

The Gymnastics

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I've Got This! - Melisa Torres 2017-11-03

Trista Thompson has just moved to Snowcap Canyon, Utah, where she enrolls in gymnastics for the first time. As an accomplished tumbler, Trista believes learning the other three events and becoming a competitive gymnast will be easy. Trista quickly learns that gymnastics requires hard work and believing in herself. Despite that, she decides she wants to make the Level 3 team. On her determined journey Trista meets friends who help her learn about the sport and share her passion for gymnastics. Will hard work and dedication be enough to move up to Level 3?The Perfect Balance Gymnastics Series is a children's chapter book series. Perfect Balance Gymnastics Books teach girls to be kind to each other, flexible in life, courageous, strong, and most of all, confident. The books set the reader in the world of gymnastics. The characters are relatable and have age appropriate challenges. Each book explores a major life lesson that empowers girls to understand their own inner strengths.

Fierce - Aly Raisman 2017-11-14

Discover Aly Raisman's inspiring story of dedication, perseverance, and learning to think positive even in the toughest times on her path to gold medal success in two Olympic Games--and beyond. Aly Raisman first stepped onto a gymnastics mat as a toddler in a "mommy & me" gymnastics class. No one could have predicted then that sixteen years later, she'd be standing on an Olympic podium, having achieved her dreams. Aly's road to success was full of hard work, perseverance, and victories, but not without its hardships. Aly faced many obstacles, from naysayers who said she'd never make it in gymnastics to classmates who shamed her for her athletic body to a devastating betrayal of trust. Through it all, Aly surrounded herself with supportive family, friends, and teammates and found the inner strength to remain positive and believe in herself. Now, in her own words, Aly shows what it takes to be a champion on and off the floor, and takes readers on a behind-the-scenes journey before, during, and after her remarkable achievements in two Olympic Games--through her highest highs, lowest lows, and all the moments in between. Honest and heartfelt, frank and funny, Aly's story is enhanced with never-before-published photos, excerpts from the personal journals she's kept since childhood that chronicle memorable moments with her teammates, and hard-won advice for readers striving to rise above challenges, learn to love themselves, and make their own dreams come true.

Gymnastics Time! - Brendan Flynn 2016-08-01

Carefully leveled text and fresh, vibrant photos engage young readers in learning about the basics of the sport of gymnastics. Age-appropriate critical thinking questions and a photo glossary help build nonfiction learning skills.

The Science of Gymnastics - Monèm Jemni 2017-12-22

The Science of Gymnastics provides the most comprehensive and accessible introduction available to the fundamental physiological, biomechanical and psychological principles underpinning performance in artistic gymnastics. The second edition introduces three new sections: applied coaching, motor learning and injury prevention and safety, and features contributions from leading international sport scientists and gymnastics coaches and instructors. With case studies and review questions included in each chapter, the book examines every key aspect of gymnastic training and performance, including: physiological assessment diet and nutrition energetics kinetics and kinematics spatial orientation and motor control career transitions mental skills training and perception injury assessment and prevention, with clinical cases advanced case studies in rotations, vault approach and elastic technologies in gymnastics. A fully dedicated website provides a complete set of lecture material, including ready-to-use animated slides related to each chapter, and the answers to all review questions in the book. The book represents an important link between scientific theory

and performance. As such, The Science of Gymnastics is essential reading for any student, researcher or coach with an interest in gymnastics, and useful applied reading for any student of sport science or sports coaching.

She's Got This - Laurie Hernandez 2020-05-05

A New York Times bestseller! From gold-medal-winning Olympic gymnast and bestselling author Laurie Hernandez comes a picture book about chasing your dreams and never giving up. Even Olympians have to start somewhere. And in this charming illustrated book, Laurie Hernandez tells the story of Zoe, a little girl who dreams of flying—and becoming a gymnast. When Zoe sees a gymnast on TV, she realizes that gymnastics is just like flying. But when she first goes to class and falls off the balance beam, she discovers that following her dreams is harder and scarier than she thought. Through this heartwarming and inspirational story, featuring vibrant art from #1 New York Times bestselling and Geisel Honor-winning artist Nina Mata, Laurie imparts important lessons she learned on her way to Olympic glory: You always have to get back up and try again, and you always have to believe in yourself.

