

Behind The Scenes Gymnastics Inside The Sport Idi

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The Sport Idi*

2023-01-22

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Gymnastics Doubleday

Simone Biles: A Gymnastics Icon - The Extraordinary Journey of Olympic Excellence" takes readers on a captivating and inspiring voyage through the life of one of the greatest gymnasts in history. From her humble beginnings in a small Texas town to soaring to the pinnacle of the Olympic podium, this book chronicles Simone Biles' remarkable journey. Discover the determination, resilience, and unwavering dedication that propelled Simone to become a gymnastics legend. Through a narrative rich in personal anecdotes and behind-the-scenes stories, readers will gain deep insights into her relentless pursuit of perfection and the sacrifices she made along the way. This book delves into the defining moments of Simone's career, including her record-breaking performances at the Olympics, her incredible skills that pushed the boundaries of gymnastics, and the challenges she faced both in and out of the gym. Simone Biles' story is not just one of athletic achievement but also a testament to the power of self-belief, perseverance, and the unyielding spirit of a true champion. "Simone Biles: A Gymnastics Icon" is a celebration of excellence and a source of inspiration for anyone with dreams of reaching their own summits.

The Magnificent Seven Routledge

From the "Young Dreamers" series comes this behind-the-scenes peek at training sessions with 8-year-old gymnast McKenzie Foster and trainer Wendy Hillard--just in time for the Summer 2000 Olympics. More than 75 color and b&w photos.

The Gymnastics Book AuthorHouse

The down-to-earth Olympic medalist tells the story of the pressures and mental health struggles behind his successful gymnastic career. Nile Wilson is known to many as the gymnast who won a bronze medal for Great Britain at the 2016 Rio Olympics, and England's most successful gymnast ever at a Commonwealth Games following his five medals in 2018. Yet, Nile is so much more than just an athlete. A YouTuber with over a million subscribers, a social media influencer, a successful businessman and entrepreneur, Nile is also an advocate for mental health awareness, and has been very open about his own personal struggles. In this book, Nile gives an unprecedented look into his true battle to be fit and ready for the Tokyo 2020 Olympics—throughout the Games and the aftermath. The public perception of Nile Wilson is focused on his humor, openness, and how down-to-earth he is. This book reveals the struggles behind the smiles, from the brutal reality of performing at an elite sporting level, to the mental health battles Nile has had to fight—and continues to fight—every day.

Béla Károlyi's Art of Coaching Inside the Sport (Lerner (Tm)

* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. Reading this summary, you will discover how the Romanian gymnast Nadia Comăneci became a legend in her field. You will

also discover : behind the scenes of high level gymnastics between 1970 and 1984; the living conditions in Romania during the Cold War; how Nadia Comăneci's character was forged; her relationship with her coaches; how and why she became so famous. At a very young age, Nadia Comăneci developed exceptional skills for sport. These led her to an extraordinary destiny. Passionate about gymnastics, she was the first athlete to achieve top marks in competition. As a result, she was the object of admiration but also of all fantasies, as a showcase for an opaque communist regime. Are you ready to discover her exceptional destiny? *Buy now the summary of this book for the modest price of a cup of coffee!

Routledge Handbook of Global Sport Independently Published

The story of global sport is the story of expansion from local development to globalized industry, from recreational to marketized activity. Alongside that, each sport has its own distinctive history, sub-cultures, practices and structures. This ambitious new volume offers state-of-the-art overviews of the development of every major sport or classification of sport, examining their history, socio-cultural significance, political economy and international reach, and suggesting directions for future research. Expert authors from around the world provide varied perspectives on the globalization of sport, highlighting diverse and often underrepresented voices. By putting sport itself in the foreground, this book represents the perfect companion to any social scientific course in sport studies, and the perfect jumping-off point for further study or research. The Routledge Handbook of Global Sport is an essential reference for students and scholars of sport history, sport and society, the sociology of sport, sport development, sport and globalization, sports geography, international sports organizations, sports cultures, the governance of sport, sport studies, sport coaching or sport management.

