 3 Training Camp on Friday, July 9, through Sunday, July 11.

More than 500 athletes, coaches and judges from Ark., Colo., N.M., Okla., Wyo., Texas and Kan. took part in the Region 3 USA Gymnastics Training Camp. USAG Region 3 sent 35 of its members to lead the breakout sessions including Texas' own former All-Around World Champion and Olympian Kim Zmeskal-Burdette. The training camp offered the athletes, coaches and judges a great learning experience and an opportunity to share best practices.

“The training camp was great exposure for our state and our local athletes,” Kim Zmeskal-Burdette said. “It was great to be recognized in the region as a leader and for our contribution in making Region 3 one of the best regions of the USAG.”

In addition to technique, form and style on the vault, floor, bars, beam, trampoline and in ballet, the training camp taught the athletes the importance of proper nutrition and mental training and awareness.

As with most any sport, athletes need proper nutrition in order to perform at their peak performance level. The nutrition seminar addressed the following points:

- Never skip meals
- Eat small but frequent meals and snacks that are about three hours apart
- Foods consumed should be high in carbohydrates (breads, cereals, fruits, vegetables and legumes)
- Be sure to include foods that are good sources of protein and some fats, which carry the fat-soluble vitamins A, D, E and K
- Limit the intake of fried foods, high-fat dairy products, prepared meats (hot dogs, salami, bologna, etc.) and visible fats (butter, margarine, fatty meats, etc.)

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Sports Psychology is a vital component in gymnastics training. The athletes' awareness and ability to train their minds to control stress, fear and anxiety can be the breaking point in his or her career. The Sports Psychology session highlighted the following:

- Set clear, short-term goals
- Focus on positive thoughts
- Exercise self affirmations
- Imagery
- Control and stop negative thoughts

About EveryBody Fits

Located in Coppell, Texas, EveryBody Fits offers the finest artistic and athletic programs such as Gymnastics, Dance, Cheerleading, Taekwondo, Fitness, Art, Acting, Sports Skills and a Café. The first of its kind, EveryBody Fits is a uniquely designed facility where families benefit from one place to enroll kids in a diverse set of programs, while also allowing parents to focus on their fitness or leisure desires to maximize precious family time in today's hectic world. To learn more about this announcement or EveryBody Fits, visit our Web site at www.EveryBody-Fits.com or call 972-471-2345.