Tumbling - Caela Carter 2016-06-07

For fans of Make It Or Break It, a novel about the road to Olympics for the world's most elite gymnasts. Work harder than anyone. Be the most talented. Sacrifice everything. And if you're lucky, maybe you will go to the Olympics. Grace lives and breathes gymnastics—but no matter how hard she pushes herself, she can never be perfect enough. Leigh, Grace's best friend, has it all: a gymnastics career, a normal high-school life... and a secret that could ruin everything. Camille wants to please her mom, wants to please her boyfriend, and most of all, wants to walk away. Wilhelmina was denied her Olympic dream four years ago, and she won't let anything stop her again. No matter what. Monica is terrified. Nobody believes in her—and why should they? By the end of the two days of the U.S. Olympic Gymnastics Trials, some of these girls will be stars. Some will be going home with nothing. And all will have their lives changed forever.

The Gymnastics Book - Elfi Schlegel 2001

An indispensable guide to the beginner's world of artistic gymnastics includes detailed instructions on floor and apparatus moves, from tumbling and jumping to bars and beams. Simultaneous.

Women's Artistic Gymnastics - Roslyn Kerr 2020-04-08

This book lifts the lid on the high pressured, complex world of women's artistic gymnastics. By adopting a socio-cultural lens incorporating historical, sociological and psychological perspectives, it takes the reader through the story and workings of women's artistic gymnastics. Beginning with its early history as a 'feminine appropriate' sport, the book follows the sport through its transition to a modern sports form. Including global cases and innovative narrative methods, it explores the way gymnasts have experienced its intense challenges, the complexities of the coach-athlete relationship, and how others involved in the sport, such as parents and medical personnel, have contributed to the reproduction of a highly demanding and potentially abusive sporting culture. With the focus on a unique women's sport, the book is an important read for researchers and students studying sport sociology, sport coaching, and physical education, but it is also a valuable resource for anyone interested in the development of sporting talent.

Chalked Up - Jennifer Sey 2008-04-22

Told from the perspective of a 1988 world champion, a behind-the-scenes account of the personal toll of Olympics competitiveness reveals how her stage parents, abusive coaches, and manipulative sponsors pushed her to the limits of her physical and mentalh

My Book of Gymnastics - DK 2020-05-07

Learn your back springs from your bridges in this first gymnastics book for young fans and future Olympians. Meet the stars of the gymnastic world in this sports book, from Simone Biles to Max Whitlock, and find

out how they train and perfect routines to take to the floor and wow the judging panel. With tons of photos and step-by-step illustrations, this book breaks down some of the complicated moves used in gymnastics routines, covering both simple and high-level gymnastics. Parallel bars, the pommel horse, and other key pieces of equipment are profiled alongside how they're used. The differences between rhythmic, acrobatic, and artistic gymnastics are explained with the help of exciting photos of expert gymnasts. Introducing world-champion individuals and international teams, this guide is great for kids that are obsessed with gymnastics.

History of Gymnastics - Kenny Abdo 2019-08-01

This title focuses on the history of Gymnastics and gives information related to its origins, fun facts, and superstars like Simone Biles. This hi-lo title is complete with epic and colorful photographs, simple text, glossary, and an index. Aligned to Common Core Standards and correlated to state standards. Fly! is an imprint of Abdo Zoom, a division of ABDO.

The Gymnastics Mystery - Gertrude Chandler Warner 1999-01-01

Katya, a Russian gymnast, has come to Greenfield for a competition, and she's staying with the Aldens. But it seems someone is trying to keep Katya from winning, and the young gymnast has secrets of her own. Can the Boxcar Children help Katya and save the competition?

