



# Gym Mom: The Twists and Turns of Your Daughter's Gymnastics Career

*Rita Wieber*

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## **Gym Mom: The Twists and Turns of Your Daughter's Gymnastics Career** Rita Wieber

Whether you have a gymnast in your life or you just love the sport- Gym Mom is a must-read. As told through the experiences of real-life gym mom, Rita Wieber, mother of World Champion and Olympic gymnast Jordyn Wieber, you will learn the ins and outs of the sport of women's artistic gymnastics. From recreational and competitive gymnastics, dealing with coaches and competitive parents to preventing and treating injuries, sports psychology, nutrition and collegiate recruiting- Gym Mom covers it all.

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