



Assignment

Determine the Author's Point of View

Topic: Facing Fears

Author's Point of View:

This task asks you to determine the author's point of view. An author's point of view is their attitude, opinion, or perspective on a topic they are writing about.

Simone Biles: Conquering Fear and Defying Gravity in Gymnastics

By Ava Stewart

Simone Biles, often hailed as the greatest gymnast of all time, has captivated the world not only with her remarkable athletic prowess but also with her courage in facing fears head-on. Biles' gymnastics journey is a testament to determination, resilience, and overcoming fears that could easily hold one back.

Simone was born on March 14, 1997, in Columbus, Ohio, and discovered gymnastics at a young age. At just six years old, she began her gymnastics training, displaying an innate talent and a fearless spirit. Biles' exceptional skills and relentless work ethic propelled her to the pinnacle of gymnastics, and she soon became a household name in the world of sports.

Gymnastics is a sport that demands immense physical and mental strength. It pushes athletes to their limits, both physically and mentally. The fear of injury, failure, or falling can be daunting, even for someone as extraordinary as Simone Biles. However, Biles embraced these fears as challenges to be conquered rather than obstacles to hold her back.

Biles' approach to facing fear involved mastering the mental aspect of gymnastics. Visualization, mental rehearsals, and positive affirmations were integral to her routine.

By mentally picturing each routine, anticipating potential challenges, and envisioning success, she gained the confidence to face her fears head-on.

Sometimes gymnasts like Simone get what they call “the twisties”. The term “twisties” is used in gymnastics to describe a phenomenon where a gymnast experiences a sudden mental block or loss of spatial awareness during complex twisting skills in the air. This can be a highly dangerous situation and can lead to severe injuries if not managed properly.

In gymnastics, particularly in disciplines like artistic gymnastics and trampoline, athletes perform intricate movements involving flips, twists, and spins in the air. These movements require a precise sense of timing, coordination, and spatial awareness to execute safely and accurately.

The twisties can be compared to a mental disconnect between the gymnast’s brain and body during mid-air maneuvers. It’s as if the gymnast temporarily loses their sense of where they are in the air, how fast they are spinning or twisting, or even which direction they are turning. This can be a frightening experience for gymnasts, as they heavily rely on muscle memory and mental focus for executing these complex routines.

Experiencing the twisties can result in the gymnast landing awkwardly or failing to complete the skill as planned, leading to injuries such as sprains, fractures, or worse. Due to the high-risk nature of gymnastics, especially in advanced levels of competition, gymnasts need to be in peak mental and physical condition to perform these intricate maneuvers safely.

It’s important to note that the twisties are not a sign of weakness or lack of skill; even the most accomplished gymnasts can experience them. Factors such as stress, pressure, changes in training conditions, or fatigue can contribute to the onset of the twisties. Gymnasts experiencing the twisties are usually advised to step back from difficult routines, focus on regaining their confidence and spatial awareness, and slowly ease back into their routines under the guidance of their coaches.

Athletes and coaches prioritize safety and well-being, and understanding and managing the twisties is a crucial part of maintaining a safe training and competition environment in the sport of gymnastics.

Support from her family, coaches, and teammates played a vital role in helping Biles conquer her fears. Having a strong support system provided her with the encouragement she needed to take risks, attempt challenging moves, and push the boundaries of her abilities.

Simone Biles is renowned for attempting and successfully executing moves that seemed impossible for previous generations. From her signature double layout half on the vault to the historic Yurchenko double pike, Biles continually pushes the boundaries of the sport. Facing her fears enabled her to perform gravity-defying feats that have redefined gymnastics.

Simone Biles' courage in facing her fears sets an inspiring example for aspiring gymnasts and athletes across the globe. She demonstrates that fear is not a limitation but a stepping stone toward achieving greatness. Biles' resilience shows that with dedication, determination, and the right mindset, one can conquer their fears and achieve extraordinary feats.

Simone Biles' journey in facing fears is not confined to gymnastics. She has been an outspoken advocate for mental health, emphasizing the importance of prioritizing well-being, seeking help, and normalizing discussions about mental health challenges.

In conclusion, Simone Biles' story is a remarkable testament to the power of determination, resilience, and conquering fears. By facing her fears head-on and defying gravity in gymnastics, she has become an icon, inspiring generations to reach for their dreams and conquer the fears that stand in their way.

Sources Used

Timeforkids (n.d.). Simone Biles Faces Fears. Retrieved from <http://www.timeforkids.com/article/3034-Simonebiles>

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How does the author perceive individuals who have overcome obstacles in their journey to the Olympics? What perspective does the author express about their

mental toughness and pursuit of excellence? Use at least two details from the source to support your idea.

Your Response

Word Count: 0

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