



Make the Team: A Gold Medal Guide to Great Gymnastics

Steve Whitlock

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Make The Team A Gold Medal Guide To Great Gymnastics Hardcover By Whitlock

Elfi Schlegel, Claire Ross Dunn



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Make the Team Steve Whitlock,1991-01-01 Introduces the basics of girls gymnastics including step by step instructions in the vault floor exercise uneven parallel bars and the balance beam tips on training and conditioning and information about meets and competition

The Gymnastics Book Elfi/ Dunn Schlegel (Claire Ross),2012 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 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

American Gymnasts Chip Lovitt,2000 Presents the inside scoop on the American gymnasts who are front runners in the race for the Olympic gold

Make the Team U. S. Gymnastics Federation Staff,United States Gymnastic Federation,Steve Whitlock,1991-10 Introduces the basics of girls gymnastics including step by step instructions in the vault floor exercise uneven parallel bars and the balance beam tips on training and conditioning and information about meets and competition

The Gymnastics Book Elfi Schlegel,Claire Ross Dunn,2007-09-14 Guide to gymnastics includes choosing getting started health skills and competition for youth

The Final Five: The Ultimate Unofficial Guide Emily Pullman,2016-12-05 The 11th installment of GymnStars profiles USA s Final Five the acclaimed gymnastics squad that earned team gold in record setting fashion at the 2016 Rio Olympics The award winning children s biography series features

chapters on Simone Biles Gabby Douglas Laurie Hernandez Madison Kocian and Aly Raisman The Final Five The Ultimate Unofficial Guide is also packed with thrilling action pictures of America's golden girls *Guide to Competitive Gymnastics* Erin Nicks, 2020-08-01 This title introduces fans to the world of competitive gymnastics The title features informative sidebars exciting photos a glossary and an index Aligned to Common Core Standards and correlated to state standards SportsZone is an imprint of Abdo Publishing a division of ABDO **Gymnastics** Matt Chandler, 2019-08 Gymnastics A Guide for Players and Fans lets young readers get up close and personal with one of the world's most intense sports Readers will find easy to read explanations of the history of gymnastics basic rules and strategies and how they can suit up and get on the mat Kids who love gymnastics will flip over the colorful photos fun facts and informative sidebars in this book **Great Moments in Olympic Gymnastics** Blythe Lawrence, 2014-08-01 Perhaps no sporting event has told more amazing stories than the Olympic Games Great Moments in Olympic Gymnastics tells the stories of surprise and dominance of inspiration and determination of persistence and overcoming adversity Title includes colorful descriptions of memorable moments old and new a list of great Olympic gymnasts Great Moment sidebars and frequent subheads Aligned to Common Core standards and correlated to state standards SportsZone is an imprint of Abdo Publishing a division of ABDO **Heart of Gold** Kerri Strug, 1996-10-01 In her first book Olympic gold medalist Kerri Strug reveals the keys to her success in the demanding and pressure packed world of elite gymnastics Strug's insights will provide children with a road map for attaining a heart of gold Color photos illustrations **Gymnastics Book** Elfi Schlegel, Claire Ross Dunn, 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 Ultimate Guide to the Sport of Gymnastics for Parents and Athletes* K. Santiago, 2019-04-27 Gymnastics is one of the most beautiful sports in the world It is the perfect combination of balance and strength power and grace Thousands of athletes and families around the world donate hours and hours per week to this sport With the generous contribution of experts around the country including former Olympians Mitch Gaylord Lance Ringnald and Terin Humphrey families can better prepare themselves with the advice they give for what it takes to both begin and advance in the sport Other experts give advice on topics such as college recruitment injury prevention and proper eating habits Athletes and parents can search out answers to some of the most sought out questions in the sport of gymnastics **Solid Gold** Darice Bailer, 2000 A historical overview of the greatest female gymnasts in Olympic history Includes chapters on Agnes Keleti the oldest gymnastics gold medal winner Olga Korbut Nadia Comaneci Mary Lou Retton and Kerri Strug A brief final chapter focuses on future perfect tens participating in the summer 2000 Olympic games Women of Sports Rachel Rutledge, 1999 Discusses the past and future of women's gymnastics and presents biographies of eight of the sport's most famous players Simona Amanar Vanessa Atler Dominique Dawes Ling Jie Svetlana Khorkina Kris Maloney Shannon Miller and Dominique Morceanu **Simone Biles** Caitie McAneney, 2017-07-15 This title explores the life

and career of the most decorated American gymnast so far Simone Biles This young woman rose from the challenges of her youth to break the mold earning five medals including four gold at the 2016 Summer Olympics Biles is one of only six female gymnasts to have won an individual all around title at both the world Championships and the Olympic Games This record breaking young woman has set the stage for future gymnasts as well as all those struggling to overcome adversity

Photographs and a timeline accurately depict Biles s exciting gymnastics career **Olga Korbut: Gymnastics Trailblazer**

Christine Dzidrums,2016-08-16 At age seventeen Soviet gymnast Olga Korbut captured hearts everywhere at the 1972 Olympics From Moonbeam winning author Christine Dzidrums Olga Korbut Gymnastics Trailblazer describes the gymnast s trek from her cartwheeling as a young girl to capturing four Olympic gold medals in gymnastics Accompanied by beautiful illustrations and thrilling photographs the children s biography narrates Olga s early life her inspiring athletic journey and her enormous impact on the sport of gymnastics **Gymnastics** Karen D. Cogan,Peter Vidmar,2000 Want to be a better gymnast Want the mental skills needed to stay focused and the physical skills to maximise your success Then this is the guide to improving your performance potential Co authors Karen D Cogan sport psychologist and Peter Vidmar Olympic Gold Medalist have combined their experience and expertise to create a teaching guide for aspiring gymnasts of all ages Many gymnasts have the physical attributes but often lack the mental skills needed for peak performance level In this book Olympians Shannon Miller Amanda Borden Jaycie Phelps Kerri Strug and Tim Daggett discuss how they used mental skills to become champions **Gabby Douglas** Jameson Anderson,2014-08-15 This title introduces readers to Gabby Douglas the gold medal winning Olympic gymnast Douglas s life story is examined from her childhood in Virginia to her years competing in the USA Gymnastics National Championships World Gymnastics Championships and Pacific Rim Championships on the way to her historic gold medal win in both the individual and team all around competitions at the 2012 Summer Olympic Games Aligned to Common Core standards and correlated to state standards Checkerboard Library is an imprint of Abdo Publishing a division of ABDO **Olympic Gymnastics Legends** Marty Gitlin,2021 Meet some of the world s most amazing gymnastic legends and find out how they won their gold medals

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