

Gymnastics DIARIES

Bar
Star



GEORGIA GODWIN

with Laura Sieveking

illustrated by Camilla Frescura

Scholastic Canada Ltd.

To everyone reading this, may you find the thrill, grit and
courage within these pages and be inspired to dream big :)

— **G.G.**

For Cammie, who is always upside down!

— **L.S.**

To Martino 

— **C.F.**

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FRIDAY EVENING



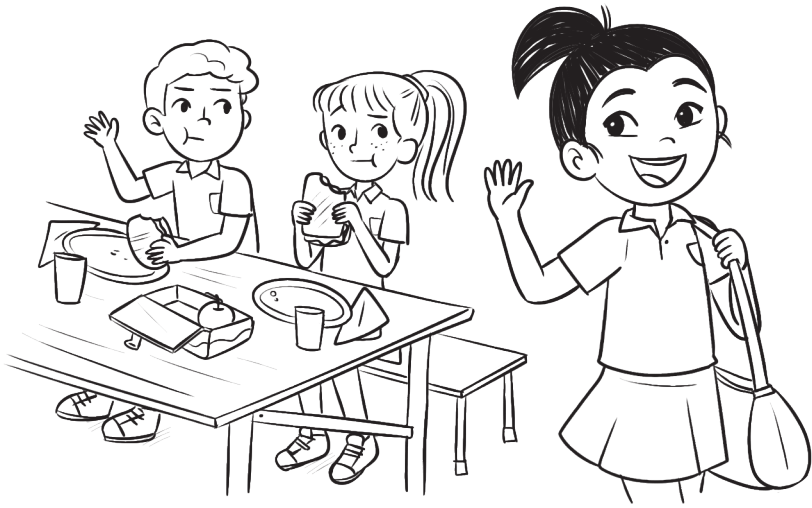
Dear Diary,



I had the **best** day at gymnastics training today. As you already know, on Fridays, I get to leave school at lunchtime to go to training. All my friends are **so jelly** that I get a half-day of school just to go to gym. But that's what it's like when you are an



ELITE
GYMNAST!



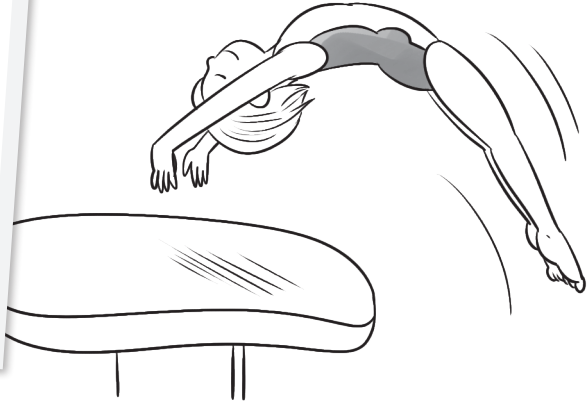
I've only been in the elite program for a month now, but I'm really liking it at my new gym, All the Way Up. My squad is soooo nice. At first, I was a bit nervous training with them because I am the **youngest** in the squad. But it hasn't mattered at all because they are all so nice to me.

In my squad there is:



