

My Olympic Dream

Kendall Coyne

Coaching for Performance: Realising the Olympic Dream Sarah Lee, Martin Dixon, Tony Ghaye, 2016-04-29 This book celebrates two important aspects of the London 2012 Olympic and Paralympic Games. (1) For those involved in any aspect of Olympism, and particularly coaches and athletes, London 2012 was about realising dreams, achieving success and participating in competitive sport at the highest level. This book sets out some of these dreams and the part coaches play in this. (2) The book also looks at the notion of 'coaching-for-performance' and does this from an international and multi-sport perspective. From interviews with Olympic coaches, the experiences of those working in the field of high performance and from applied sport researchers, the book uses the metaphor of the 'coach-as-chemist' in order to capture the dynamics of coach-athlete relationships and performance. Sports such as diving, swimming, gymnastics, skiing are included as well as individual and team sports. The book is set within the context of elite sport, high performance and coaching. Its contents illuminate two important kinds of reflective practice: (a) Reflection-ON-action (b) Reflection-FOR-action. The style of presentation includes narratives, reflective conversations, ethnographic work, interview analysis and video-clips available online. This book was published as a special issue of Reflective Practice.

The Olympic Dream and Spirit Bob Schaller, Olympic Athletes and Coaches, 1999-11 The authors bring together in three volumes the personal stories of 105 American Olympians or Olympic hopefuls, who tell how they face life's challenges and overcome adversity.

My Olympic Journey Digvijay Singh Deo, Amit Bose, 2016-07-02 Chronicling the stories of fifty of India's leading Olympians for the first time ever in one comprehensive edition, Digvijay Singh Deo and Amit Bose bring you the Games through the eyes of some of the best sportspersons in the country. These first-person accounts of Olympic medalists from 1948 till 2012, such as Balbir Singh, Leander Paes, Karnam Malleswari, Abhinav Bindra and Sushil Kumar, and pioneers like Milkha Singh, P.T. Usha, Anjali Bhagwat, reveal their hopes, superstitions, grit and challenges. Their experiences and interactions are sure to make you laugh, shed a tear and, most importantly, open your eyes to the struggles they had to endure to reach the Olympics. These personal stories give a close-up view of what it means to represent India at the most prestigious sporting event in the world, making you a part of the soaring glory and shattering disappointment that only an Olympic Games can deliver. With photos from the personal archives of each athlete, this is a front-row seat to the privileged

Olympic experience.

My Olympic Dream Katie Taylor,2012-12-06 When Katie Taylor was chosen to bear the Irish flag at the opening ceremony of the London Olympics, the pressure was on for her to deliver gold for Ireland when she stepped into the boxing ring. It was the first time that the Olympics had included women's boxing as one of its events, and she knew she had to deliver - especially as she had campaigned for this chance. She had won four World Amateur Championship titles since 2006, but this was the biggest tournament of her career. Taylor reveals how she trained and prepared for the Olympics, and explains what got her into boxing in the first place. A committed Christian, she trusted in her faith to see her through the toughest challenges. With the whole nation willing her on, and her home town of Bray having ground to a halt, on 9 August she fulfilled her Olympic dream, winning gold in a close-fought contest. And Ireland celebrated with her. Taylor relives these glorious moments, and looks back on the triumph that changed her life forever. It is a special story from a truly remarkable woman.

Surfacing Siri Lindley,2016-10-10 In Surfacing, Siri Lindley opens up about her unique celebrity-dappled early life. When an NFL superstar notices her beautiful mother, her idyllic childhood is upended. Glitzy dinner parties and world travel pull her mother away, and Lindley grows up feeling alone and out of place. As her intense loneliness grows into anger, she lashes out against her New England life of privilege. Shy and painfully self-aware, Lindley finds solace in sports, playing field hockey, ice hockey, and lacrosse at Brown University. But when she misses the cut for the US lacrosse team after college, she is left directionless - until a friend invites her to watch a triathlon. Lindley's dream is reignited and she never looks back. Success doesn't come easily. Lindley fails early and often - brutal swim starts, bike equipment failures at key races, grueling workouts - but it's debilitating anxiety that still haunts her. She turns to unconventional Australian coach, Brett Sutton, who helps her tear up her script of self-doubt and transforms her into a world champion. Lindley retires from the sport at the peak of her success, intent on helping athletes realize their own dreams, and finally finds the courage to step out into her true self and find love as a gay woman. Surfacing is the breathtakingly honest book that shares Lindley's daring journey. She is proof that it's never too late to rewrite your own story and change the thoughts, habits and behaviors that hold you back. Surfacing will inspire you as it shows you how to stop being your own worst enemy and start uncovering your potential.

