



Grace & Confidence



From the Author

BY MELISA TORRES

Welcome to the first issue of Grace & Confidence! I believe that gymnastics and reading teach us grace and confidence for life. My goal is to help girls find both, thus the name of the newsletter, Grace & Confidence. In each issue I would like to share what I am working on, highlight one life lesson we learn from gymnastics, and recognize our Reader of the Month. I also plan to have a little fun with character trivia questions and name that skill. I hope you have as much fun reading this as I had writing it!

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Life Lessons of a Gymnast

"Just because you have a rough event doesn't mean the entire meet has to be rough."

-Coach Melony to Carmen in book 6

Gymnasts learn so many life lessons in their short time as a young athlete. The quote on the left from book 6 reminds me of the lesson of resilience. When a gymnast falls on an event she doesn't have time to be sad or obsess over her mistake. She is rushed to the next event, has to clear her mind, forget her problems, and do her best.

A gymnast examines her mistakes later. She figures out what went wrong the next day in the gym and makes a plan to fix it. She is not afraid of mistakes or failure. In fact, she holds her head up high after a mistake knowing she will do better next time.

What a wonderful gift gymnastics gives us, the gift of resilience.

Character Trivia



Can you name all the characters?
Who is the oldest character on the team?
Who is the youngest?



June Reader of the Month, Rachel!

Meet Rachel, our June Reader of the Month! Rachel is a Level 2 gymnast who also likes reading. She says she loves the Perfect Balance Gymnastics books because they help her understand skills that she will be doing and encourage her to never quit.

Some fun facts about Rachel: she has red hair like Paige and she spent her own money to buy each of the books.

Keep up the hard work reading and in the gym Rachel, we are so glad you are enjoying the books!

Name that Skill!



Most parents eventually learn the name of this one! This skill is called a glide kip, also just called a kip. It takes gymnasts a long time to learn. A kip requires strength, timing, swing, and lots of repetition before a gymnast learns it. Remind your gymnast to be patient. She will get this! It is an important skill that is used multiple times in an upper level routine.

Life Skills of a Gymnast

M J R Z P Z L Q P N S I Z M R O F K
Q S D C O E Z W D V X U C I E R L S
G N R O H T R E Q Q O L D L S D E T
R Y R N L A G S U G E B R T I A X R
P A U F J L R R I K Z V L P L U I E
Y Q O I Y B S D A S E E A E I G B N
Y G Z D P C O B W C T P O B E G I G
U I H E C T W V P O E E C K N W L T
M V D N Z Q L V L V R F N N C M I H
S I F C E W E Q V W N K M C E Q T E
J Y P E U A T E A M W O R K E S Y F
D G A A X C C O U R A G E W J O X P

Words you are looking for:

CONFIDENCE
COURAGE
FLEXIBILITY
GRACE
HARD WORK
PERSISTENCE
RESILIENCE
STRENGTH
TEAMWORK



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Trivia answers:
Name of characters left to right:
Marissa, Alexis, Carmen, Trista, Savannah, Lucy,
and Paige.
Who is the oldest and youngest:
Paige is the oldest and Savannah is the youngest