Hayley

Vault
powerhouse

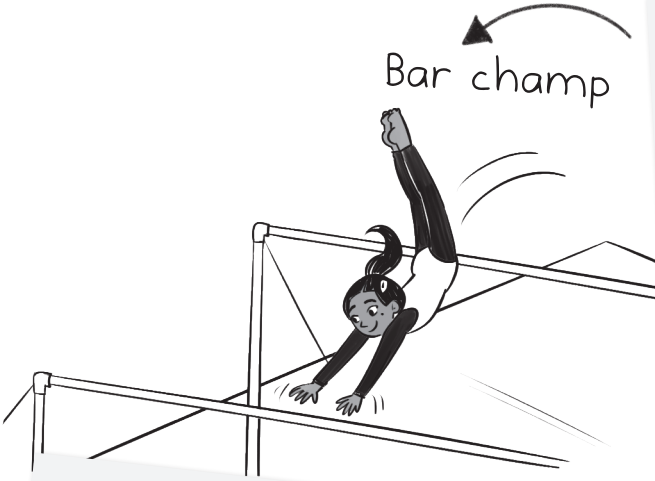


Floor
master



Lilly

Bar champ



Aalia

All-rounder



Bella

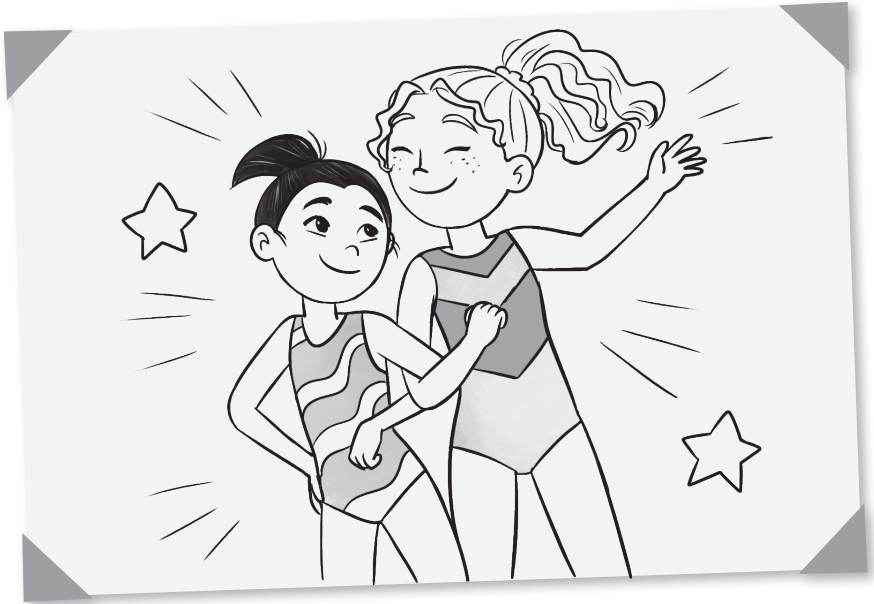


Beam queen

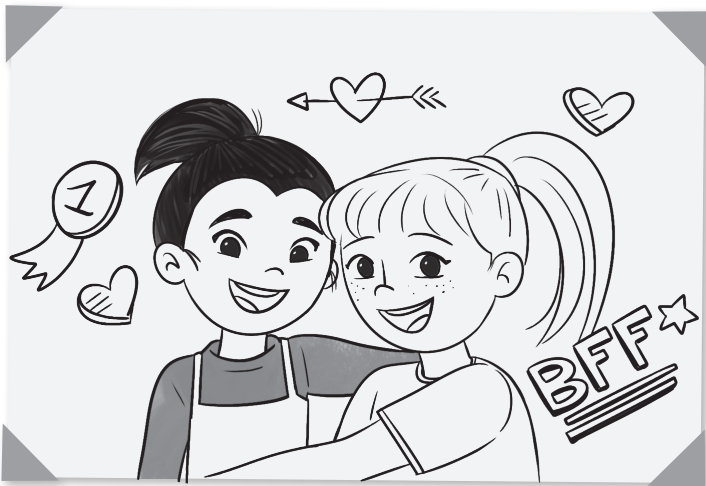


Amaya

I'm kind of a **beam queen** too, but that's never come between Amaya and me. Amaya is in Year 6, so she's the nearest in age to me because I'm in Year 5. She's my closest friend at gym and we get on **really** well.



But Amaya isn't my **BFF**. My BFF is still my oldest friend, Bri, who is also in my class at school.