Gemma the Gymnastics Fairy (Sports Fairies #7) - Daisy Meadows 2013-01-01

The Sports Fairies' magical items are missing, and now the Fairy Olympics are going all wrong! This is our ninth group of Rainbow Magic fairies; all seven books will be released at once. It's an exciting time in Fairyland. Everyone is getting ready for the Fairy Olympics! But Jack Frost's goblins have stolen the Sports Fairies' magic objects. Now they're threatening to take over the whole competition! Gemma the Gymnastics Fairy's magic hoop is missing. Do Kirsty and Rachel have all the right moves to get it back? Or will the goblins trip them up? Find the enchanted object in each book, and help keep the Fairyland Olympics magical!

Building the Gymnastic Body - Christopher Sommer 2008

Flip It Gymnastics - Paul Challen 2010-03

From floor exercises to balance beams and parallel bars, it's all here, explained through clear text and colorful images. Kids will also meet some of the brightest stars of the world of gymnastics, past and present!

Gymnastics's G.O.A.T. - Joe Levit 2021-08-01

From daring vaults to jaw-dropping floor routines, gymnastics stars do it all. This book sticks the landing for old and new fans alike with stunning stats, thrilling comebacks, and the greatest gymnasts of all time.

Off Rhythm - April Adams 2014-12-11

Kelley steps to the mat. Presents and poses. Inhales. Steps and extends her leg. Exhales while throwing herself into a wind-milling leg extension that positions her pointed toe exactly opposite from the tip of her head. Her pointed leg spins in opposition to her shoulders and head so that when her foot reaches straight up to the sky, her head almost touches the floor and all while spinning a hoop on her wrist. Kelley and the Kips are back, but this season Kelley is determined that not only does she need to execute skills with precision and performance, she needs to do it while throwing, catching and balancing a ball. Rhythmic gymnastics is Kelley's new passion but can she balance old friends, new friends and her sport, or will she be thrown Off Rhythm?

It's Not About Perfect - Shannon Miller 2015-04-21

"When the odds were against me, I was always at my best." When she retired at age 19, Shannon Miller did so as one of the most recognizable gymnasts in the country. The winner of seven Olympic medals and the most decorated gymnast, male or female, in U.S. history, Shannon tells a story of surviving and thriving. A shy, rambunctious girl raised in Oklahoma, Shannon fell in love with gymnastics at a young age and fought her way to the top. In 1992 she won five Olympic medals after breaking her elbow in a training accident just months prior to the Games. Then, in 1996, a doctor advised her to retire immediately or face dire consequences if she chose to compete on her injured wrist. Undeterred, Shannon endured the pain and led her team, the "Magnificent Seven," to the first Olympic team gold medal for the United States in gymnastics. She followed up as the first American to win gold on the balance beam. Equally intense, heroic and gratifying is the story of her brutal but successful battle with ovarian cancer, a disease from which fewer than fifty percent survive. Relying on her faith and hard-learned perseverance, Shannon battled through surgery and major chemotherapy to emerge on the other side with a miracle baby girl. Her story of trial, triumph and life

after cancer reminds us all that its life's bumps and bruises that reveal our character. From early on in her career, Shannon knew that life wasn't about perfection. In this incredible and inspirational tale, Shannon speaks out so as to be seen and heard by thousands as a beacon of hope.

Handbook of Sports Medicine and Science - Dennis J. Caine 2013-07-18
This new volume in the Handbook of Sports Medicine and Science series, published in conjunction with the Medical Commission of the International Olympic Committee, offers comprehensive and practical guidance on the training and medical care of competitive gymnasts. Written and edited by leading trainers, team doctors, coaches and other professionals with unparalleled experience in elite gymnastics, this book covers all the key aspects of caring for gymnasts, minimizing the unique risks these athletes face, and treating injuries when they happen. The book is organized into 4 sections covering: The evolution of gymnastics Growth and development Training and performance Sports medicine Individual chapters cover key topics such as energy needs and body weight management; biomechanics; psychology; the epidemiology of gymnastic injuries; treatment and rehabilitation of common injuries; injury prevention; and more. Endorsed by the International Gymnastics Federation (FIG), no other book offers such an in-depth look at the unique considerations and challenges that affect the growth, performance, training, and medical care of athletes in this demanding sport.

