

The Gymnastics Book The Young Performers To Gymnastics Young Performers

Bring history home with you and meet some of the world's greatest game changers! Get inspired by the true story of the most award-winning American gymnast. This biography series is for kids who loved *Who Was?* and are ready for the next level. In August 2016, American gymnast Simone Biles won four Olympic gold medals! Her irresistible smile, fierce determination, and unbeatable strength have made her a favorite around the world. Find out how the girl who taught herself to flip on her backyard trampoline blazed a trail in gymnastics. Trailblazers is a biography series that celebrates the lives of amazing pioneers, past and present, from all over the world. Get inspired by more Trailblazers: Neil Armstrong, Jackie Robinson, Jane Goodall, Harriet Tubman, Albert Einstein, Beyoncé, and Simone Biles. What kind of trail will you blaze?

First published in 1939, this volume translated into English the Danish work 'Den Specielle Gymnastikteori'. Its author, Professor Lindhard, noted the still-young field of theoretical gymnastics in comparison to its physical counterpart, with the only prior major work being that of Ling from 1800. Lindhard developed upon that work to revolutionise the 1930s interpretation of Ling's views. The author of several physiological books, Lindhard sought to explain how gymnastics was a means of developing both physical form and moral qualities. He emphasised the importance of guidance towards ethical and aesthetical gymnastics and explored the differences between men, women and children with regards to each form of exercise. This was achieved through the classification, description and contemplation of exercises such as corrective, balance and athletic exercises along with demonstrative illustrations.

"Art of Mentoring" series In the book that he was born to write, provocateur and best-selling author Christopher Hitchens inspires future generations of radicals, gadflies, mavericks, rebels, angry young (wo)men, and dissidents. Who better to speak to that person who finds him or herself in a contrarian position than Hitchens, who has made a career of disagreeing in profound and entertaining ways. This book explores the entire range of "contrary positions"-from noble dissident to gratuitous pain in the butt. In an age of overly polite debate bending over backward to reach a happy consensus within an increasingly centrist political dialogue, Hitchens pointedly pitches himself in contrast. He bemoans the loss of the skills of dialectical thinking evident in contemporary society. He understands the importance of disagreement-to personal integrity, to informed discussion, to true progress-heck, to democracy itself. Epigrammatic, spunky, witty, in your face, timeless and timely, this book is everything you would expect from a mentoring contrarian. 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.

One of the Best Books of 2016--NPR, the Washington Post, The Wall Street Journal, the Boston Globe, Elle, Thrillist, Men's Journal, Publishers Weekly, Time Out New York, Self and Kirkus The audacious new novel about family and ambition from "one of the best living mystery writers" (Grantland) and bestselling, award-winning author of *The Fever*, Megan Abbott. How far will you go to achieve a dream? That's the question a celebrated coach poses to Katie and Eric Knox after he sees their daughter Devon, a gymnastics prodigy and Olympic hopeful, compete. For the Knoxes there are no limits--until a violent death rocks their close-knit gymnastics community and everything they have worked so hard for is suddenly at risk. As rumors swirl among the other parents, Katie tries frantically to hold her family together while also finding herself irresistibly drawn to the crime itself. What she uncovers--about her daughter's fears, her own marriage, and herself--forces Katie to consider whether there's any price she isn't willing to pay to achieve Devon's dream. From a writer with "exceptional gifts for making nerves jangle and skin crawl" (Janet Maslin), *You Will Know Me* is a breathless rollercoaster of a novel about the desperate limits of parental sacrifice, furtive desire, and the staggering force of ambition.

Depicts the early determination Tracee showed to become a gymnast and the years of training that have brought her to a championship level at age fourteen.

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.

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.

This manual provides guidance on gymnastics instruction for physical education teachers. The authors explore different teaching strategies, body awareness, and the foundational movements and postures, then describe the basic skills of floor exercise, balance beam, springboard and vault, and bars. Black and white drawings illustrate correct body positions. Annotation copyrighted by Book News, Inc., Portland, OR
A year in the life of an aspiring, deeply committed ten-year-old gymnast is chronicled in photographs showing her at practice, in competitions, and at a summer work camp.

