



Gymnastics

Rik Feeney

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Cartwheeling across the sofa, swinging from the banister, balancing perfectly on top of the neighbor's porch railing . . . is the next Nadia, Bart, Mary Lou, or Shannon a member of your family? Could be. But how do you find the right program to develop your budding gymnast's abilities? What does it take to be a champion? Rik Feeney, a youth gymnastics coach who has coached in the United States, Australia, and Bermuda, guides the beginning parent and athlete through every stage of a gymnast's career and provides the information needed to fully appreciate and enjoy the sport of gymnastics. This is a book not only for parents and athletes but also for grandparents, brothers, aunts, friends, sports enthusiasts, and anyone else interested in learning more about the exciting sport of gymnastics.

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