

# Area gymnasts have big IMPACT

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ALEDO — Impact Athletic Training Center's levels 6-8 gymnastics team flipped its way to the 4th Annual Atlantis Crown Invitational held in Paradise Island, Bahamas Dec. 18-21. The team faced more than 520 competitors representing three countries. In between sightseeing, exploring and team bonding, the girls competed in several sessions, with nearly every team member placing in at least one event.

Level 8 gymnast Makayla Cousins, of Weatherford, received silver medals on floor exercise and beam, and bronze medals on bars and vault. Cousins also placed 3rd all-around.

“Makayla is Impact's very first level 8 gymnast to compete and we couldn't be more proud of her. She has worked tremendously hard all year and overcome injuries with such perseverance,” said Sydnie Evans, team director.

Additional results include:

Level 6:

- Katie Lantz, of Aledo, tied for 2nd on floor exercise with a score of 9.7 out of 10.0 and also placed 7th on beam and 9th all-around.
- Kalee Mays, of Aledo, placed 8th on floor and 9th on vault.
- Lauren Smith, of Weatherford, placed 7th on floor exercise.

Level 7:

- Abby Dodson, of Fort Worth, tied for 3rd on vault, 4th on floor and 5th on beam.
- Emily McSwain, of Weatherford, placed 2nd on floor exercise and 3rd on vault.
- Aubrey Miller, of Aledo, placed 7th on floor and 8th on vault.
- Jordan Prokell, of Aledo, placed 7th on bars, 7th on beam and 8th on floor exercise.



## Impact

Impact's gymnastics team at the opening ceremonies for the Atlantis Crown Invitational held in Paradise Island, Bahamas: top row, Coach Sydnie Evans, Mallory Morris, Kalee Mays, Katie Lantz, Aubrey Miller, Lauren Smith, Jordan Prokell, Emily McSwain, Leah Rogers, Chloe Clark and Coach Clayton Evans; bottom row, Makayla Cousins, Abby Dodson and Brooklynn Clapp.

· Leah Rogers, of Aledo, placed 5th on vault and 7th on bars.

“We are very excited about this competition season. This is the hardest working group of athletes we’ve had the privilege of working with and we are looking forward to seeing their hard work pay off,” said Evans.

Impact gymnasts will next compete in the Alamo Classic in San Antonio Jan. 16-18, followed by the Metroplex Challenge at the Fort Worth Convention Center Jan. 30 through Feb. 1.

Impact Athletic Training Center is located at 100 Nu Energy Dr. in Aledo, and offers competitive and recreational gymnastics, tumbling classes, competitive cheerleading, competitive power tumbling and trampoline, a mom’s day out program, mommy and me classes, camps, birthday parties and more. For more information call 817-899-6681 or visit [www.impactathletictc.com](http://www.impactathletictc.com).