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.

Learn what it takes to become a professional gymnast! Readers will get a fascinating insider look at the life of a gymnast, from preparing for competition to events outside the gym.

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).

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.

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 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.

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

Caldecott Honor winner Rachel Isadora's irresistible illustrations of enthusiastic toddlers will have budding gymnasts jumping for joy. Jake and his diverse group of friend love their action-packed gymnastics class, where they stretch, tumble, balance, turn somersaults and so much more. This is the perfect book to introduce toddlers to the joy of movement and the fun of gymnastics. The record-breaking gymnast provides a firsthand look into the world of the female athlete as she shows what it takes to achieve athletic perfection, offering inspiring stories from her own experience, anecdotes, and practical advice that reveal the mindset of a top competitor. 75,000 first printing.

Seven-year-old McKenzie Foster describes her training, practice, and performance as a rhythmic gymnast.

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.

Beginning readers can learn all about what happens at karate class in this Pre-level 1 Ready-to-Read with sweet text and photographs of young martial artists-in-training! It's the first day of karate class. What will it be like? Find out in this early reader by Biscuit creator Alyssa Satin Capucilli. Karate students wear a uniform called a gi, and learn to block and kick! Young readers will love seeing kids their age practicing karate, learning words like obi (the karate belt), and more in this adorable introduction to the sport! Includes a special section of step-by-step instructions for basic karate moves—to be done with a parent or guardian's supervision.

The Gymnastics BookThe Young Performer's Guide to GymnasticsFirefly Books Limited

A year after being nearly paralyzed, Audrey Lee is going to the Olympics but the United States' gymnastics team is on the verge of collapse and Leo, her new coach's cute son, is another distraction.

"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.

An excellent book in every way ... Best of all, the book is accessible to early readers. Superb coverage of a popular sport. --School library Journal (starred review) This indispensable guide is simply the best book for beginners to the sport of artistic gymnastics. Illustrated with stunning full-color photographs of gymnasts balancing, tumbling and jumping, The Gymnastics Book features skilled guidance from a medal-winning, record-breaking gymnast who is now a noted instructor. The topics covered in detail include: Finding a good gymnastics club Qualities to look for in a coach Warm-up and cool-down exercises Entering competitive gymnastics Managing victories and losses The importance of family and friends Nutrition and apparel Financial aspects A typical day of training for competition. The book is also filled with anecdotes and advice from Olympic stars, taking beginners behind the scenes and offering a no-holds-barred account of life as a competitive gymnast. New gymnasts featured include: Shallon Olsen: At just 11 years old she ranked first overall in her age category. She now has the 2016 Olympics games in her sights. Kyle Shewfelt: To date, Kyle is the only Olympic Gold Medalist (2004, Athens) from Canada. Emily Boycott: A Special Olympics athlete and 27 years old, her team took home five gold medals from the 2007 Beijing Olympics.

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.

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.

Jessie might be the quiet girl on the team, but she's a power-house on the vault. She's tired of her teammates underestimating her, and she's finally ready to show them what she's made of. Get ready for Jessie to follow her dreams and finally becoming an Elite Gymnast.

It's time that there was a series about gymnastics for young gymnasts to read and enjoy. Author and former gymnast Mary Reiss has created a series that will motivate and educate the young gymnast in your life. Gym Rats: Basic Training is a great read for anyone that loves the sport of gymnastics. The Gym Rats series offers more than just inspirational stories about best friends and gymnasts, Morgan and Madison. Included in each illustrated book is the "Coach's Corner" where their coach gives tips on technique and the "Drills to Skills" section where drills are provided to help gymnasts master the fundamental skills discussed. A glossary at the end of each book defines important gymnastics terms used throughout the series. There is also have an interactive Website that corresponds with each book where readers can enter contests and submit their gymnastics stories.