Courage to Soar White Owl

Nadia Comaneci is the Romanian child prodigy and global gymnastics star who ultimately fled her homeland and the brutal oppression of a communist regime. At the age of just 14, Nadia became the first gymnast to be awarded a perfect score of 10.0 at the 1976 Montreal Olympic Games and went on to collect three gold medals in performances which influenced the sport for generations to come, cementing Nadia's place as a sporting legend. However, as the communist authorities in Romania sought an iron grip over its highest-profile athletes, Nadia and her trainers were subjected to surveillance from the Securitate, the Romanian secret police. Drawing on 25,000 secret police archive pages, countless secret service intelligence documents, and numerous wiretap recordings, this book tells the compelling story of Nadia's life and career using unique insights from the communist dictatorship which monitored her. Nadia Comaneci and the Secret Police explores Nadia's complex and combustible relationship with her sometimes abusive coaches, Béla and Marta Károlyi, figures who would later become embroiled in the USA Gymnastics scandal. The book addresses Nadia's mental struggles and 1978 suicide attempt, and her remarkable

resurgence to gold at the Moscow Olympics in 1980. It explores the impact of Nadia's subsequent withdrawal from international activity and reflects on burning questions surrounding the heart-stopping, border-hopping defection to the United States that she successfully undertook in November 1989. Was the defection organised by CIA agents? Was it arranged on the orders of President George Bush himself? Or was Nadia aided and abetted by some of the very Securitate officers who were meant to be watching the communist world's most lauded sporting icon? What is revealed is a thrilling tale of endurance and escape, in which one of the world's greatest gymnasts risked everything for freedom.

The Colorado Alumnus Bloomsbury Publishing

This indispensable guide is simply the best book for beginners to the sport of artistic gymnastics. Illustrated with stunning full-colour 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. AUTHOR: 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. Claire Ross Dunn is a journalist and writer for television. Colour photographs *YMCA Nelson: 150 years of building strong kids, strong families and strong communities in the Nelson region, 1860 - 2010* Inside the Sport (Lerner (Tm)

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 Delacorte Books for Young Readers
ONE COACH'S JOURNEY FROM EAST TO WEST: HOW THE FALL OF THE IRON CURTAIN CHANGED THE WORLD OF GYMNASTICS Until the fall of the Soviet Union the West and the Communists were engaged not only in a heated arms race but a race for Olympic gold, and Moscow poured tremendous resources into the effort, attracting some of the country's greatest minds. Author Vladimir Zaglada provides a look inside some of the Soviet Unions gymnastics think tanks, such as the Moscows Lenin Institute. One Coach's Journey from East to West also introduces us to some of the brilliant and colorful figures that have advanced the art of gymnastics and examines how the flood of coaching talent into the West has shifted the "balance of power." The force of this "flood" has been somewhat impeded by cultural and language barriers, which are also discussed in the book. "Hot topics" such as the relentless increase in the difficulty level of artistic gymnastics are also discussed and a number of technical issues are covered, complete with illustrations. Zaglada provides a rare

look inside the world of Soviet gymnastics at its height and provides information never before published in English. Did the machinery that cranked out Soviet gymnastics champions allow for a happy childhood? Why has the balance of power in gymnastics shifted in America's favor but will Russia retake the throne? The rigid line between "amateurs" (who are true professionals in almost all senses of the word) and professionals is the "amateur" in "amateur gymnastics sacred? Is there an ideal physique for women's gymnastics? How much of current American coaching practice can be traced back to Soviet sports institutes? Ever heard of the "profile system"? What is the difference between an Arabian, an Onodi, and a Mostepanova? Why a few basic terms are constant sources of confusion. How effective was the system of incentives for Soviet gymnasts and coaches? How did the nomenklatura system of privileges and patronage impact Soviet gymnastics?

Creating Japan's Ground Self-Defense Force, 1945-2015 Tyndale House Publishers, Inc.

Based on a decade of research by two leading action sports scholars, this book maps the relationship between action sports and the Olympic Movement, from the inclusion of the first action sports to those featuring for the first time in the Tokyo Olympic Games and beyond. In an effort to remain relevant to younger audiences, four new action sports, surfing, skateboarding, sport climbing, and BMX freestyle were included in the Tokyo Olympic program. Drawing upon interviews with Olympic insiders, as well as leaders, athletes, and participants in these action sports communities, the book details the impacts on the action sports industry and cultures, and offers national comparisons to show the uneven effects resulting from Olympic inclusion. It reveals the intricate workings of power and politics in contemporary sports organisations, and maps key trends in this changing sporting landscape. Action Sports and the Olympic Games is a fascinating read for anybody studying the Olympics, the sociology of sport, action sports, or sport policy.

Beautiful Bridesmaids Dressed in Oranje Independently Published
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.

