



# Winning Gymnastics for Girls (Winning Sports for Girls)

*David Porter*

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Gymnastics emphasizes strength, power, beauty, and grace. It rewards originality and demands perfection. Unlike other sports, the focus of gymnastics is on the individual competitor and the skills she displays, such as running, jumping, climbing and swinging within the discipline of the sport. *Winning Gymnastics for Girls* shows readers how to acquire the required concentration and mastery of movement required to play the sport safely and well. *Winning Gymnastics for Girls* acts as a primer to those young athletes who wish to get started at ground level. It also covers the history of the sport, rules and equipment, fundamental skills such as tumbling, balance and flexibility, and much more. Teaching the techniques for mastering the parallel bars, rings, horizontal bar, long horse vault, and pommel horse it gives girls new to gymnastics essential information. Also covered are the basic routines used in competitive gymnastics, as well as nutrition, fitness training, and flexibility training. Each chapter provides suggested drills and entertaining sidebars. Appendixes offer additional resources.

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