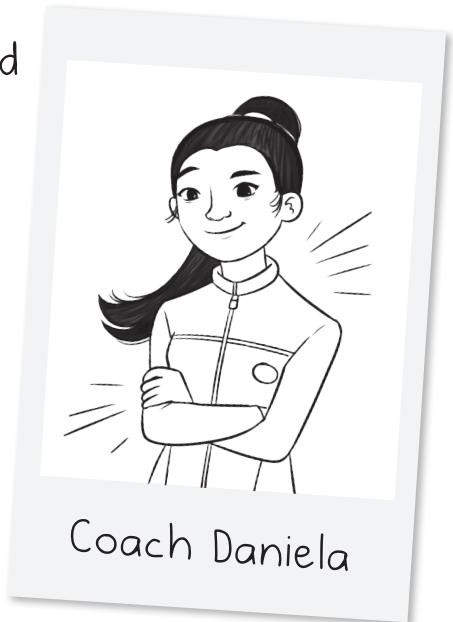


We've known each other since we were little and always did gymnastics together. She was a bit **sad** when I got selected to go to the elite program

and she didn't, but it hasn't been a problem for us. She's happy that I'm following my gymnastics dream, and she's still liking training at my old gym.

Anyway, back to **training** today.

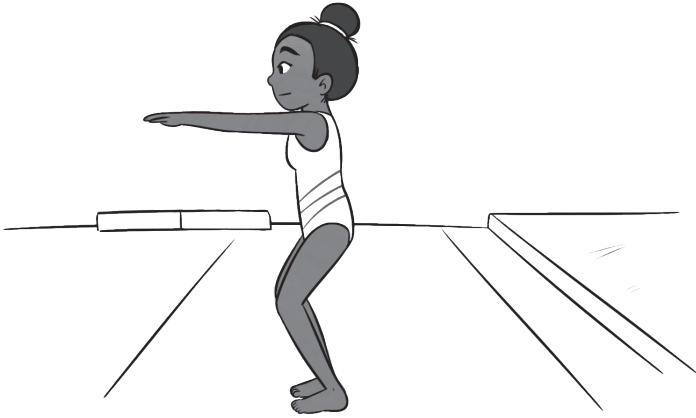
Our coach is named Daniela and she's a great coach. She's a little bit **strict** sometimes, but she can also be really fun.



Today, at training, she was in a bit of a fun mood. We don't have any competitions coming up for a while, so we've been working on new and harder skills. It's nice to have a break from doing **so many** routines. But Coach Daniela also let us play some games, which we hardly **ever** do.

We played a game that she plays with her tiny toddler gymnasts called Stick It. We each had to take turns and do a tumbling move and then stick our landing without taking any steps or falling over.

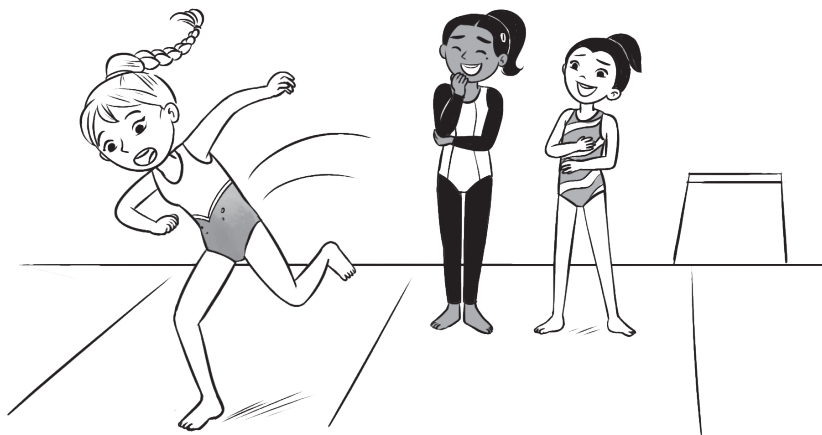




We started with the easiest skills, like a basic forward somersault. If we stuck it, we could move on to the next skill.

If we didn't we'd be on the letter S. Each time we didn't stick it, we got another letter in the word **STICK IT**. Whoever spelled out the whole word was **out**.

It was **sooo funny** because everyone was trying to distract each other to make us laugh so we wouldn't stick it.



I was running up to do my round off, back handspring, and as I ran, Amaya yelled out, "Monkey bum!" and I **burst out laughing** and didn't stick my landing!

In the end, Lilly won Stick It, which isn't surprising because she is the **best** at tumbling and floor skills in the squad.

Anyway, now I'm totally exhausted and I need to go to bed.

Good night, Diary!

Georgia x