



GYMNASTICS
DIARIES

The title is rendered in a bold, hand-drawn, black-outlined font. The word 'GYMNASTICS' is positioned above 'DIARIES'. A horizontal beam of light graphic, consisting of two parallel lines with a 3D effect, passes behind the text. A small five-pointed star is placed above the letter 'S' in 'GYMNASTICS'. The entire graphic is set against a background of radiating lines that create a sunburst effect.

**Beam
Queen**

For my family and all those who stood by me through thick and thin.

— **G.G**

For Mrs. C and the gym girls — thanks for the best memories.

— **L.S**

To my parents, my sister, brother-in-law,
nephews Theodore and Oliver, my friends,
and my agency, all for helping to make the
slips and falls in life a bit more bearable.

— **A.E**

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Gymnastics Diaries

Beam
Queen



GEORGIA GODWIN

with Laura Sieveking

illustrated by Amanda Erb

Scholastic Canada Ltd.

SUNDAY NIGHT



Dear Diary,

Wow, that feels weird to write — I've never kept a diary before! My BFF, Bri, gave you to me, Diary. She said it's important to have a place for me to write all my hopes and dreams.



So here we are! But she didn't give you to me as a birthday gift or a Christmas gift or even a BFF gift.



No, you were part of my **NEW START** gift!

I still get a bit sad when I write that.

I mean, I'm not actually going away — I'm still living in my house and going to my school. But the saddest part is that I won't be at gymnastics with Bri anymore. Or any of my squad friends. I'm moving



to a new gym club and it all starts tomorrow. And I'm **SO NERVOUS!**

I feel like I have **monkey-gymnasts** doing backflips and layouts and aerials inside my tummy!

But wait a second. I feel like I need to give you a bit more of a backstory here, Diary. You're probably wondering, like, why am I leaving the gym that I love **SO MUCH?**

Well, I'll start at the beginning . . .



I'm Georgia.

GEORGIA GODWIN.

I'm 10 years old and I live at home with my mum, my dad, my younger brother, Dylan, and my adorable dog, Elle.



My family has always called me **Jumping George** because, well, I'm always bouncing! Since the age of two, I've been jumping and I pretty much haven't stopped since.

When I was little, I'd . . .



jump at the
supermarket,



jump in
the library

and maybe even
jump in my sleep!



One day, Dad said to Mum:



And Mum agreed.

I was only three years old when Mum took me to my **first gymnastics class**. And it was love at first bounce!

This was a place where they actually wanted me to jump.

I jumped . . .

on the trampoline,



on the bouncy sprung floor,



into the foam pit,



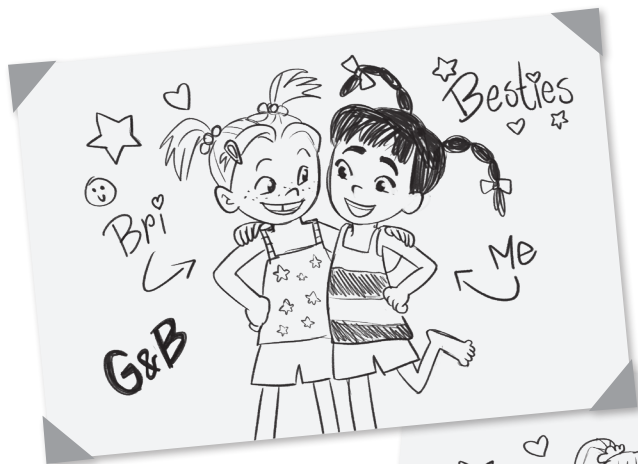
off a vault table,



and even on the
balance beam!

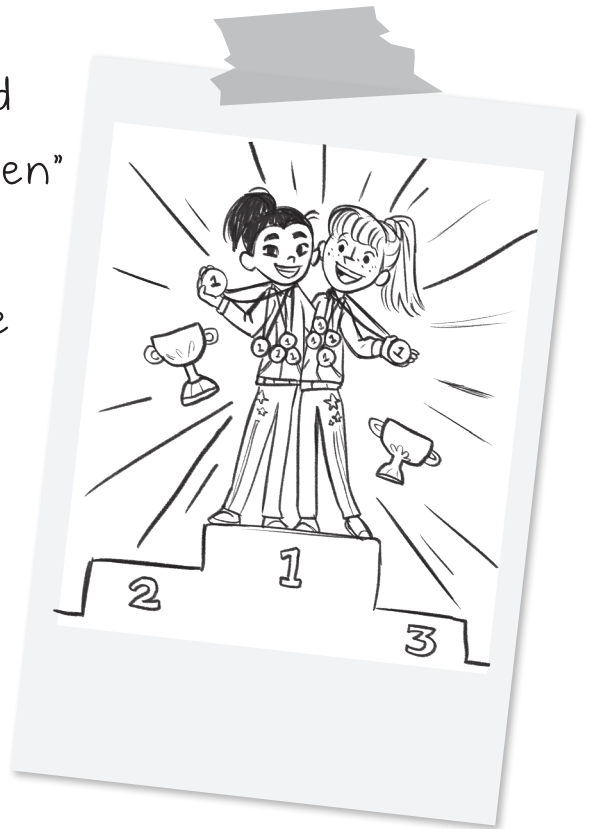
After a couple of years, the coach at my gym said I should be training in the levels program, which was the squad of girls who did real competitions and stuff like that. Of course I was desperate to do it!