The Goal and the Glory ,2008-06-02 No guts no glory the saying goes. But how far do guts go in the midst of physical feats of great strength? Learn from at least a dozen Christian Olympic gold-medal winners and Olympic contenders who tell their inspirational stories of finding God along their roads to glory. Experience the sweat and passion that goes into the making of a world-class athlete, while learning of these Christians' ultimate goals as competitive athletes and servants of God. For sixty days, plunge into each athlete's most personal moments at the games through each chapter's combination of

worship, praise, and evangelism. Run, jump, and dive into these athletic experiences that reveal the role of friendship and the necessity of hard work as they teach the concepts of dedication and sacrifice. Learn of these athletes' preparation, pre-competition thoughts, faith, and how each athlete has placed his or her dependence on God.

As Fast As Her Kendall Coyne, 2022-01-18 Dream big, follow your passion and never give up. Decorated US Olympian and accomplished hockey star Kendall Coyne shares the grit and determination it took to break down barriers and achieve her dreams against tremendous odds, encouraging you to follow your passions and never give up. The world told Kendall Coyne to slow down. They said “not so fast” when she picked up hockey skates instead of figure skates. They said “just a minute” when she tried out for the boy's team. They told her “you're not enough” so often that she started to believe it. But Kendall had a passion and a dream, so instead of slowing down, she sped up, going on to win Olympic gold and a spot in the Fastest Skater Competition at the 2019 NHL All-Star Weekend. *As Fast as Her* explores how Kendall held on to her dream, overcame her insecurities, defied her naysayers, and pushed herself past barriers to achieve her goals—and how you can too! Inside this inspirational, sports-meets-real-life inspirational autobiography, Kendall shares: stories that illustrate the lessons she's learned and how to apply them for success affirmations to help young people believe you are can reach your dreams encouragement to fit in, to find your “why,” and to create lasting change for others her personal trials and triumphs, inspiring you to discover what excites and exhausts you motivation to be relentless in achieving your own goals Kendall pauses throughout her story to equip you with practical take-aways from her journey to become a top athlete and Olympic medalist, appropriately dubbed “Golden Coyne.” *As Fast As Her* also includes behind-the-scenes and personal photos in a full-color, 8-page insert. *As Fast as Her* is perfect for: readers 13 and up looking for an uplifting true story fans of the NHL, Olympic hockey, women's sports, and sports in general birthday, Christmas, and holiday gifts for teens and young adults

Southbound Ernest Suarez, T. W. Stanford, Amy Verner, 1999 There's a real flowering, I think, of southern poetry right now, ... assembling at the edges of everything. This observation by Pulitzer Prize-winning poet Charles Wright reflects upon the continuing vibrancy and importance of the southern poetic tradition. Although the death of James Dickey in 1997 left southern poetry without a recognizably dominant voice, an array of other vibrant voices continue to be heard and recognized. *Southbound: Interviews with Southern Poets* provides a glimpse of the many poets who promise to keep southern poetry vital into the twenty-first century.

Cracking Your Dream Code Joyce Cyr, 2024-05-29 In a guide to demystifying personal dream codes, Joyce Cyr blends science, psychology, spirituality, and common sense to help you navigate through the powerful messages contained in your dreams to understand what stage you are going through in your life, process fears or anger, gain insight into relationships, foresee future events, and much more. While leading others on a step-by-step journey, Cyr reiterates well-known practices, introduces new concepts that complement the process to understanding and building dream codes, and cites examples of

people who analyzed their dreams to resolve complex problems, make big decisions, and move forward in life with confidence.

Unbelievable! Myan Subrayan,2014-04-02 At the 2012 Olympics Chad le Clos, a twenty-year-old from Durban, astounded the world by achieving the 'unbelievable': he beat Michael Phelps, his childhood hero and the world's number one swimmer, in the 200 metres butterfly final. This book tells all about the making of a swimming sensation - in the words of the golden boy himself, his family and those who have stood by him from the start. It is an encouraging account of realising the ultimate goal, not through chance, but with the resolute support of family and friends and Chad's own relentless dedication to his sport. Taking its title from his dad, Bert le Clos', famous exclamation on BBC TV when his son defeated Phelps, this book follows Chad's rise to Olympic stardom. An inspirational story for all wishing to achieve beyond what may seem possible.

Ascend Matthew Messner,2021-03-31 Life is an adventure, and every experience teaches us. This book is a compilation of true adventure stories, each with a life-lesson. The settings include mountain climbing, marathon running, cave exploration, travel, surfing, and competition. There are stories of disappointments and successes. Each has a powerful life-lesson that will resonate with the reader's journey. "This book is the closest thing in form to a kind of modern expression of parables I've ever read. Clear, compelling, mysterious, and evocative all at once. Beautiful. Read this!" —A.J. Swoboda (PhD, Birmingham) is assistant professor of Bible, theology, and World Christianity at Bushnell University and the author of *After Doubt*.

