

All About

Simone Biles

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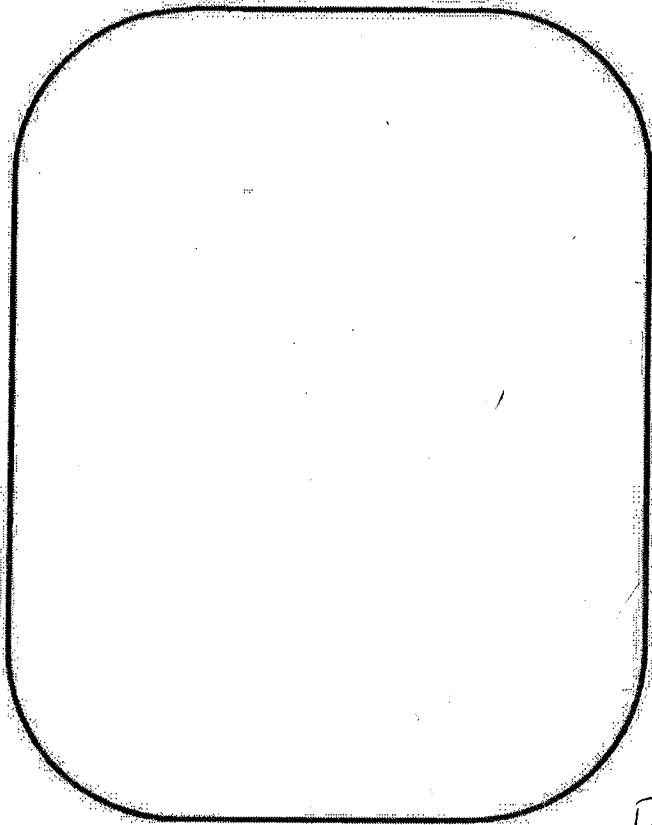
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Introduction



Have you ever wondered

Why some people consider

Simone Biles the

greatest gymnast

of all time?

Huh, Who's Simone

Biles? You don't know

who Simone Biles is? Do you want to

know who Simone Biles is? If you

do, don't worry this book will tell

you all about her. Here's a little information

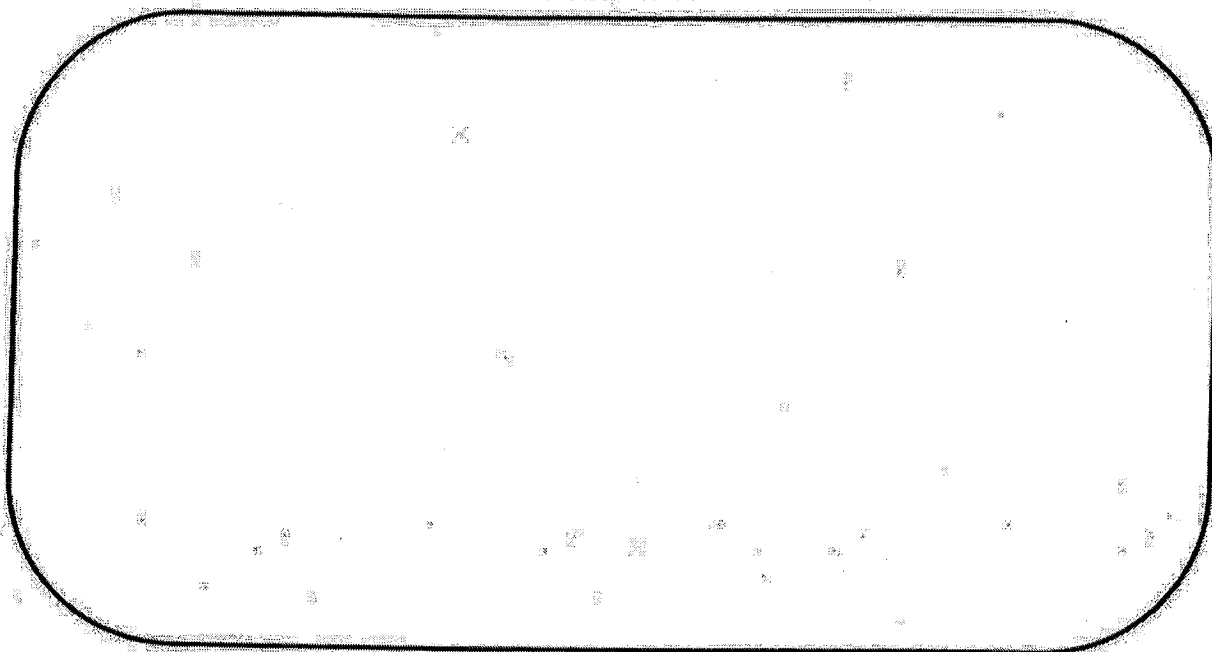
Simone is a gymnast that means she

learns gymnastics. I will tell you more

through out this book. but for now I'm
going to go back to the question.

