



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. 19 share the love of our sport and support our gymnastics community on National Gymnastics Day.

As part of this year's National Gymnastics Day on Sept. 19, 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 children who do not normally have the resources or access to participate in the sport, while also given the opportunity to share information about the programs offered at their gym.

<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 participate in National Gymnastics Day to raise awareness of the sport and help others. In partnership with National Gymnastics Day, USA Gymnastics is also 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 athletes, and supporting the pursuit of excellence in the sport of gymnastics across the country. We love our sport, we believe in our community and together we are working to create a culture of empowerment for gymnasts and families around the world.

WHAT: Gymnasts from the [insert name of club] join clubs across the country to celebrate the sport of gymnastics on National Gymnastics Day
WHEN: Saturday, Sept. 19 at x p.m. ET
WHERE: Location <start> and <finish>
SHARE: Why do you love gymnastics?

For more information, please contact . . .