Degrees of Difficulty - Georgia Cervin 2021-06-15

How the Cold War era changed the trajectory of women's gymnastics Electrifying athletes like Olga Korbut and Nadia Comăneci helped make women's artistic gymnastics one of the most popular events in the Olympic Games. But the transition of gymnastics from a women's sport to a girl's sport in the 1970s also laid the foundation for a system of emotional, physical, and sexual abuse of gymnasts around the world. Georgia Cervin offers a unique history of women's gymnastics, examining how the high-stakes diplomatic rivalry of the Cold War created a breeding ground for exploitation. Yet, a surprising spirit of international collaboration arose to decide the social values and image of femininity demonstrated by the sport. Cervin also charts the changes in style, equipment, training, and participants that transformed the sport, as explosive athleticism replaced balletic grace and gymnastics dominance shifted from East to West. Sweeping and revelatory, *Degrees of Difficulty* tells a story of international friction, unexpected cooperation, and the legacy of abuse and betrayal created by the win-at-all-cost attitudes of the Cold War.

Head Over Heels - Hannah Orenstein 2020-06-23

Named a best beach/summer read by O, The Oprah Magazine, Cosmopolitan, Parade, PopSugar, Marie Claire, Bustle, and more! From the author of the Love at First Like and Playing with Matches, an electrifying rom-com set in the high stakes world of competitive gymnastics, full of Hannah Orenstein's signature "charm, whimsy, and giddy romantic tension" (BuzzFeed). The past seven years have been hard on Avery Abrams: After training her entire life to make the Olympic gymnastics team, a disastrous performance ended her athletic career for good. Her best friend and teammate, Jasmine, went on to become an Olympic champion, then committed the ultimate betrayal by marrying their emotionally abusive coach, Dimitri. Now, reeling from a breakup with her football star boyfriend, Avery returns to her Massachusetts hometown, where new coach Ryan asks her to help him train a promising young gymnast with Olympic aspirations. Despite her misgivings and worries about the memories it will evoke, Avery agrees. Back in the gym, she's surprised to find sparks flying with Ryan. But when a shocking scandal in the gymnastics world breaks, it has shattering effects not only for the sport but also for Avery and her old friend Jasmine. Perfect for fans of Emily Giffin and Jasmine Guillory, *Head Over Heels* proves that no one "writes about modern relationships with more humor or insight than Hannah Orenstein" (Dana Schwartz, author of Choose Your Own Disaster).

Gymnastics Coloring Book - Karen Goeller 2016-09-08

This Gymnastics Coloring Book is a beautiful gift for any girl who loves gymnastics and coloring. The designs and quotes are unique and inspiring for the gymnast. The face and leotard have been left blank so that each person coloring can create their own gymnastics art.

Legends of Women's Gymnastics - Emma Huddleston 2021-01-01

From the first women who fought to bring gymnastics to the Olympics to the international superstars of today, *Legends of Women's Gymnastics* tells the stories of the women who have thrilled and inspired fans both in and out of the gym.

Little Girls in Pretty Boxes - Joan Ryan 2013-04-03

A sports reporter investigates the training of girls as professional gymnasts and figure skaters, arguing that the pressure to succeed and to look beautiful results in mental and physical harm, from eating disorders to psychological trauma.

I Broke Into Gymnastics Camp - Jessica Gunderson 2012

Kenzie is so excited by the first day of gymnastics camp that she accidentally breaks the lock on the gym door--will she confess to the damage or let camp be canceled for everybody?

