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**FOR IMMEDIATE RELEASE**



## **NEVADA STATE GYMNASTICS CHAMPIONSHIPS TO BE HELD IN LAS VEGAS**

Hosted by Go For It USA at Alexis Park Resort Hotel

Over 500 athletes will gather at the Alexis Park Resort Hotel March 19-21, 2010 for the Nevada State Gymnastics Championships. Female gymnasts from around the state will compete for the title of State Champion, both individually and as a team. For the lower compulsory levels (3-6), this is the culmination of the season. For those who are competing in the upper levels (7-10) of the sport, this is the first stop on the road to the National stage.

Gymnastics has always been a popular sport among boys and girls, and recently enjoyed a boost in popularity due to the incredible Olympic performances of Nastia Liukin and Shawn Johnson. The benefits of gymnastics for these young athletes go far beyond the gym and the competition floor, including greater self discipline, confidence, poise, and strength, to name just a few. On March 19-21, the focus of each athlete will be on the competition floor, and bringing the best they have to the floor exercise, balance beam, uneven bars, and vault.

Meet Director Don Spencer points out, "This state meet is not only the culminating event of the year for the younger gymnasts; for the more advanced levels, it is also a qualifying competition for regional and national championships! Tickets will be sold on site for the general public. Check out our website for the final schedule the week before the meet. The theme for the event is tied to the year 2010. We will be celebrating the "Perfect 10" scores from the past and a score that is still available in Junior Olympic Gymnastics!"

"We are incredibly excited to host such an amazing event." said Brandy Bauman, owner of Go For It USA. "Some of the nation's top up-and-coming gymnasts are from right here in Nevada and will be bringing their best to this competition. It's an amazing opportunity to see young athletes on the road to their dreams. We are thrilled to welcome these athletes to Las Vegas to compete, and encourage the community to come witness this incredible event!"

The meet will be held at the Alexis Park Resort and Hotel, which boasts accommodations for the athletes, families and coaches, a competition venue with 3 onsite swimming pools, restaurants and more. Alexis Park is located at 375 East Harmon Avenue in Las Vegas.

Go For It USA is a gymnastics academy with competitive teams in artistic as well as group gymnastics, and is home to countless state, regional, and national titles in both disciplines. Go For It USA offers classes in Gymnastics, Tumbling, Cheer, and Tae Kwon Do. Both competitive and recreational levels are available.

*\*Please go to [http://www.goforitusa.com/hosted\\_meets.html](http://www.goforitusa.com/hosted_meets.html) for detailed information.*

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For more information, or to schedule an interview,  
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