

FOR IMMEDIATE RELEASE

[insert name of club] celebrates National Gymnastics Day

City, State- Club owner/coach < > announced today that <Gymnastics Club> will join gymnastics clubs across the world on Sept. 17 to celebrate this year's National Gymnastics Day.

As part of this year's National Gymnastics Day on Sept. 17, 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 the Nastia Liukin fund and the National Gymnastics Foundation.

<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, etc.>

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, the Nastia Liukin Fund and the National Gymnastics Foundation are reaching out to support gymnasts participating at USA Gymnastics Member Clubs. The fund's goals include building partnerships with fitness-oriented programs for young people, and supporting clubs who have programs that aid athletes who need financial assistance to remain or become involved in gymnastics.

WHAT: Gymnasts from the [insert name of club] join clubs across the country to celebrate National Gymnastics Day
WHEN: Saturday, Sept. 17 at x p.m. ET
WHERE: Location <start> and <finish>

For more information, please contact . . .