



Dominique Moceanu: an American Champion

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At 13, Dominique Moceanu burst into the spotlight by becoming the youngest U.S. national gymnastics champion. Her performance at all the major 1995 competitions wowed the crowds--and won her countless medals. Then, under the guidance of her coach, Bela Karolyi, Dominique helped her teammates win a gold medal--the first ever for an American woman's team in a non-boycotted Olympics. Full-color photo insert.

Dominique Moceanu: an American Champion Details

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ISBN : 9780440414339

Author : Dominique Moceanu

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Genre : Nonfiction, Sports and Games, Sports, Autobiography, Memoir, Biography, Childrens

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From Reader Review Dominique Moceanu: an American Champion for online ebook

Marianna Day says

This is the best book ever, a must read!

Sarah says

Not a great read but it satisfied my curiosity.

Nikki Kelly says

I bought this right after the women's gymnastics team won their gold medals. It's a fairly good short biography.

Pseudotsugam says

Mostly read to get context for her later memoir. That her parents thought to test her gymnastics potential by checking the strength of her grip at 6 months old is disturbing.

Amy says

I was in Dallas, Texas the day this book came out:) Needless to say, I was super excited to buy this book at the time! I read this book everyday for a month! At the time, I could not stop dreaming of being just like Dominique someday!

Katie says

I love this book! I love gymnastics! I love Dominique! I love Bela! It was awesome for a gymnast like me. She did her school by video! she spent most of her time at the gym! heaven 4 me!

George says

I would have loved this if I were to have been Dominique's age or younger when I read it. It was obvious to me that she had not found her own voice yet when she wrote this...even though I was not yet aware of the

content "Off Balance: A Memoir".

A.J. says

I love gymnastics and I love to read about them. This was a really good book.

Edwin Arnaudin says

In 7th grade, a bunch of my friends and I had a huge crush on her. In retrospect, she was only trying to get us to buy her so-so autobiography. Blast...

Bryon E says

I read this book, because I was missing my daughter, who she reminded me of.

Karen says

A quick read and I learned a few things about gymnastics I didn't know before. You can tell from reading this book that it's the autobiography of a 15-year-old but that's one of the things I liked about it. So many "autobiographies" are written with professional writers who completely change the tone of the book. This one is true to that of a teenager. I remember watching Dominique and the rest of the team in the '96 Olympics. She's a fun gymnast to watch because she does so obviously enjoy performing. Gymnastics is one of my favorite events to watch but I hate how much these kids sacrifice to excel in the sport. Everything else is second to the sport. In the book, Moceanu talks about a typical day's meals and it doesn't seem nearly enough to sustain any kid, much less a top athlete. Just the time involved in practice is ridiculous. These kids need to be able to be kids, relax and just have fun outside of the gym. So much focus so early on is too hard on them and tends to leave them lost when their competitive career is over, usually in their late teens. Moceanu has had a lot of problems, including a lawsuit against her parents over money, stemming from her success at such a young age. Hopefully, she'll be able to get past the hardships and lead a successful adulthood in whatever she chooses to pursue.