And that's when I met Bri. I knew straight away that Bri and I were going to be BFFs! She's a lot like me — always talking, always smiling (well, mostly) and always bouncing!



We trained together at my club, GymStars. We started doing competitions together and we'd always smash them.

My coach called me "Beam Queen" and Bri "Bar Star." We were the dream team, winning lots of medals at our competitions.

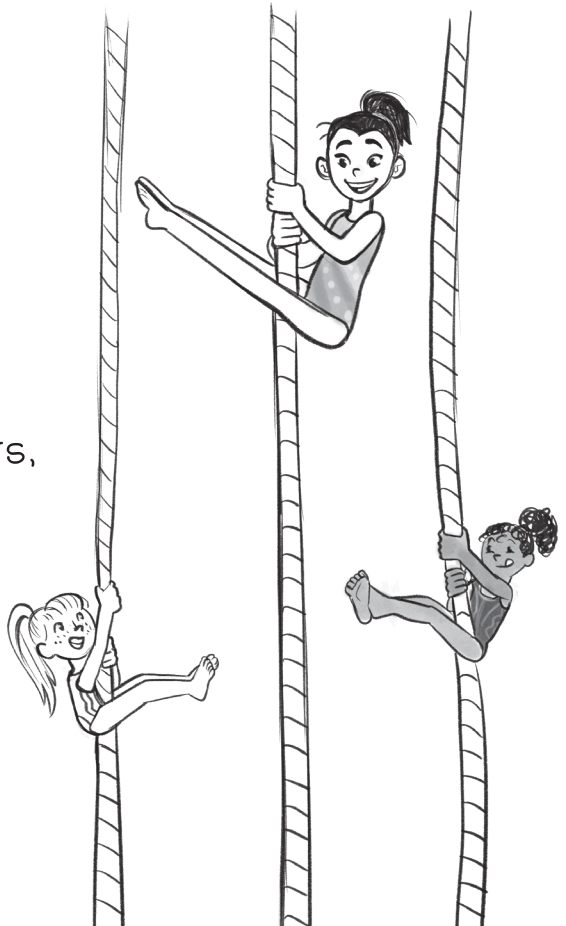


Then, one day, about three months ago, our coach told us she wanted us to try out for an elite program in a new club. I was nervous and excited, because I have a big dream. My dream is to be . . .

AN **INTERNATIONAL**
GYMNAST

And the way to get there is to train in an elite program, just like this one. This was my chance. We went in a special competition where the judges were looking at our current skills, and also looking for “potential.” Bri is an awesome gymnast, and much

more flexible than me! She nailed the stretching tasks, but she isn't quite as strong as me. She struggled on some of the strength challenges, like climbing up and down a rope in a pike position, which meant we weren't allowed to use our legs! After the tryouts, we went back to training at GymStars.



Life got so busy that I even forgot about the elite program after a few weeks. But then, a month ago, something happened. It was incredible, fantastic, amazing, awesome and splendiferous!

• ⚡ I GOT INTO the ⚡
★ ELITE TEAM!! ★
★

The text is written in a playful, hand-drawn style. 'I GOT INTO the' is in a simple sans-serif font. 'ELITE TEAM!!' is in a much larger, bold, blocky font with a slight shadow effect. The word 'ELITE' has a star on its top left, and 'TEAM!!' has a star on its top right. There are several other stars scattered around the text. Two lightning bolts are positioned above the 'I' and 'the'. Two trophies are positioned below the 'E' and 'M'. The overall aesthetic is that of a child's drawing or a casual doodle.

I was SOOOOOO happy. But then I found out something horrible, terrible, heartbreaking and devastating . . .



♡    **Bri**   **Did NOT**    **Get in**

So I decided I didn't want to go without my BFF. Nope. No way. Nuh-uh.

Then, one night, my dad came in to talk to me. He said:

DAD: Georgia, this is your big opportunity.

ME: But I don't want to do it without Bri.

