



## Gymnastics Journal. My Scores, My Goals, and My Dreams (Paperback)

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By M. Karen Goeller

Lulu.com, United States, 2005. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Gymnastics Journal. Keeping a gymnastics journal is a great way to set goals and preserve memories. There are spaces for gymnastics competition scores, event goals, future goals, and much more! You should have enough space for more than one season of meets. In one journal you ll be able to track your progress and your goals from year to year. Written by a very experienced coach, she helped her gymnasts set goals, achieve them, and even surpass them often. Karen Goeller s gymnasts have been State Champions and National TOPS Team Athletes among many other successful gymnasts.



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