



FOR IMMEDIATE RELEASE

[insert name of club] celebrates National Gymnastics Day City, [Insert State- Club owner/coach] announced today that will join gymnastics clubs across the world on Sept. 16 to celebrate this year's National Gymnastics Day.

As part of this year's National Gymnastics Day on Sept. 16, gymnasts, families, friends, and enthusiasts from gymnastics clubs globally will participate in a variety of activities, including open houses, hand stand contests, carnivals, and fitness activities to build awareness of gymnastics and its benefits. Many clubs will use this as a means to extend opportunities to underprivileged children to participate in the sport, while also given the opportunity to apply for a grant sponsored by USA Gymnastics University.

[Provide relevant details of your club, e.g., years active, number of members, number of participants, etc.]

[Add quote from club owner/coach about the importance of gymnastics to the community/city of encouraging physical activity, health and fitness, of showing commitment to a sport with a movement that seeks to encourage fair play, respect, perseverance, sportsmanship, diversity.]

Annually, USA Gymnastics and clubs nationwide celebrate National Gymnastics Day to raise awareness of the sport and help others. In partnership with the celebration of National Gymnastics Day, USA Gymnastics is offering educational grants for USA Gymnastics Member Clubs. National Gymnastics Day goals include building partnerships with fitness-oriented programs for young people, supporting clubs by helping provide educational opportunities to staff working with the athletes, and supporting the pursuit of excellence in the sport of gymnastics for communities across the country.

WHAT: Gymnasts from the [insert name of club] join clubs across the country to celebrate National Gymnastics Day!

WHEN: Saturday, Sept. 16 at [insert time] p.m. ET

WHERE: Location and for more information, please contact [insert name of club and contacting information]