Simply Verona Lexington Books

Ethnography in Social Science Practice explores ethnography's increasing use across the social sciences, beyond its traditional bases in social anthropology and sociology. It explores the disciplinary roots of ethnographic research within social anthropology, and contextualizes it within both field and disciplinary settings. The book is of two parts: Part one places

ethnography as a methodology in its historical, ethical and disciplinary context, and also discusses the increasing popularity of ethnography across the social sciences. Part two explores the stages of ethnographic research via a selection of multidisciplinary case studies. A number of key questions are explored: What exactly is ethnographic research and what makes it different from other qualitative approaches? Why did ethnography emerge within one social science discipline and not others? Why did its adoption across the social sciences prove problematic? What are the methodological advantages and disadvantages of doing ethnographic research? Why are ethnographers so concerned by issues of ethics, politics, representation and power? What does ethnography look like within different social science disciplines? The book is aimed at social science students at both undergraduate and postgraduate level and each chapter has pedagogic features, including reflective activities and suggested further readings for students. *Gymnastics and Weight Lifting, Rules of the Amateur Athletic Union of the United States* Greenhaven Publishing LLC

This book lifts the lid on the high pressured, complex world of women's artistic gymnastics. By adopting a socio-cultural lens incorporating historical, sociological and psychological perspectives, it takes the reader through the story and workings of women's artistic gymnastics. Beginning with its early history as a 'feminine appropriate' sport, the book follows the sport through its transition to a modern sports form. Including global cases and innovative narrative methods, it explores the way gymnasts have experienced its intense challenges, the complexities of the coach-athlete relationship, and how others involved in the sport, such as parents and medical personnel, have contributed to the reproduction of a highly demanding and potentially abusive sporting culture. With the focus on a unique women's sport, the book is an important read for researchers and students studying sport sociology, sport coaching, and physical education, but it is also a valuable resource for anyone interested in the development of sporting talent.

Gender in Physical Culture Lerner Publications™

Eva Ibbotson's hugely entertaining *The Star of Kazan* is a timeless classic for readers young and old. In 1896, in a pilgrim church in the Alps, an abandoned baby girl is found by a cook and a housemaid. They take her home, and Annika grows up in the servants' quarters of a house belonging to three eccentric Viennese professors. She is happy there, but dreams of the day when her real mother will come to find her. And sure enough, one day a glamorous stranger arrives at the door. After years of guilt and searching, Annika's mother has come to claim her daughter, who is in fact a Prussian aristocrat whose true home is a great castle. But at crumbling, spooky Spittal, Annika discovers that all is not as it seems in the lives of her new-found family . . .

Gymnastics Routledge

This study provides a comprehensive institutional history of Japan's post-1945 army. It also analyzes representations of the military in popular culture, the place of soldiers in the formation of the country's postwar national identity, and the social and political impact of constitutional restrictions on the military. *Action Sports and the Olympic Games* Rowman & Littlefield

In *Courage to Soar*, the official autobiography from four-time Olympic gold-winning and record-setting American gymnast Simone Biles, Simone shares how her faith, family, passion, and perseverance has made her one of the top athletes and gymnasts in the world—and how you too can overcome challenges in your life. Simone Biles' entrance into the world of gymnastics may have started on a field trip in her hometown of Spring, Texas, but her God-given talent, along with drive to succeed no matter the obstacle, are what brought her to the national spotlight during

the Olympic Games and have catapulted her ever since—including 25 World Championship medals. But there is more to Simone than her accomplishments. In this book Simone shares: how she has relied on her faith and family to stay focused and positive the ways she's continued competing at the highest level and having fun doing what she loves a behind-the-scenes look at gymnastics events, including the Olympics the events and challenges that carried her from an early childhood in foster care to a coveted spot on the U.S. Olympic team Along the way, Simone shares the details of her inspiring personal story—one filled with daily acts of courage that led her, and can lead you, to even the most unlikely of dreams Special eBook bonus content contains 3 extra chapters of behind-the-scenes look into Simone's life *Courage to Soar*: presents a positive role model for young girls, whether athletes or not is an ideal gift for birthdays, holidays, or to celebrate important achievements is perfect for school assignments and reports is an inspirational story for fans of gymnastics or any sport contains an eight-page, full-color photo insert

Women's Artistic Gymnastics eBook Partnership

This volume outlines existing research relating to gender in physical culture. The introductory chapter employs Lamont and Molnàr's (2002) idea of 'boundaries' as visible and invisible socially constructed borders that create social differences, as the theoretical framework for the book. Seven empirically-driven case studies follow which, on the one hand, demonstrate how boundary 'work' has taken and is taking place at the level of media, institutions, communities and individuals; and on the other hand, show how individuals, groups of individuals and organisations challenge and change dominant gender discourses and practices. The wide variety of rich case materials reveal how gender ideals not only normalize, but are actively and purposefully negotiated and transformed to create individualised and inclusive physical culture contexts. The final chapter explores how the book builds on and extends existing gender and physical culture research. This book was originally published as a special issue of the journal *Sport in Society*.

