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# The Gymnastics Book The Young Performers To Gymnastics Young Performers

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Top 25 Gymnastics Skills, Tips, and Tricks

Teaching Fundamental Gymnastics Skills

Flying High

Gymnastics Jump

Gymnastics Medicine

The Gymnastics Book

I've Got This!

The Gymnastics Book

The Ballet Book

Gymnastics

A Very Young Gymnast

My First Book of Gymnastics

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You Will Know Me  
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She's Got This  
Becoming a True Champion  
Gymnastics Superstar Simone Biles  
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## **ANIYA DARIO**

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Top 25 Gymnastics Skills,  
Tips, and Tricks Yearling  
Discover Aly Raisman's

inspiring story of  
dedication, perseverance,  
and learning to think  
positive even in the  
toughest times on her  
path to gold medal  
success in two Olympic  
Games--and beyond. Aly  
Raisman first stepped  
onto a gymnastics mat as  
a toddler in a "mommy &

me" gymnastics class. No  
one could have predicted  
then that sixteen years  
later, she'd be standing  
on an Olympic podium,  
having achieved her  
dreams. Aly's road to  
success was full of hard  
work, perseverance, and  
victories, but not without  
its hardships. Aly faced

many obstacles, from naysayers who said she'd never make it in gymnastics to classmates who shamed her for her athletic body to a devastating betrayal of trust. Through it all, Aly surrounded herself with supportive family, friends, and teammates and found the inner strength to remain positive and believe in herself. Now, in her own words, Aly shows what it takes to be a champion on and off the floor, and takes readers on a behind-the-scenes journey before, during,

and after her remarkable achievements in two Olympic Games--through her highest highs, lowest lows, and all the moments in between. Honest and heartfelt, frank and funny, Aly's story is enhanced with never-before-published photos, excerpts from the personal journals she's kept since childhood that chronicle memorable moments with her teammates, and hard-won advice for readers striving to rise above challenges, learn to love themselves, and make their own

dreams come true.

Teaching Fundamental  
Gymnastics Skills Springer

Nature

Perfect Balance

Gymnastics Books are like Babysitters Club with gymnasts.

*Flying High* North Star Editions, Inc.

A beautifully photographed, expertly produced study of a young athlete.

Gymnastics Jump Simon and Schuster

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. *Gymnastics Medicine* Penguin  
Lauren goes with her friend to the new gymnastics club in town and finds that she likes the sport.

The Gymnastics Book  
Perfect Balance  
Gymnastics Series  
It's Lily's first gymnastics meet, and she is nervous. Will she be able to complete all of her events without falling?\_This Starting Line Reader showcases the importance of perseverance. *I've Got This!* Basic Books (AZ)  
A sports reporter investigates the training of girls as professional gymnasts and figure skaters, arguing that the pressure to succeed and

to look beautiful results in mental and physical harm, from eating disorders to psychological trauma.

### **The Gymnastics Book**

Doubleday

A New York Times bestseller! From gold-medal-winning Olympic gymnast and bestselling author Laurie Hernandez comes a picture book about chasing your dreams and never giving up. Even Olympians have to start somewhere. And in this charming illustrated book, Laurie Hernandez tells the story

of Zoe, a little girl who dreams of flying—and becoming a gymnast. When Zoe sees a gymnast on TV, she realizes that gymnastics is just like flying. But when she first goes to class and falls off the balance beam, she discovers that following her dreams is harder and scarier than she thought. Through this heartwarming and inspirational story, featuring vibrant art from #1 New York Times bestselling and Geisel Honor-winning artist Nina Mata, Laurie imparts

important lessons she learned on her way to Olympic glory: You always have to get back up and try again, and you always have to believe in yourself.

*The Ballet Book* Scholastic Paperbacks

Explores every aspect of gymnastics including clothing, warming up, apparatuses, balances, rolls and rolling, headstands and handstands, tumbling, and vaulting.

*Gymnastics Basic Books*

From the first women who fought to bring

gymnastics to the Olympics to the international superstars of today, Legends of Women's Gymnastics tells the stories of the women who have thrilled and inspired fans both in and out of the gym.

A Very Young Gymnast

HarperCollins

This is a child friendly book that provides step-by-step instructions and top ups explaining how to perform a large variety of gymnastic floor skills via simple language and eye-catching photography. My First Book of