The Gymnastics Book - Elfi Schlegel 2007-09-14

An indispensable guide to the beginner's world of artistic gymnastics includes detailed instructions on floor and apparatus moves, from tumbling and jumping to bars and beams. Simultaneous.

Gymnastics Medicine - Emily Sweeney 2019-10-08

This book presents the most current information on the treatment of athletes involved in gymnastics, a multifaceted sport with unique demands on its participants that can lead to a myriad of medical conditions and injury patterns. It opens with an introduction to the history of gymnastics and a brief review of gymnastics disciplines and events. An overview of gymnastics injury epidemiology lays the foundation for the rest of the book. Growth and developmental issues are also discussed in detail, as many young gymnasts train long hours before or during puberty. Concepts related to the biomechanics of gymnastics, common overuse and acute musculoskeletal injuries, psychological issues, concussions, as well as rehabilitation and return-to-play principles round out the presentation. Throughout, there is the emphasis that young athletes are not simply small adults, and that they have unique needs and considerations for evaluation and treatment. Written and edited by experts in the field, some of whom are former gymnasts themselves, *Gymnastics Medicine* covers all of the relevant information on evaluation, management and return-to-play for sports medicine physicians, advanced practice providers, physical therapists, athletic trainers, exercise scientists, and mental health professionals.

Balancing Act - April Adams 2012-12

Five girls, four events, and only one gold medal. In gymnastics, your best friends are your biggest rivals. Everyone in the Bellevue Kips is feeling the pressure. They all want to win best all-around gymnast at Optionals and State finals, but only one girl gets the gold.

Everybody's Gymnastics Book - Bill Sands 1984

Furnishes information on the sport of gymnastics, including coaching, training programs, and international competition, and supplies descriptions of each gymnastic event

Abused - Rachel Haines 2019-04-12

Two-year-old Rachel Haines didn't know that she would be committing to twenty-one years of hard work, dedication, and perseverance as she jumped into the foam pit during her first "mommy and me" gymnastics class. She had no idea that one day she would become a two-time National Team Member, two-time National Champion, and a Division I college gymnast at the University of Minnesota. Nor could she have known that she had just signed herself up for serious injury, emotional distress, and continuous sexual assault by world-renowned trainer turned serial molester, Larry Nassar. In *Abused: Surviving Sexual Assault and a Toxic Gymnastics Culture*, Rachel details her experiences as a competitive gymnast and the painful realities of being one of Nassar's many victims. With honesty and candidness, Rachel shares how the sport she loved that gave her so much—friendships, accomplishments, a college education—is also tangled in a dangerously toxic culture that needs to be fixed. In a world that was setting her up for a lifetime of recovery, she tells how faith, family, and an army of survivors made healing possible.

Off Balance - Dominique Moceanu 2012-06-12

In this searing and riveting New York Times bestseller, Olympic gold medalist Dominique Moceanu reveals the dark underbelly of Olympic gymnastics, the true price of success...and the shocking secret about her past and her family that she only learned years later. At fourteen years old, Dominique Moceanu was the youngest member of the 1996 US Women's Olympic Gymnastics team, the first and only American women's team to take gold at the Olympics. Her pixyish appearance and ferocious competitive drive quickly earned her the status of media darling. But behind the fame, the flawless floor routines, and the million-dollar smile, her life was a series of challenges and hardships. *Off Balance* vividly delineates each of the dominating characters who contributed to Moceanu's rise to the top, from her stubborn father and long-suffering mother to her mercurial coach, Bela Karolyi. Here, Moceanu finally shares the haunting stories of competition, her years of hiding injuries

and pain out of fear of retribution from her coaches, and how she hit rock bottom after a public battle with her parents. But medals, murder plots, drugs, and daring escapes aside (all of which figure into Moceanu's incredible journey), the most unique aspect of her life is the family secret that Moceanu discovers, opening a new and unexpected chapter in her adult life. A mysterious letter from a stranger reveals that she has a second sister—born with a physical disability and given away at birth—who has nonetheless followed in Moceanu's footsteps in an astonishing way. A multilayered memoir that transcends the world of sports, *Off Balance* will touch anyone who has ever dared to dream of a better life.