Simone Biles Routledge

Two-year-old Rachel Haines didn't know that she would be committing to twenty-one years of hard work, dedication, and perseverance as she jumped into the foam pit during her first "mommy and me" gymnastics class. She had no idea that one day she would become a two-time National Team Member, two-time National Champion, and a Division I college gymnast at the University of Minnesota. Nor could she have known that she had just signed herself up for serious injury, emotional distress, and continuous sexual assault by world-renowned trainer turned serial molester, Larry Nassar. In *Abused: Surviving Sexual Assault and a Toxic Gymnastics Culture*, Rachel details her experiences as a competitive gymnast and the painful realities of being one of Nassar's many victims. With honesty and candidness, Rachel shares how the sport she loved that gave her so much—friendships, accomplishments, a college education—is also tangled in a dangerously toxic culture that needs to be fixed. In a world that was setting her up for a lifetime of recovery, she tells how faith, family, and an army of survivors made healing possible.

Behind the Scenes Basketball Pan Macmillan

On an April morning in 1896, unemployed single mother Stamata Revithi ran the 40 kilometers from Marathon to Athens, finishing in 5 hours 30 minutes. Barred from the first Olympic marathon, she was determined to prove herself. Through more than a century of Olympic Games history, women athletes—who were held back from swimming because long skirts were required, limited to running single-lap races because of fallacies about

fragility, or forced to endure invasive gender exams--competed in spite of endless challenges. From Athens 1896 to Tokyo 2020, this history of women's participation in the Olympic Games centers on athletes who overcame entrenched inequity to gain inclusion.

Abused Little, Brown Books for Young Readers

From three-time Olympian and Olympic champion Kyle Shewfelt, this is the inside story of his pursuit of gymnastics glory, his courageous comeback from two broken legs and how the difference makers in his life guided him along the way. Kyle Shewfelt was at the top of his sport: a polished performer with an unrelenting drive to be the very best carried him to the pinnacle of men's gymnastics and a historic Olympic gold medal for Canada on the floor exercise. But when a mistimed landing in a training session at the world championships leaves him with two broken legs just eleven months before the next Olympic Games, Kyle's self-belief is cast into doubt and he is forced to awaken a new level of determination to realize his final goal. *Make It Happen* is a motivational memoir that explores every aspect of Kyle's journey through sport. From his early years of cartwheeling around his home and falling in love with gymnastics, to his battles with perfectionism, taunting from a cruel bully and a stint of teenage rebellion, Kyle gives a gripping and honest glimpse into the pursuit of his Olympic dream. He takes readers behind-the-scenes to the epic Olympic after-parties and on the wave of post-Olympic fame while also shedding light on the darkness of injury, the intensity of elite training and the pressures of expectation. Throughout, he shares how he conquered fear and self-doubt with the help of dedicated family, friends, teammates, coaches and mentors - first to reach the Olympic Games, then to stand on top of the podium, then to comeback in the wake of a

devastating injury and finally, to find a new sense of purpose in his life after retiring from elite sport. With his trademark candor and spirit, Kyle pays tribute to the difference makers in his career and shares a fresh perspective on how to nurture a champion. He details his winning formula and the factors that led to his triumphant success at the 2004 Athens Olympics and highlights the positive power of sport. This is a story of hope and resilience, and what it takes to "make it happen", no matter what the goal. PRAISE FOR MAKE IT HAPPEN: "Make It Happen has made a positive impact in the way I approach training, competition and life. Kyle blazed a new trail for Canadian gymnastics and showed us all that reaching the top of an Olympic podium is actually possible. He has been a difference maker in my life and his book continually filled me with new insights and fresh inspiration. I believe every athlete can benefit from reading it!" Ellie Black, 2x Olympian, 2017 World All-Around Silver medalist and 10x Pan Am Medalist "Make It Happen is a must-read for all athletes, parents and coaches. Kyle's journey is a great example of what it means to be athlete driven and parent/coach supported. I loved the honesty in which he shares his inner dialogue as he progressed and matured from a young tumbler to a world-class gymnast. This story is as much about Kyle's journey as a person as it about his journey as an Olympic Champion. Marnie McBean, OC, OLY, 3x Olympic Rowing Champion "Kyle's account of a life in sport is honest and raw. It brought laughter, surprise, excitement, tears, and above all, hope. . . The glimpses of his parents' pragmatic and unwavering support, coupled with their commitment to raising and a young man rather than an elite athlete, impacted me more than any how-to book on the same topic could ever accomplish. *Make It Happen* is compulsory reading for today's sport parent. Krista Thompson, Parent