



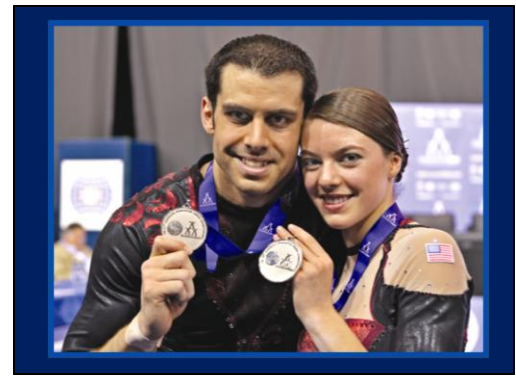
# NEWS & UPDATES

## EXCLUSIVE GYM CLUB TICKET OFFER!

USA Gymnastics is currently offering gym clubs an exclusive ticket offer for the 2009 Freedom Cup. To get a discounted rate on our tickets, download the [Club Ticket Order Form](#). Buy your tickets now to ensure the best available seating for your gym club! Tickets for the Freedom Cup are \$50 for an all-session package and \$15-25 for a single-day ticket and are available at the Xcel Energy Center Box Office, all Ticketmaster locations, charge by phone at (800) 745-3000 or online at [www.ticketmaster.com](http://www.ticketmaster.com). For group ticket information, call (651) 312-3486.

### FREEDOM CUP PARTICIPANTS

The Freedom Cup will feature more than 200 participants including athletes, coaches and delegation officials from Australia, Belgium, France, Germany, Ireland, Kazakhstan, Monaco, the Netherlands, Portugal, Russia and the United States. This marks the largest competition in Freedom Cup history!



### THE LATEST AND GREATEST FROM USA GYMNASTICS...

Good news Gymnastics fans: The 2009 Freedom Cup is coming to St. Paul, Minnesota from July 10-12! Being our first Freedom Cup Newsletter, we will inform you about ticket pricing, scheduling, seating, etc. This year's Freedom Cup will be held at the legendary Roy Wilkin's Auditorium, at the River Centre. This venue is located at 175 Kellogg Boulevard West. It's comfortable and retro feel promises a great experience when watching some of the best competing Acro gymnasts in the nation! You don't want to miss it.

### THIS WEEK'S GYM CLUB VISITS

2008 World Mixed Pair Silver-medalists [Michael Rodrigues](#) and [Kristin Allen](#) (pictured to the left and below) of Livermore, California are among the USA's acrobatic gymnasts expected to compete in the 2009 Freedom Cup. Rodrigues and Allen will be visiting gym clubs this week to promote the event. Click here for further information: [usa-gymnastics.org/freedomcup](http://usa-gymnastics.org/freedomcup)

Freedom Cup Schedule		
Start Time	End Time	Activity
<b>Friday, July 10</b>		
3:00 p.m.	5:00 p.m.	Session A – AGC 11-16 (1 Routine)
7:00 p.m.	8:00 p.m.	World Cup Session A
8:00 p.m.	9:30 p.m.	Session B – AGC 12-19 & Senior (1 Routine)
<b>Saturday, July 11</b>		
3:00 p.m.	5:00 p.m.	Session C – AGC – 11-16 (1 Routine)
7:00 p.m.	8:00 p.m.	World Cup Session B
8:00 p.m.	9:30 p.m.	Session D – AGC 12-19 & Senior (1 Routine)
<b>Sunday, July 12</b>		
3:00 p.m.	5:00 p.m.	Session E – AGC 11-16 (Finals)
7:00 p.m.	8:00 p.m.	World Cup Session C (All-Around)
8:00 p.m.	9:30 p.m.	Session F – AGC 12-19 & Senior (Finals)



For detailed information about Freedom Cup or JO Schedule, go to: <http://www.usa-gymnastics.org/acro/events/2009/jo-nationals/schedule.php>



**BEGIN HERE.  
GO ANYWHERE.**

### QUESTIONS?

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