



**FOR IMMEDIATE RELEASE**  
**June 10, 2008**

Contact: Ronda James (RJ)  
Director of Marketing  
972-471-2345  
Cell: 469-774-3103  
RondaJ@EveryBody-Fits.com

## **Local Gymnast Two Time National Champion**

COPPELL – Liz Green, 15, of Texas Dreams Gymnastics at EveryBody Fits, recently won 1<sup>st</sup> place for the second consecutive year in the All-Around event, Junior D division, at USA Gymnastics' National competition in Florida. Green competed against a field of 56 gymnasts in beam, vault, floor, and bars, and scored 28.375, earning her one of the top honors in women's gymnastics.

Fellow gymnast, Rachel Spicer, of Texas Dreams Gymnastics at EveryBody Fits, also won with a 4<sup>th</sup> place the Junior A division with a score of 37.475. At the young age of thirteen, Spicer has positioned herself as one of the best gymnast in the country, with no signs of stopping.

With these wins, Green and Spicer earned tickets to the Junior Olympic National Team camp and spots on the Junior Olympic National Team. Highly competitive at this level, only 32 girls are members of the National Team. Both girls are coached by Kim Zmeskal Burdette, former All-Around World Champion and Olympic medalist, and her husband, Chris Burdette

Green trains over 27 hours a week while attending 10<sup>th</sup> grade at Coppell High School. When asked what makes Green so successful, Zmeskal Burdette said, "After winning National's last year, Liz set her goal very high for the rest of her high school career and she is on target by winning the All-Around title again this year."

Spicer is in her first year of Level 10 competition and has been very successful. She is an 8<sup>th</sup> grader at Briarhill Middle School and spends nearly 30 hours a week in the gym. Zmeskal Burdette said, "In her first year as a Level 10 gymnast and after overcoming an injury the week before, Rachel's accomplishment of making the National Team is amazing."

Both girls have bright futures ahead of them in gymnastics and are leaders in the Texas Dreams Gymnastics Program. Zmeskal Burdette praises and said, "With

their dedication and hard work ethic, both of these athletes will be names you will be hearing.”

**About Texas Dream Gymnastics and EveryBody Fits**

Texas Dreams Gymnastics is located in EveryBody Fits in Coppell, Texas. EveryBody Fits offer the finest artistic and athletic programs for the whole family including: Gymnastics, Tumbling & Trampoline, Dance, Cheerleading, Taekwondo, Fitness & Personal Training, Theatre & Drama, Acting for Film, Sports Skills, Birthday Parties, Meeting Rooms, and a Café and Catering. The first of its kind, EveryBody Fits is a uniquely-designed facility providing one place to focus on their own fitness or leisure desires. To learn more about this announcement or EveryBody Fits, visit our Web site at [www.EveryBody-Fits.com](http://www.EveryBody-Fits.com) or call 972-471-2345.

###