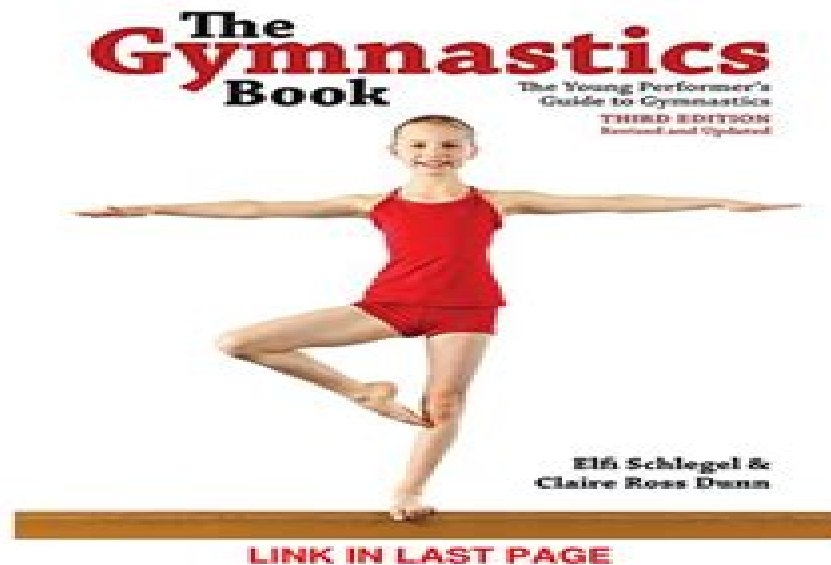


# The Gymnastics Book: The Young Performer's Guide to Gymnastics



# The Gymnastics The Young Performers Guide To Gymnastics Young Performers Guide

**L. E. Carmichael**



## **The Gymnastics The Young Performers Guide To Gymnastics Young Performers Guide:**

*The Gymnastics Book* Elfi Schlegel, Claire Ross Dunn, 2001 The gymnastics book a young person's guide to gymnastics

*The Gymnastics Book*, 2012      **The Gymnastics Book** Elfi/ Dunn Schlegel (Claire Ross), 2012 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      **The Gymnastics Book** Elfi Schlegel, Claire Ross Dunn, 2000 Part of Key Porter's Young Athlete's series The Gymnastics Book focuses on the three F's of gymnastics Fun Fitness and Fundamentals Illustrated throughout with stunning full colour photography of gymnasts in the act of swinging balancing tumbling and jumping The Gymnastics Book provides detailed instructions on vault rings bars beam floor and trampoline Elfi Schlegel also discusses how to find a good gymnastics club what to wear to class what qualities to look for in a coach what to eat before class to stay healthy and the importance of warm up and cool down exercises Finally there is a chapter on taking gymnastics to the competitive level Filled with anecdotes and advice from past and present stars this chapter is a no holds barred account of life as a competitive gymnastics The Gymnastics Book is an inspirational motivator an exceptional guide and an ideal companion for young gymnastics students 2000      David Bruce, 2006-06-01 *Bride of The Funniest People in Religion and Families* contains such anecdotes as these When Panamanian salsa singer Rubin Blades married Lisa Lebenzon an Anglo a white American not of Spanish descent non Spanish speaker he asked her to learn Spanish so he could speak his native language at home She finished in only seven months a Spanish course that normally took three years Dr Louis Finkelstein chancellor of the Jewish Theological Seminary of America kept a strictly kosher diet While in Paris he and a group of rabbis ate only in kosher restaurants On leaving Paris Dr Finkelstein joked I can't understand all this fuss people make about French cooking We have the same things at home A Sufi teacher spoke about the virtue of patience As he spoke a scorpion stung his foot repeatedly His followers eventually noticed the scorpion and asked the teacher why he had not moved his foot away from it The teacher replied I was discussing the virtue of

patience I could hardly have spoken about patience without also setting an example of patience I would have been ashamed before God

**Top 25 Gymnastics Skills, Tips, and Tricks** Jeff Savage, 2012-01-01 During the heat of competition the slightest misstep in your floor exercise or a fall off the balance beam could cost you a trophy or your team a championship Gymnastics is all about precision and technique Would your readers like to perform like an Olympic gold medalist Author Jeff Savage gives step by step instructions to many of the basic techniques in gymnastics and provides readers with some fun tips from Olympic champions

**The Young Performer's Guide** Brian A. Padol, Alan Simon, 1990 Presents the ins and outs of show business with information on entering the field the function of agents and managers legalities taxes and contracts auditioning and stage fright and other aspects of careers in the performing arts

All About Women's College Gymnastics Heather Rule, 2020-08-01 This title introduces fans to the world of women's college gymnastics The title features informative sidebars exciting photos a glossary and an index Aligned to Common Core Standards and correlated to state standards SportsZone is an imprint of Abdo Publishing a division of ABDO

**Science Behind Gymnastics** L. E. Carmichael, 2016-01-01 Discusses the science of gymnastics using biology physics and engineering

You Can Be a Gymnast Alix Wood, 2013-12-30 In order to compete high on the rings flip through the air and doing walking handstands on the beam gymnasts have to be strong flexible and confident With lots of practice and help from a coach and spotter readers can learn to execute splits L sits and other cool gymnastics moves by following an informative step by step guide Colorful photos and helpful tips remind even seasoned gymnasts of important technical points Readers new to the sport will see moves so cool they'll want to join a gym and try them right away

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