The 5 Practices of Highly Resilient People Dr. Taryn Marie Stejskal,2023-04-18 #1 WALL STREET JOURNAL BESTSELLER #1 international resilience expert Dr. Taryn Marie Stejskal provides practical tools to effectively address challenges, complexity, and change. Resilience is categorically misunderstood. It's not merely about bouncing back, and it's so much more than returning to where you began. True resilient "doing" allows us to capitalize on the inescapable challenges of life and become better than we were before. Dr. Taryn Marie Stejskal began working with brain injury patients and found that most popular beliefs about human resilience are incorrect. Since then, for the last 20 years, she has conducted qualitative research on the power of resilience, studying the science behind why some people succeed while others fail. Here, Dr. Taryn Marie outlines the five critical behaviors that define successful resilience: Vulnerability, Productive Perseverance, Connection, Graciousity (Gratitude and Generosity), and Possibility. Resilient People bounce forward, take an active approach to facing challenges, and most importantly, they are made, not born. Dr. Taryn Marie's empirically proven framework shows us how to develop resilience practices in our own lives—as adults, as parents, and across organizations—in a manner that allows us to be enhanced by our experiences, not diminished.

[Making It in High Heels 3](#) Shayla Abdic,2013-12-17 All new inspiring stories by women for women of all ages. Learn about the hard times these inspiring women have gone through in their lives and what they did to get through it. Their

stories will help motivate and inspire readers through any hard time.

Making it in High Heels 3: Innovators and Trailblazers Kimberlee MacDonald,2018-10-09 With bullying and suicide becoming a prevalent issue for young girls, the need for mentors is stronger than ever. Making it in High Heels 3 brings together women from all different backgrounds and careers, providing advice, inspiration and motivation through personal life stories about the ups and downs of life and lessons in perseverance. Making it in High Heels 3 dares women of all ages to be inspired and motivated, not only to better their lives but the world as a whole.

This Mum Runs Jo Pavey,2016-07-14 The inspirational story of athlete Jo Pavey, the runner and mum who ran at a record-breaking fifth Olympic Games at Rio 2016. 'Come-back races? I've had more than a few, the night of 10 May 2014 was the ultimate long shot. I was a forty-year-old mother of two who had given birth eight months before. I trained on a treadmill in a cupboard by the back door and I was wearing a running vest older than most of the girls I was competing against. Was I crazy?' Jo Pavey was forty years old when she won the 10,000m at the European Championships. It was the first gold medal of her career and, astonishingly, it came within months of having her second child. The media dubbed her 'Supermum', but Jo's story is in many ways the same as every mother juggling the demands of working life with a family - the sleepless nights, the endless nappy changing, the fun, the laughter and the school-run chaos. The only difference is that Jo is a full-time athlete pushing a buggy on her training runs, clocking up miles on the treadmill in a cupboard while her daughter has her lunchtime nap, and hitting the track while her children picnic on the grass. Heartwarming and uplifting, *This Mum Runs* follows Jo's roundabout journey to the top and all the lessons she's learnt along the way. It is the inspiring yet everyday story of a mum that runs and a runner that mums.

Throw Like a Girl Jennie Finch,Ann Killion,2011-08-01 The evidence is overwhelming: sports help girls grow into strong women. Both scientific studies and anecdotal evidence confirm that athletic girls not only grow up to be healthier; they learn teamwork, gain inner confidence, and grow into society's leaders. Sports help preteen and teenage girls make the right choices in a society that is sending them incredibly mixed messages about who they are supposed to be. Yet no one is speaking directly to these girls. Jennie fills the role of girlfriend, big sister, team captain, and mentor. A smart, credible, and accomplished voice from an athlete who is strong and feminine, fiercely competitive, and fashionably cool, Jennie is someone young women will listen to and take to heart. Jennie's message: Believe in yourself. Go for it, girls.

Unsinkable Silken Laumann,2014-01-21 A surprising and inspiring story of courage, perseverance and the triumph of the human spirit. Just ten weeks before the 1992 Olympic Games, Silken Laumann, the reigning world champion in single sculls rowing, suffered a brutal accident that left her right leg shattered and useless. Doctors doubted that she would ever row competitively again. But twenty-seven days, five operations and countless hours of gruelling rehabilitation later, Silken was back in her racing shell, ready to pursue her dream. When the starter's pistol rang out on August 2, she made the

