

Title: Gabrielle Douglas
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work cited

Hannah Duff
Gabrielle Douglas

“ The hard days are the best days because thats when a champion is made”
Dallas, Texas; Team USA media summit, 2012

www.teamusa.org @2016 united states olympic committee

www.olympic.org @2015

www.npr.org @2016 npr

Gabrielle Douglas

For black history Month, I chose Gabrielle Douglas who became the first U.S. gymnast to win both the team and all-around gold medals. She is 4'11" and she was born on December 31, 1995. She moved away at age 14, to go train with Liang Chow. By 2012, she went to the Olympics. She improved a lot in the future.

Gabrielle Douglas made big accomplishments, because she was very determined to make her dream come true. At four years old, she started to do cartwheels with her sister. She quickly picked up her sister's talent. After a few years went by, her sister convinced their mother to put Gabrielle in gymnastics. It took two years to become a state champion.

she is shorter, which helps her balance, because she has lower sense of gravity. Gabrielle is only 4'11", so we could see how that might be an advantage for her. Her small size helps her rotate, and move around better. Shorter gymnasts are more muscular than tall gymnasts. Which is great for Gabrielle.

At age 14, she moved to a host family in Iowa. Her hometown is in Virginia Beach, Virginia. She trained with Liang Chow, who coached former world champion, Shawn Johnson. Her decision to move was hard for her, but it turned out to be very good one, because she advanced very quickly.

Gabrielle Douglas is a very hard worker. She went to the Olympics, at 16 years old. She won the 2015 P&G championships, 2015 senior U.S. classic, and lots more. She is a big world record changer. She has changed history forever.

