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Bama Bounders Gymnastics to host events

Tuscaloosa, Ala., September 29, 2008 – The Bama Bounders Gymnastics Club along with the support of the Tuscaloosa Sports Foundation will host two major competitions November 7-9 and December 5-7 at the Belk Activity Center. The “BAMA RAMA 2008 Invitational” and the “Alabama Compulsory State Championship Meet” are expected to bring between 1200-1300 *gymnasts* to Tuscaloosa County over a six day period and generate an expected economic impact of close to \$500,000 for the 2 events.

Bama Rama Meet Director and State Meet Co-Director Mike Holdefer says “We are proud to have the opportunity to host our premier gymnastics event in November. We hope to have a record number of gymnasts involved in the BAMA RAMA weekend. And we are especially pleased that the Alabama USA Gymnastics Board has given us the opportunity to host the first combined state championship meet. I think the combination of the outstanding facility at the Belk Center along with the tremendous support of the Bama Bounders and the Tuscaloosa Sports Foundation made it an easy choice for the State Board.”

In its 20th year, “BAMA RAMA” held November 7-9 is considered one of the top amateur events in the southeast and will bring in excess of 700 participants to Tuscaloosa from Alabama, Arkansas, Georgia, Florida, Louisiana, Mississippi, Tennessee, and South Carolina for the three day event. Features of the 2008 competition include; two complete floors and gymnasiums, state award for highest score, awards for individual and team exceeding USA Gymnastics minimums, trophies, medals, and ribbons awarded at all levels and the Patterson Award, named for Alabama Gymnastics coaches, David and Sarah Patterson which is given to the team with the highest team score for the event.

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The “Alabama State Meet” December 5-7 will bring almost 700 individual participants and over 30 teams. The “State Meet” brings the top ***gymnasts*** from Alabama to one location and is a competition that crowns both individual and team champions in five different USA Gymnastics competitive levels.

“We are proud to be involved in athletic events of this magnitude that will showcase our community in addition to working along side an organization with the respect and reputation of Bama Bounders” said TSF Executive Director Don Staley. “Tuscaloosa was a logical place geographically to move the state meet due to the economic climate we currently face, while the “BAMA RAMA” has been a successfully run premier event for years.” said Staley

The “BAMA RAMA” and Alabama State Meet are USA Gymnastics sanctioned events. BAMA RAMA will feature competition for girls and young women in Age Group competition Levels 2 thru 10 and Prep Optional 1-4. The State Compulsory Meet will have competition in Levels 2 thru 6 and will be the first time all five levels have competed at the same site. USA Gymnastics is the governing body for the sport of gymnastics in the United States.

“We really enjoy going to BAMA RAMA because it puts our kids in a very competitive environment with teams and gymnasts from multiple states, much like when we go to regional and bigger meets. Tuscaloosa and the Bama Bounders always deliver a first class facility, great hospitality and well-run events” said Coach Keith Elred of SEGA Gymnastics from Collierville, Tennessee.

Former UA gymnastics standout and BAMA Bounders Head Coach Erin Holdefer-Kightlinger serves as the technical consultant for both meets says “We are always excited to host BAMA RAMA as it serves as a home meet for our Tuscaloosa area gymnasts and provides excellent competition in many levels. The optional sessions on Saturday evening showcase the upper level gymnasts and they are very exciting to watch. Then having the chance to provide a State Meet here in Tuscaloosa is a wonderful opportunity for our parents and volunteers to show the Bama Bounder hospitality. “

Admission costs: \$5.00 per day per adult, \$3.00 Children 6-18, Under 6 Free, Weekend Pass \$10.00 Adult, \$6.00 Child (Good for all 3 days of meet). For more details about either meet log onto <http://www.homestead.com/bamabounders.com> or contact meet director Mike Holdefer at mike@holdefer.com

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