

FOR IMMEDIATE RELEASE

Media Contact:

Suzi Prokell
(817) 598-1556
suzi@prokell.com

Local Gymnasts Win Big at Texas Prime Meet Impact Athletic Training Center to add competitive cheerleading this spring

(ALEDO, Texas) January 22, 2014 – Impact Athletic Training Center’s Level 6 gymnastics team flipped its way to a big win at the Texas Prime Meet held at the Irving Convention Center January 17-19. The team competed in its first meet of the season and took first place beating out ten other teams from Texas and Oklahoma.

“These girls have worked so hard and we are very proud of them. Every level 6 team member medaled in at least one event, some in several, and worked together to earn the first place team award,” said Sydnie Evans, owner and team director.

Aubrey Miller walked away as the beam champion and placed 4th on floor and 2nd all-around; Leah Rogers placed 3rd on vault, floor and all-around, 4th on beam and 5th on bars; Jordan Prokell placed 4th on bars, 6th on beam, floor and all-around; Adelaide Lovett placed 1st on floor, 5th on vault and beam and 6th all-around; Abby Dodson placed 4th on floor and 7th on vault. The team’s next competition is the WOGA Invitational in Frisco February 8-9.

Impact Athletic Training Center open its doors last May near downtown Aledo and has experienced explosive growth, doubling the size of its competitive team in just six months. Nearly 40 girls are on competitive teams and dozens more are enrolled in recreational classes.

Cheerleading

Due to high demand in the area, Impact will launch a cheerleading program this spring. With tryout season around the corner, Impact will be tumbling, jumps and cheer technique instruction at a cheerleading clinic on Saturday, February 15 from 1 p.m. to 3 p.m. Cost is \$20. Tryouts for Impact’s competitive cheer teams will be held in May.

“We feel so blessed by the local community’s support and have loved meeting all the families out here,” said Evans. “There is definitely a high interest in gymnastics and cheerleading training in Aledo and Parker County. We are excited to be a part of it.”

Day Program

Recognizing the need to offer more options for gymnasts who train 15-25 hours a week, Impact brought in a certified school teacher last August to start a day program. There are currently five gymnasts attending school at the gym, and four others who are home schooled or attend private schools that offer a flexible schedule. These nine gymnasts comprise Impact’s day program.

“Impact’s day program has been a great fit for our family,” said Suzi Prokell whose daughter, Jordan, has trained with Coach Evans for four years. “Before we switched to the day program, Jordan would train until 8 p.m. on school days and also on Saturdays which didn’t allow for much family time.”

Day program girls attend school in the mornings and train Monday-Friday from 12:30 to 5:30 with weekends off.

About Impact Athletic Training Center

Impact offers girls competitive gymnastics training, recreational classes, power tumbling, cheerleading, dance, conditioning classes, after-school activities, camps, birthday parties, open gyms/parents’ night out and more.

Impact is located at 1151B Underwood Road in Aledo. Business hours are Monday-Friday from 1 p.m. to 8 p.m., Saturdays 9 a.m. to 1 p.m. and by appointment. For more information please call (817) 899-6681 or visit www.impactathletictc.com.