

# inside USA gymnastics



**Well, the season is in full swing.** Recently, we had a wonderful weekend in Worcester, Massachusetts where USA Gymnastics hosted the Tyson American Cup and the first-ever Nastia Liukin *Supergirl* Cup.

Congratulations are in order to Rebecca Bross and Alexandra Raisman for finishing first and second for the U.S. and Maxim Devyatovsky of Russia for winning the men's title. Jonathan Horton and Chris Brooks were closely behind in second and third. We are surely to see more outstanding gymnastics from these athletes in the years to come, as has been the case with so many former American Cup champions.

Congratulations to Lexie Priesman of Cincinnati Gymnastics Academy, who became the inaugural champion for the Nastia Liukin *Supergirl* Cup. It was great to see athletes ranging from 11-18 competing on the podium, many for the very first time. We appreciate the support we received from Warner Bros. Consumer Products, and GK Elite Sportswear for helping all of the athletes to look and feel like the Supergirls they are.

As most of you are aware, we have kicked off the fifth annual Tyson Fitness Challenge. The importance of getting our youth more physically active was underscored earlier this year when First Lady Michelle Obama launched "Let's Move," her childhood obesity initiative. The Tyson Fitness Challenge focuses on four fundamentals of fitness - cardiovascular conditioning, strength training, flexibility and nutrition. Register for this year's Tyson Fitness Challenge at [www.tysonfitnesschallenge.com](http://www.tysonfitnesschallenge.com)

Highlights of this year's re-energized program include an online version of the Administrator's Handbook; web-based giving for Children's Miracle Network; lesson plans for all levels in flexibility, strength and cardiovascular exercises and new games; information on the importance of nutrition, a well-balanced diet, and portion control, as well as handouts that focus on those key areas; two bonus videos of group "station" exercises and gymnastics, including specific weakness prevention exercises; promotional materials, including the "Train Like a Champion" poster, stories from our clubs, successful tips for incorporating the Tyson Fitness Challenge into your curriculum and publicizing the program; and weekly fitness tips to help keep the program top of mind with instructors and students.

We have also teamed up with Tyson Foods for a new sweepstakes, the "Tyson Recipe for Success." This promotion is for gymnasts, coaches, and cooking enthusiasts. Simply submit your favorite Tyson snack or meal that you prepare for a chance to win a trip to the U.S. Women's National Team Training Center and the opportunity to cook for Bela Karolyi!

It's easy -- just upload your recipe, a picture of your completed dish (optional), along with the Tyson product used, by Thursday, April 8, at [www.usa-gymnastics.org/tysonrecipeforsuccess](http://www.usa-gymnastics.org/tysonrecipeforsuccess). Three finalists will be selected by USA Gymnastics to go to the U.S. Women's National Team Training Center and cook their recipes for Bela Karolyi, who will select the winning recipe! The winner will be featured on the USA Gymnastics web site, in the magazine and in next year's Tyson Fitness Challenge booklet. Encourage your students to go to [www.tysonrecipeforsuccess.com](http://www.tysonrecipeforsuccess.com) and enter today.

We look forward to more fun this Spring, and wish you all success in your gymnastics.

See you in the gym,

A handwritten signature in black ink that reads "Steve Penny". The signature is stylized and cursive.

Steve Penny  
President & CEO