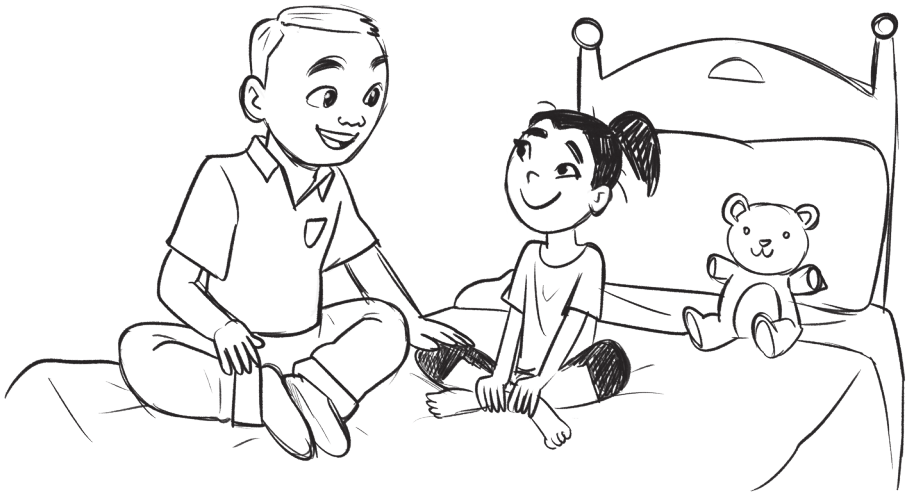
DAD: What's your big dream, Georgia?

ME: To be an international gymnast.

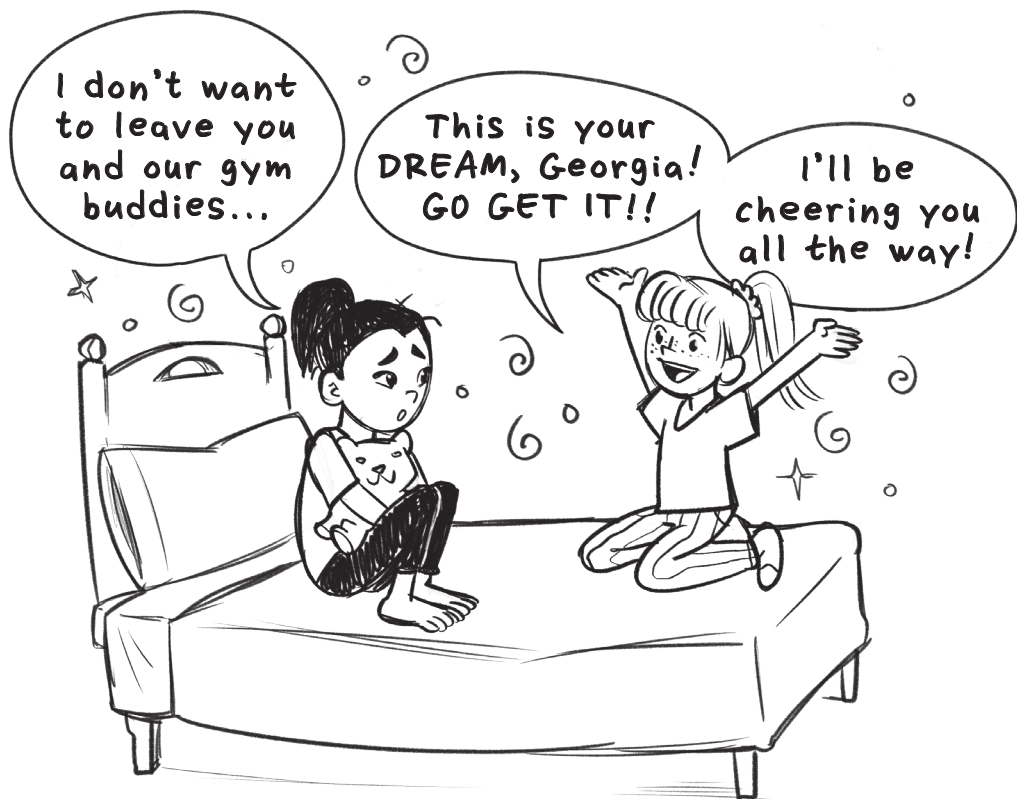
DAD: And what is the best way to achieve that dream?

ME: Train Elite. But then Bri won't be my BFF anymore.

DAD: Georgia, your true friends will always be there for you. This is your chance to achieve your dream.



I was still unsure, so I thought I'd talk to Bri. I didn't want her to stop being my friend if I went to Elite without her. But do you know what she said?



That's one of the reasons we are BFFs. Because Bri is the **BEST** friend in the world. It's just like my dad said: friends support each other, and Bri is obviously a very true friend! And it was at that mument that she gave me you, Diary. She said I needed to write down my journey to becoming a real-life international gymnast.

So, I accepted my position at All the Way Up Gymnastics Centre, in the Elite program. I can't believe I'm even writing that down. I, Georgia Godwin,

am going to be an **ELITE** gymnast!
And I'll be training **S00000** many
hours a week, almost every day! I
even get to miss some school!

And it all starts **tomorrow**. Wish
me luck, Diary!

Good night, Diary.

Georgia xx