Men's Development Program: 2021-2024 Junior Competition Manual - USA Gymnastics 2021-11-01

The 2021-2024 manual outlines the three tracks within the Men's Development Program, including the Club, National, and Elite tracks. The manual presents the rules and descriptions for each level, championship competition formats, and specific equipment specifications.

The Kip - Melisa Torres 2017-11-11

Marissa is a gymnast, violinist, and chess player. This summer she is busy in an orchestra, chess tournament, and learning her Level 4 gymnastics skills. In the past, doing all three activities has been a snap for Marissa. She is hardworking and smart. But this summer she can't seem to get her kip, a difficult skill on bars. If she doesn't learn a kip she won't be competing Level 4 in the fall with her friends at Perfect Balance Gymnastics Academy. As the summer progresses, it's not looking good. Everyone else is getting their kip except for Marissa. What will she do if her friends move on without her? Perfect Balance Gymnastics Books teach girls to be kind to each other, flexible in life, courageous, strong, and most of all, confident. The books set the reader in the world of gymnastics. The characters are relatable and have age appropriate challenges. Each book explores a major life lesson that empowers girls to understand their own inner strengths.

Gymnastics Book - Elfi Schlegel 2001-03-01

A guide to the beginner's world of gymnastics offers advice on selecting a program, warming up and cooling down exercises, and moving on to the competitive level, and includes instructions on floor and apparatus moves.

The Gymnastics Book - Elfi Schlegel 2012

A guide to the beginner's world of gymnastics offers advice on selecting a program, warming up and cooling down exercises, and moving on to the competitive level, and includes instructions on floor and apparatus moves.

The Beginners - Elizabeth Levy 1988

Lauren goes with her friend to the new gymnastics club in town and finds that she likes the sport.

Flying High - Michelle Meadows 2020-12-29

A lyrical picture book biography of Simone Biles, gymnastics champion and Olympic superstar. Before she was a record-breaking gymnast competing on the world stage, Simone Biles spent time in foster care as a young child. Nimble and boundlessly energetic, she cherished every playground and each new backyard. When she was six years old, Simone's family took shape in a different way. Her grandparents Ron and Nellie Biles adopted Simone and her sister Adria. Ron and Nellie became their parents. Simone was also introduced to gymnastics that same year, launching a lifelong passion fueled by remarkable talent, sacrifice, and the undying support of her family. From her athletic early childhood to the height of her success as an Olympic champion, *Flying High* is the story of the world's greatest gymnast from author Michelle Meadows and illustrator Ebony Glenn.

The End of the Perfect 10 - Dvora Meyers 2016-07-05

In *The End of the Perfect 10*, Dvora Meyers provides an account of the controversial world of gymnastics, the recent changes to the scoring system, and what these changes mean for the future of American gymnastics.

The Gymnastics Almanac - James Holmes 1998

Introduces gymnastics, including Olympic history, biographies of famous women gymnasts, events, competitions, and tips on getting started.

My First Book of Gymnastics - Rida Ouerghi 2018-09-04

My First Book of Gymnastics gets young readers moving with 10 playful exercises, accompanied by step-by-step instructions and illustrated characters kids will love. It's never too soon to teach the benefits of health and physical fitness. This fun follow-up to Walter Foster Jr.'s *My First Book of Pilates* encourages children and parents alike to get up and move! Featuring 10 poses and exercises for young children with a series

of simple and playful movements, My First Book of Gymnastics shows kids how fun and easy gymnastics can be. Whether learning how to leap like a frog, crawl on your knees and elbows like a turtle, or slither like a

crocodile, kids will delight in learning and practicing each movement. By learning gymnastics, children will gain physical benefits of improved coordination, strength, and flexibility; not to mention key awareness of their body and a love and discipline for exercise and fitness.