



The Gymnastics Book: The Young Performer's Guide to Gymnastics

Elfi Schlegel, Claire Dunn

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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.



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