



Gymnasts nationwide went upside-down to break world record for simultaneous handstands

INDIANAPOLIS, Sept. 17, 2011 – 20,478 gymnasts and fans from more than 100 gymnastics clubs nationwide joined together today to break the world record for most handstands performed simultaneously and bring the title back to the United States.

At precisely 1 p.m. ET, 20,478 of participants throughout the country kicked up into a handstand to break the existing record of 2,402, set by Australian gymnasts in Melbourne to promote the 2005 World Gymnastics Championships.

“We originally set the record of 1,072, here in Indianapolis, in July 2005 as part of the run-up to the 2005 Visa Championships,” said Steve Penny, president of USA Gymnastics. “Bringing the title back to the USA is a great way to celebrate National Gymnastics Day across the U.S. and help build awareness and support for gymnastics.”

Each year, USA Gymnastics celebrates National Gymnastics Day to build awareness of the sport and support Children’s Miracle Network Hospitals. Money raised will benefit Children’s Miracle Network Hospitals in each club’s local community. Since 2001, gymnastics clubs across the country have raised more than \$1.4 million for Children’s Miracle Network Hospitals. The clubs have until Nov. 9 to raise and submit their funds for this year.

Along with the support of the individual gymnastics clubs, the Governors of Connecticut, Delaware, Illinois, Indiana, Nevada and Texas proclaimed today, September 17, 2011, as Gymnastics Day in their respective state.

For more information on a particular area, National Gymnastics Day and the Children’s Miracle Network Hospitals, go to www.usagym.org/ngd.

Background information

- **Children’s Miracle Network Hospitals.** Children’s Miracle Network Hospitals raises funds for 170 children’s hospitals across North America, which, in turn, use the money where it’s needed the most. When a donation is given it stays in the community, ensuring that every dollar is helping local kids. Since 1983, Children’s Miracle Network Hospitals has raised more than \$4 billion, most of it \$1 at a time. These donations have gone to support research and training, purchase equipment, and pay for uncompensated care, all in support of our mission to save and improve the lives of as many children as possible. Learn more at CMNHospitals.org.
- **USA Gymnastics.** Based in Indianapolis, USA Gymnastics is the national governing body for gymnastics in the United States. Its mission is to encourage participation and the

pursuit of excellence in the sport. Its disciplines include men's and women's artistic gymnastics, rhythmic gymnastics, trampoline and tumbling, acrobatic gymnastics and group gymnastics. For more information, log on to www.usagym.org.

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