Simone Biles is known as the
greatest gymnast of all time because
Simone has set so many medal
winning records, and because she
has won more ^{medals} ~~records~~
than any other American
gymnast.

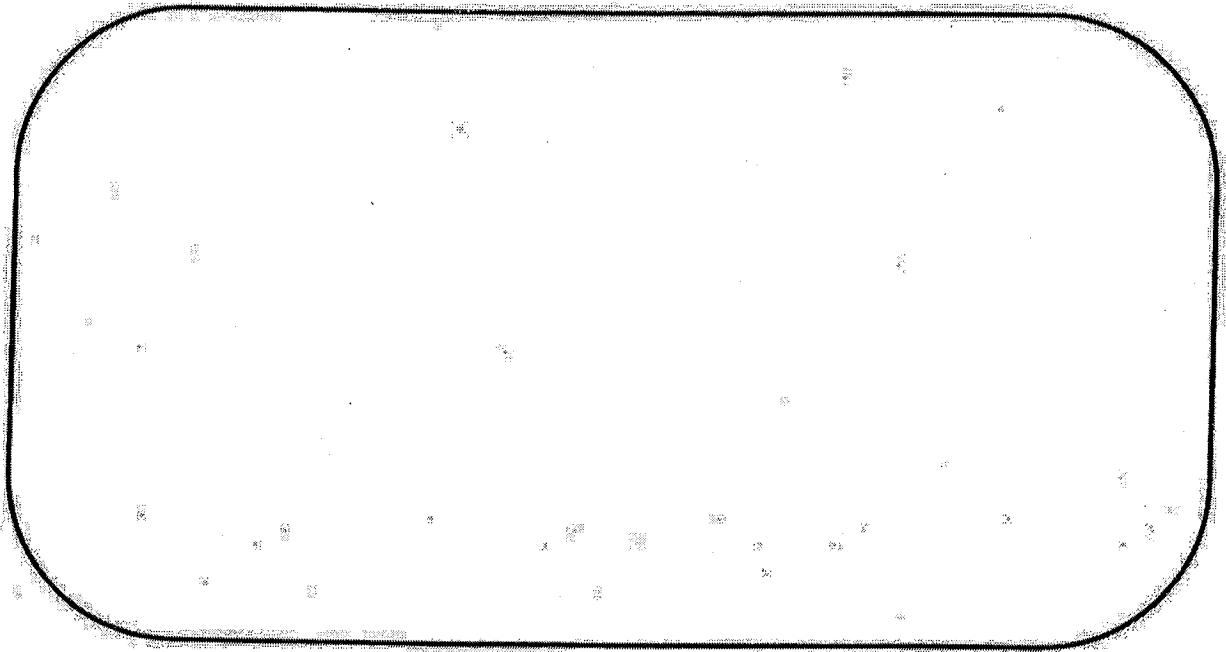
Life Events



Simone Biles was born in
the year 1997 in Columbus,
Ohio, USA. At the age three,
she went to visit her
grandparents and was officially
adopted by her grandparents
at the age five in 2003.

In 2012 Simone Biles was selected for USA gymnastics National Championship, and in 2015 Simone graduated from high school. Also in 2016 Simone competed in the Rio Olympics. Finally in 2017 she took a year off from gymnastics to write her memoir. Finally in 2018 she returned to competitive gymnastics.

