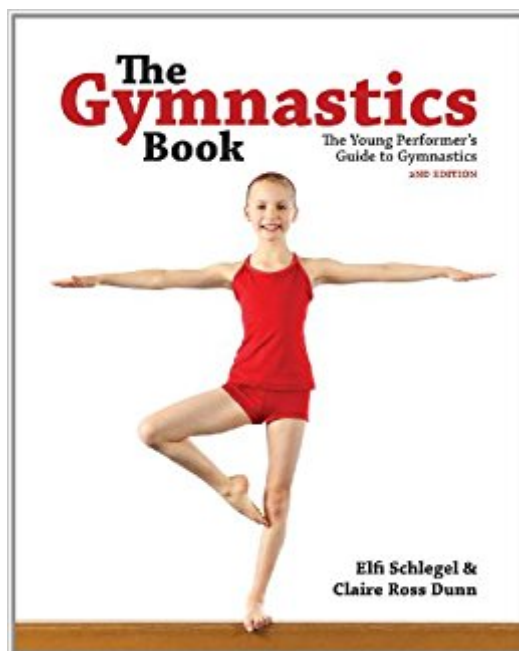


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The Gymnastics Book: The Young Performer's Guide To Gymnastics



Synopsis

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.

Book Information

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Age Range: 7 - 11 years

Grade Level: 2 - 6

Customer Reviews

A wonderful way for those interested in the sport to get started. provides a solid beginning to this popular sport. (GoodReads.com 2012-10-01)[Review for previous edition] Colorful photos and pleasing layout ... very eye catching. But there is also plenty of information to go along with the clean design ... An excellent introduction to the sport. (Denise Wilms Booklist 2001-05-01)[Review for previous edition] An indispensable guide to the beginner's world of artistic gymnastics. (Books for Growing Minds)[Review for previous edition] [STARRED REVIEW] An excellent book in every way ... Best of all, the book is accessible to early readers. Superb coverage of a popular sport. (Kate Kohlbeck School Library Journal)[Review for previous edition] Goes beyond basics... proper techniques for basic moves on the balance beam, vault and uneven bars are illustrated with color photographs. (Jenna Galley Trenton Times 2004-08-11)Getting a child started in a gymnastics program can be confusing for the parent. Terminology, exercises and safety are all concerns and so it is nice to start off with a well-written guide book to familiarize yourself... With colour photographs throughout, the book provides a step-by-step guide to getting started. Accompanying the photographs are descriptions of the warm-up exercises, basic skills, and cool down stretches. Schlegel also discusses competition training and profiles a number of important gymnasts. (Terry Peters North Shore News 2013-04-07)An informative, visually appealing guide for any child who is interested in this popular sport. Highly recommended. (Michelle Brian, Librarian, Faculty of Education, U Canadian Materials 2012-11-16)This timely book certainly provides children with a nice, positive introduction to a sport they can enjoy. (GoodReads 2012-10-01)

Elfi Schlegel was a member of the Canadian National Team from 1976 to 1985, won two gold medals at the 1978 Commonwealth Games and in 1979 won a team gold and individual bronze medal at the Pan Am Games. Elfi won Canada's only World Cup gymnastics medal, a bronze in the vault, in 1980. As a scholarship athlete at the University of Florida, she was a six-time All-American. Elfi got her start as a gymnastics commentator at the age of 17 and worked for CTV and CBC. For the past 20 years, she has been a sports commentator for NBC Sports, covering 11 Olympics, as well as countless other gymnastics meets, and the sport of curling. She will be covering the Games for NBC again in 2012. Elfi lives in Toronto, Ontario. Claire Ross Dunn is a journalist and writer for television.

Bought this for my 10 year old granddaughter who is in to gymnastics big time. She was thrilled with the book and seems to always have her nose in it so I'm very pleased with this purchase.

This book was given as a gift for my 9 year old daughter and son who are interested in beginning gymnastics. There are many pictures in the book depicting exercises and basic skills which are helpful. The book includes photos of boys doing typical male routines including the rings and pommel horse as well as girls which makes it a good book for both sexes. I find it to be a good book for the wanna be Gabby Douglas in order to learn how much work and commitment is involved if one hopes to succeed on any competitive level.

Very good

I bought this for my gymnast daughter - she is 7 and just getting to team level (USAG level 4.) Based on the description I thought it would go beyond the basics, covering some intermediate skills and discussing more about team gymnastics, but it really is for absolute beginners. It also is not written in kid-friendly language - it is like it is a book for adults that is being marketed for kids. Some of the words from the introduction that my 7-year old did not know: 'spatial orientation', 'stationary', 'alternatives', 'beneficial'. Considering that most girls start gymnastics pretty young (as the author herself did), this is a little confusing - if this is a book for beginning gymnasts, the language should be such that a 6-8 year old can understand it. If it's actually for parents or teachers, then don't market it as a children's book. On the plus side, the information and pictures are good, and the stories Elfi shares from her own gymnastics experience are too.

I bought this for my seven-year-old granddaughter who is obsessed with gymnastics. She loves it and uses it almost daily. The pictorials are easy enough for her to follow.

Go this for my 12 year old who is just starting gymnastics again. She is able to read and understand the instructions and uses it when she is practicing at home.

Very detailed, daughter loves it.

This was purchased for a gift for my gymnast grand daughter. She loves it. It contains pictures and demonstrates moves. Great gift!!

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