



The Gymnastics Book: The Young Performers Guide to Gymnastics

By Elfi Schlegel

Firefly Books. Paperback. Book Condition: New. Paperback. 144 pages. 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)...



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