greatest comeback in Canadian sports history, rowing to a bronze-medal finish while the world watched, captivated by her remarkable story. Silken became one of Canada's most beloved Olympians and has continued to inspire, encouraging people to dream, live in the moment and embrace life's unexpected, difficult and amazing journey. But there was a massive barrier in her path that she has never before spoken about, a hidden story much darker than the tale of her accident. Now, Silken bravely shines a spotlight on all the obstacles she has encountered—and overcome—in *Unsinkable*, a memoir that reveals not only new insights into her athletic success and triumph over physical adversity, but also the intense personal challenges of her past and the fierce determination she applies to living a bold, loving and successful life today. Time after time, this courageous champion has proven to be unsinkable. Silken's extraordinary story offers us an intimate look at the complicated woman behind the Olympic hero, showing how perseverance and optimism can allow anyone to embrace the incredible opportunities that often go hand in hand with adversity.

The Qwerty Man: A Dystopian Satire Dan Savery Raz, 2019-10-22 *The QWERTY MAN* is a dystopian comedy set in a world where all digital words cost money. Global chaos ensues when the keyword 'God' is released for sale. In the not-so-distant future of 2034, every word typed, swiped, copied or pasted on any device costs a fee and can be traded on the global marketplace. This is the world created by the all-powerful Zach Webman, CEO and founder of Qwertex (Quantitative Word & Expression Trading Index). When Qwertex releases the rights to the keyword 'God' for auction, it kicks off a multi-billion dollar bitter bidding war. The Saudi Prince, the US President, the Pope and the world's most powerful CEOs will do whatever it takes to win 'God'. Amidst the turmoil of rising anti-Qwertex protests and global terrorist attacks, Zach discovers his wife, his PA and his only son have betrayed him. God only knows what Zach will do. What they said about *The QWERTY MAN*: "Like :)" #Mark Zuckerberg "A Godforsaken book that might just save humanity from technology." #PopeFrancis Making people pay for words is not a bad thing. By the way, no-one can read this book better than me. #Donald Trump Copyright © 2017 by Dan Savery Raz Published by 1984 Books. First edition 2017. www.qwertymanbook.com

Bravey Alexi Pappas, 2022-01-04 The Olympic runner, actress, filmmaker and writer Alexi Pappas shares what she's learned about confidence, self-reliance, mental health, embracing pain, and achieving your dreams. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY REAL SIMPLE • "Heartbreaking and hilarious."—Mindy Kaling • "A beautiful read."—Ruth Reichl • "Essential guidance to anyone dreaming big dreams."—Shalane Flanagan • "I couldn't put it down."—Adam Grant run like a bravey sleep like a baby dream like a crazy replace can't with maybe When "Renaissance runner" (New York Times) Alexi Pappas—Olympic athlete, actress, filmmaker, and writer—was four years old, her mother died by suicide, drastically altering the course of Pappas's life and setting her on a search for female role models. When her father signed his bereaved daughter up for sports teams as a way to keep her busy, female athletes became the first women Pappas looked up to, and her Olympic dream was born. At the same time, Pappas had big creative dreams, too: She wanted to make movies,

write, and act. Despite setbacks and hardships, Pappas refused to pick just one lane. She put in a tremendous amount of hard work and wouldn't let anything stand in her way until she achieved all of her dreams, however unrelated they may seem to outsiders. In a single year, 2016, she made her Olympic debut as a distance runner and wrote, directed, and starred in her first feature film. But great highs are often accompanied by deep lows; with joy comes sorrow. In *Bravey*, Pappas fearlessly and honestly shares her battle with post-Olympic depression and describes how she emerged on the other side as a thriving and self-actualized woman. Unflinching, exuberant, and always entertaining, *Bravey* showcases Pappas's signature, charming voice as she reflects upon the touchstone moments in her life and the lessons that have powered her career as both an athlete and an artist—foremost among them, how to be brave. Pappas's experiences reveal how we can all overcome hardship, befriend pain, celebrate victory, relish the loyalty found in teammates, and claim joy. In short: how every one of us can become a bravey.

Playing It Forward Guylaine Demers, Lorraine Greaves, Sandra Kirby, Marion Lay, 2014-09-01 Over the last 50 years, the struggles to achieve equity in sport have become central to the feminist mission. This book contains an inspiring collection of stories from the women on the front lines: athletes, coaches, educators, and activists for women's sport, who have done so much to foster change. Many of the women profiled here reflect on their tough beginnings in sport: being isolated and unconnected, competing in makeshift settings, training alone, and inadequate equipment. But they also reflect on the joy of movement, teamwork, and competition. These women grew to be remarkable role models and helped to dismantle sexism in sport. To read these stories is to swell with pride over their victories, to empathize with their battles with discrimination, and to become re-energized to confront collectively the many hurdles left to clear.

The Enigmatic Realm of **My Olympic Dream** : Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **My Olympic Dream** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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