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**New Gymnastics Training Center Coming to Parker County**

**Impact Athletic Training Center Opens May 13 in Aledo**

**(ALEDO, Texas) May 6, 2013 –** Amidst all the road construction along 1187, an exciting new business has made its way to Aledo. Impact Athletic Training Center, a premiere gymnastics training facility, will open its doors on May 13. Impact will offer boys and girls competitive gymnastics training, recreational classes, power tumbling, youth and adult conditioning classes, after-school activities, camps, birthday parties and more.

“We searched for months to find the perfect building to house a gymnastics facility for Parker County’s youth,” said Sydnie Evans, director. “When we first walked in I knew it was perfect. It was a newer building with a restroom, an office and high ceilings. Plus, it is located near downtown Aledo with plenty of parking.”

The 10,000-square-foot facility features a tumble track, rod floor, vault and uneven bars that all go into a foam pit – an essential training tool for advanced competitive gymnasts. There are separate areas for team workouts and recreational classes, and an open viewing area.

Impact will be Parker County’s premiere gymnastics training facility focusing on the whole athlete. In addition to gymnastics instruction, competition team members receive weekly dance training to improve performance by working on essential elements including leaps, turns and gymnastics dance. Conditioning classes, taught by a certified CrossFit trainer, are also offered in-house to all team gymnasts for strength and conditioning.

“As a former gymnast and coach myself, I can confidently say that Coach Sydnie is the best gymnastics coach in the area. We are very excited that she is opening her gym in Aledo,” said Aledo resident Suzi Prokell, a former Bela Karolyi-trained gymnast. Prokell’s 10-year-old daughter, Jordan, has trained with Evans since 2010 and is currently a Level 6 competitive gymnast.

Evans started her gymnastics program while she was a student at Weatherford College and has grown the program from just one competitive gymnast to nearly 30 team gymnasts competing levels 2-8. Her athletes have won many awards and accolades, including: 2013 first place Level 7 choreography at state, 2013 undefeated Level 2 team, a 2012 Level 5 state champion, a 2012 top five Level 5 gymnast at state, several 2012 top five Level 6 gymnasts at state, 2011 first place Level 4 district team, and many first place all-around scores and individual events throughout qualification meets.

“I love this sport and I love working with children,” said Evans. “Gymnastics is one of the best all-around training experiences for the growth and development of children. Physical strength and coordination are complemented by increased self-confidence, concentration, and discipline.”

Impact will offer instruction for children from tots to teens in a positive, safe and caring environment where children can learn, develop and thrive. “We want every child to get the most out of their gymnastics experience and we want them to have fun in the process,” said Evans.

Located at 1151B Underwood Road in Aledo (about one mile past a residential area), Impact Athletic Training Center is already home to the largest competitive gymnastics team in Parker County and draws athletes from Aledo, Weatherford, Brock, Granbury, Azle and west Fort Worth. Business hours are Monday-Friday from 3 p.m. to 9 p.m., Saturdays 9 a.m. to 1 p.m. and by appointment. For more information please call (817) 899-6681.

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