Difficult Childhood



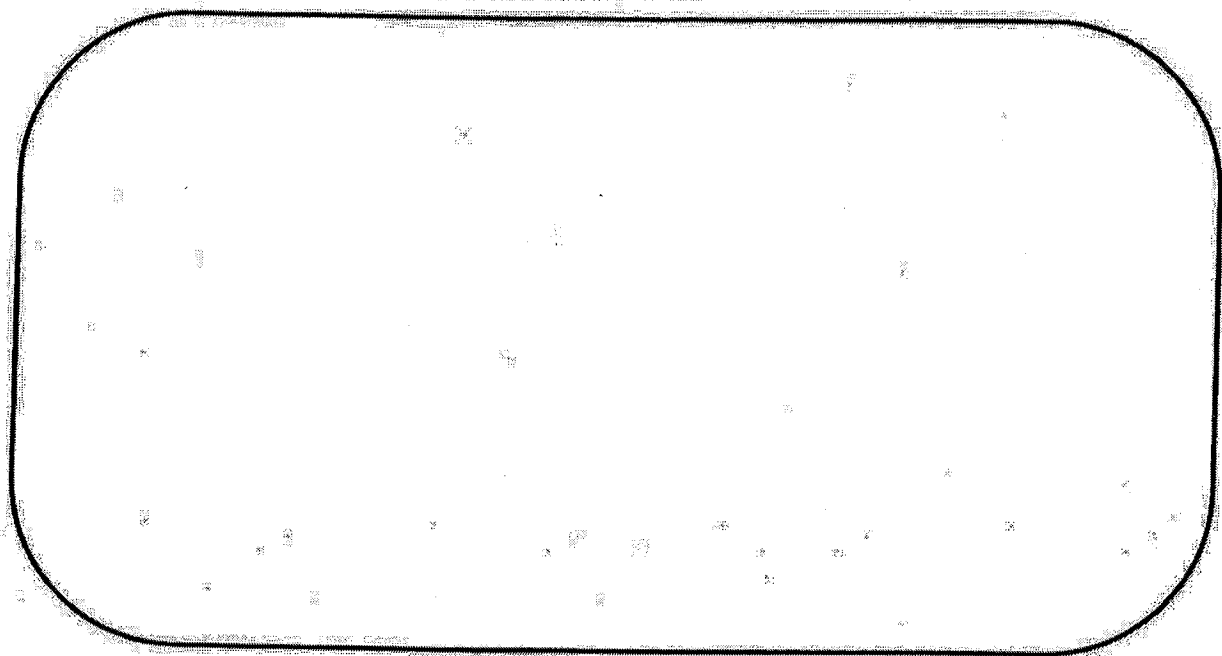
Simone had a pretty difficult childhood. First of all Simone's dad was never around. Simone's mom struggled with addictions.

Simone and her three siblings lived in a foster home.

So Simone and her ^{little} sister

Adria got adopted by their
grandparents. Simone had siblings
named Adria Biles, Ron Biles and
Shannon Biles.

Lucky Simone's A.Ccident



Have you ever wondered

how Simone discovered gymnastics?

No? That's alright, because I'm

going to tell you in this chapter.

Simone found gymnastics on

a total accident. At around

the age of five, Simone was

going to go on a class
trip to a farm, but the
trip was canceled. So they went
to a gym, instead. Surprisingly
Simone could do skills that
took months or years to learn.
The instructors noticed her skills
so they sent her back home
with a note. Telling Simone's
parents to send her back soon,
and her parents agreed.

Simone saw girls flipping and
tumbling, at that moment she knew
she wanted to do gymnastics.

Struggles

Simone Biles

had a few

Struggles but

mainly she was

stressed because

she had

huge expectations that

a sports psychologist helped

her deal with. Can you

imagine having huge expectations?

For me it would be pretty

stressful.

The Biles

Did you

even know that

Simone had

a gymnastics

move named

after her?

Well I shouldn't

Say a gymnastics move because

there are four. There's one

that's a double layout with

a half twist on floor, a

Triple double backflip with

three twists also on floor, a

yurchenko half on with two

twists on vault and a double + double
dismount double twisting double backflip

On beam.

Becoming a Champion Gymnast

First Simone made the US national team when she was fifteen. Then she decided to get home-schooled so she could get more training time. Lastly she and four other women made up a team called the "final five." She and her team went on to win gold in the Rio Olympics. Simone also won individual gold medals in all around, vault and floor; Bronze on Beam.

Conclusion

Now you know all about Simone Biles and why she is known to be the greatest gymnast of all time. It's because of all of her accomplishments. This teaches us that if you have a dream that you really want to achieve, the accomplishment never comes easy. For example Simone trained for 32 hours a week - 18 hours a day 4 days a week. So never be afraid to do what you really want to do.

Glossary

adopted ⁴ legally raise
Someone else's kid that they
didn't give birth to usually another
family member.

memoir ⁵ biography ^{written}
from personal knowledge.

addictions ⁶ addicted to a
particular substance

psychologist ¹⁰ a doctor for
the mind instead of the body.

accomplishment ¹³ Something that has
been achieved successfully.