



Gymnastics: Your Best Meet Ever!

Rita Brown

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The purpose of this book is to help the beginning to Intermediate level competitive gymnast focus on making each competition the best possible. Advanced level competitors may also benefit from this book by way of reviewing the basics and providing focus on critical elements before, during, and after the competition. Coaches will want to recommend this book as a great reference and reminder for all gymnasts. Unwarranted fears (or butterflies in the stomach) are a major cause of poor performance. If the gymnast is able to face each fear or worry and take a specific action to either eliminate or minimize its effect on her performance, she will have taken a giant step toward winning in the sport of gymnastics and life in general. Preparation is the base that supports you, and the ability to adapt to new and changing competition scenarios is the key to competitive success!

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