



**MEDIA ALERT \*\*\* MEDIA ALERT \*\*\* MEDIA ALERT \*\*\* MEDIA ALERT**

Contact:  
**July 9, 2004**

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**USA Gymnastics (USAG) Region III Training Camp**

**FRIDAY JULY 9 from 5:30 p.m. to 8:00 p.m.**

**SATURDAY JULY 10 from 9:00 a.m. to 4:30 p.m.**

**SUNDAY JULY 11 from 9:00 a.m. to 12:00 p.m.**

**WHAT:** More than 500 athletes, coaches and judges from Arkansas, Colorado, New Mexico, Oklahoma, Wyoming, Texas and Kansas will take part in the Region III USA Gymnastics Training Camp. USAG Region III will be sending 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 offers the athletes, coaches and judges a great learning experience and an opportunity to share best practices.

**WHERE:** EveryBody Fits  
200 Fitness Court  
Coppell, TX 75019  
(behind Albertsons at the intersection of Denton Tap and Sandy Lake)

**WHEN:** Friday, July 9 from 5:30 p.m. to 8:00 p.m.  
Saturday, July 10 from 9:00 a.m. to 4:30 p.m.  
Sunday, July 11 from 9:00 a.m. to 12:00 p.m.

**SCHEDULE:** Training camp to include: Vault, Floor Breakdown, Bars, Sports Psychology, Beam/Tumble, Ballet, Trampoline, Beam/Dance, Tumble, Jazz and Nutrition