Gymnastics Enslow Publishing, LLC  
Named a best beach/summer read by O, The Oprah Magazine, Cosmopolitan, Parade, PopSugar, Marie Claire, Bustle, and more! From the author of the Love at First Like and Playing with Matches, an electrifying rom-com set in the high stakes world of competitive gymnastics, full of Hannah Orenstein's signature "charm, whimsy, and giddy romantic tension" (BuzzFeed). The past seven years have been

hard on Avery Abrams: After training her entire life to make the Olympic gymnastics team, a disastrous performance ended her athletic career for good. Her best friend and teammate, Jasmine, went on to become an Olympic champion, then committed the ultimate betrayal by marrying their emotionally abusive coach, Dimitri. Now, reeling from a breakup with her football star boyfriend, Avery returns to her Massachusetts hometown, where new coach Ryan asks her to

help him train a promising young gymnast with Olympic aspirations. Despite her misgivings and worries about the memories it will evoke, Avery agrees. Back in the gym, she's surprised to find sparks flying with Ryan. But when a shocking scandal in the gymnastics world breaks, it has shattering effects not only for the sport but also for Avery and her old friend Jasmine. Perfect for fans of Emily Giffin and Jasmine Guillory, *Head Over Heels* proves that no one "writes about modern

relationships with more humor or insight than Hannah Orenstein" (Dana Schwartz, author of *Choose Your Own Disaster*). [The Gymnastics Book](#) Lerner Publications™ Introduces the sport of artistic gymnastics. [Tumbling Firefly Books](#) *Becoming a True Champion* offers a path to achieving athletic excellence, longevity, and dignity through the values and hard work that once distinguished athletes as true role models. Providing an antidote to

images of misbehaving athletes, this book guides readers through the ethics and standards that will set them apart both on and off the field.

### **You Will Know Me**

Human Kinetics

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.

**Teaching Childrens  
Gymnastics** The

Crowood Press  
From daring vaults to jaw-dropping floor routines, gymnastics stars do it all. This book sticks the landing for old and new fans alike with stunning stats, thrilling comebacks, and the greatest gymnasts of all time.

Letters to a Young Gymnast Henry Holt and Company (BYR)  
Adrianna Rossi is no stranger to the rigorous demands required of her body. Years of pain and determination make her one of the best. Olympic glory is the ultimate goal,

and she'll do anything to achieve it. Even if that means leaving home to attend World Cup Academy of Gymnastics, a training center that serves one purpose-producing champions. Perfection, precision, and dedication are required of his athletes. When two time Olympian Konstantin Kournakova is persuaded into training the young hopeful, he immediately regrets it. She doesn't come close to his high standards. As the relentless pursuit of her dream keeps her striving,

a passion is ignited within him. Kova's power and domination, coupled with Adrianna's fierce tenacity, reveal there is more for her body to learn. Every interaction can be misconstrued, but there's no mistaking the darkening of his gaze, the lingering of his touch, or the illicit image of his bare skin pressed against hers. Integrity is on the line. One toe off the beam and their forbidden desires could ruin everything they've worked for, throwing it all off balance. She's Got This Meyer &

Meyer Verlag

This book presents the most current information on the treatment of athletes involved in gymnastics, a multifaceted sport with unique demands on its participants that can lead to a myriad of medical conditions and injury patterns. It opens with an introduction to the history of gymnastics and a brief review of gymnastics disciplines and events. An overview of gymnastics injury epidemiology lays the foundation for the rest of the book. Growth and

developmental issues are also discussed in detail, as many young gymnasts train long hours before or during puberty. Concepts related to the biomechanics of gymnastics, common overuse and acute musculoskeletal injuries, psychological issues, concussions, as well as rehabilitation and return-to-play principles round out the presentation. Throughout, there is the emphasis that young athletes are not simply small adults, and that they have unique needs

and considerations for evaluation and treatment. Written and edited by experts in the field, some of whom are former gymnasts themselves, *Gymnastics Medicine* covers all of the relevant information on evaluation, management and return-to-play for sports medicine physicians, advanced practice providers, physical therapists, athletic trainers, exercise scientists, and mental health professionals. [Becoming a True Champion](#) Simon and

Schuster  
My First Book of  
Gymnastics gets young  
readers moving with 10  
playful exercises,  
accompanied by step-by-  
step instructions and  
illustrated characters kids  
will love. It's never too  
soon to teach the benefits  
of health and physical  
fitness. This fun follow-up  
to Walter Foster Jr.'s My  
First Book of Pilates  
encourages children and  
parents alike to get up  
and move! Featuring 10

poses and exercises for  
young children with a  
series of simple and  
playful movements, My  
First Book of Gymnastics  
shows kids how fun and  
easy gymnastics can be.  
Whether learning how to  
leap like a frog, crawl on  
your knees and elbows  
like a turtle, or slither like  
a crocodile, kids will  
delight in learning and  
practicing each  
movement. By learning  
gymnastics, children will  
gain physical benefits of  
improved coordination,

strength, and flexibility;  
not to mention key  
awareness of their body  
and a love and discipline  
for exercise and fitness.  
Gymnastics Superstar  
Simone Biles Crowood  
Gymnast Simone Biles  
won four Olympic gold  
medals in 2016, and she  
plans to compete at the  
Olympics again in 2021.  
This carefully leveled text  
with engaging photos and  
critical thinking questions  
will be a hit with young  
gymnastics fans.

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