Ten-year-old William receives a wooden model of a medieval castle as a gift. It has everything he could possibly want, right down to a miniature drawbridge, a portcullis and a silver knight. In this enthralling story that weaves the everyday problems of growing up with magic and fantasy, the castle introduces William to an adventure involving magic, a ferocious dragon, a wicked wizard, and his own personal quest, where courage will finally triumph over fear.

Britt's just moved to Texas to train at a super competitive gym - can she live up to expectations?

Perseverance (and a little help from a friend) pay off for an aspiring young gymnast in this winning entry in the I Like to Read® series. Ella is in awe of Jan, the star of her gymnastics class. Jan can spin and leap on the balance beam. Can Ella? Her first attempt is a failure, and Ella is ready to give up. But Jan is a star at friendship too; and with her encouragement, Ella tries again--and succeeds! This is the perfect book for girls learning to read. The adorable, leotard-clad young gymnasts fill the pages with action; and the story offers valuable, age-appropriate lessons in kindness, sportsmanship, and how important it is to try, try again. An I Like to Read(R) book. Guided Reading Level D.

Adrianna Rossi is no stranger to the rigorous demands required of her body. Years of pain and determination make her one of the best. Olympic glory is the ultimate goal, and she'll do anything to achieve it. Even if that means leaving home to attend World Cup Academy of Gymnastics, a training center that serves one purpose—producing champions. Perfection, precision, and dedication are required of his athletes. When two time Olympian Konstantin Kournakova is persuaded into training the young hopeful, he immediately regrets it. She doesn't come close to his high standards. As the relentless pursuit of her dream keeps her striving, a passion is ignited within him. Kova's power and domination, coupled with Adrianna's fierce tenacity, reveal there is more for her body to learn. Every interaction can be misconstrued, but there's no mistaking the darkening of his gaze, the lingering of his touch, or the illicit image of his bare skin pressed against hers. Integrity is on the line. One toe off the beam and their forbidden desires could ruin everything they've worked for, throwing it all off balance.

Gymnast Simone Biles won four Olympic gold medals in 2016, and she plans to compete at the Olympics again in 2021. This carefully leveled text with engaging photos and critical thinking questions will be a hit with young gymnastics fans.

Joey Jordan loves gymnastics: the thrill of performing a backflip on the beam, the cheers of the audience when she sticks a

landing. But even with all her talent and style, she's never quite made it to that gold medal stand. Now big changes shake up Joey's life in and out of the gym. Joey wants to break out some daring new beam and floor routines--but she'll have to defy her strict coach to do it. Her best friend, Alex, is thinking about quitting gymnastics for good. And an old friend named Tanner just moved back to town, and he's suddenly gotten very, very cute. Can Joey handle all the challenges coming her way, and make her gold medal summer happen at last? Drawing on her real-life experience as a competitive gymnast, acclaimed novelist Donna Freitas delivers both a terrific gymnastics story and a classic novel about stretching some limits, bending the rules, and finding your balance.

Discover the life of Simone Biles--a story about going for the gold for kids ages 6 to 9 Simone Biles has been called the greatest gymnast of all time, winning five Olympic and 25 World Champion medals by age 22. Before she wowed the world with her incredible gymnastics skills, Simone was an energetic young girl who dreamed of becoming a top gymnast. She trained for hours every day and made many sacrifices to pursue her goals. Explore how Simone Biles went from being a kid growing up in Texas to an Olympic athlete who has won more gymnastics medals than anyone in history. The Story of Simone Biles includes: A fun quiz--Test your knowledge of Simone's life with a short quiz that covers the Who, What, Where, When, Why, and How of her story. Word definitions--Explore a helpful glossary with some of the more advanced words and ideas in this beautifully illustrated book about Simone Biles. Lasting change--See how Simone's accomplishments helped open doors for female athletes across the world. How will Simone's hard work and determination inspire you?

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.

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