



# Chalked Up: My Life in Elite Gymnastics

*Jennifer Sey*

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## **Chalked Up: My Life in Elite Gymnastics** Jennifer Sey

Fanciful dreams of gold-medal glory led Jennifer Sey to the local gymnastics club in 1976. A natural aptitude and a willingness to endure punishing hard work took her to the elite ranks by the time she was eleven years old. Jennifer traveled the country and the world competing for the U.S. National team, but the higher she set her sights—the world championships, the 1988 Olympics—the more she began to ignore her physical and mental well-being. Jennifer suffered devastating injuries, developed an eating disorder, and lived far from family and friends, all for the sake of winning. When her parents and coaches lost sight of her best interests, Jennifer had no choice but to redefine her path into adulthood. She had to save herself.

*Chalked Up* delivers an unforgettable coming-of-age story that will resonate with anyone who has ever felt not good enough and has finally come to accept who they were meant to be.

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#### **Alvin Maltby:**

Spent a free time to be fun activity to accomplish! A lot of people spent their spare time with their family, or their own friends. Usually they accomplishing activity like watching television, about to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your free time/ holiday? Could possibly be reading a book might be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to try look for book, may be the e-book untitled Chalked Up: My Life in Elite Gymnastics can be good book to read. May be it is usually best activity to you.

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Playing with family within a park, coming to see the water world or hanging out with buddies is thing that usually you might have done when you have spare time, after that why you don't try thing that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Chalked Up: My Life in Elite Gymnastics, you are able to enjoy both. It is excellent combination right, you still desire to miss it? What kind of hang type is it? Oh can happen its mind hangout people. What? Still don't get it, oh come on its named reading friends.

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