



104-B N. Greenville Ave
Allen, TX 75002
Phone (972) 727-9911
Fax (972) 555-9970

Press Release

Contact: Bret Stout
Phone: (972) 727-9911

FOR IMMEDIATE RELEASE
9 A.M. EDT, November 5, 2009

ALLEN ATHLETE OFF TO WORLD CHAMPIONSHIPS

ALLEN, TX: A 15-hour plane ride and a 9-hour time change would mess up any of us. But when you're ranked second in the nation for power tumbling, you've got to get your timing back in just a few days to do your best at the Trampoline and Tumbling World Championships. Allen athlete Amy McDonald is not letting jet lag interrupt her bid to win the title at the 26th World Championships held in St. Petersburg, Russia from November 7th through 15th.

McDonald, who trains at Eagle's Wings Athletics (EWA), is a member of the Senior National Team. The U.S.A. delegation competing in the event is made up of the top four female tumblers in the country. This will be McDonald's third time to participate in the Worlds. "Amy is the oldest member of the team and provides the seasoned leadership and experience needed

by her younger teammates," said Bret Stout, EWA's Trampoline and Tumbling (T & T) head coach.

In 2005 the USA Team won a bronze medal. In 2007 they won gold, and hope to do the same this year. "Russia is favored to win, and with the competition on their home soil they certainly have the odds in their favor," says Coach Stout. "But the U.S. is known for upsetting Russia's team with consistent performances."

McDonald is currently helping coach the T & T team at EWA, where she helped produce 4 National champions, 14 Regional champions and 23 State champions this past season. She also does tumbling clinics around the country for the USA Gymnastics T & T program.

--END--