

GABBY DOUGLAS

Gabby Douglas was just 16 years old when she won two gold medals at the London 2012 Olympics. Her personal philosophy can be summed up in one of her statements. "If you push through the hard days, you can get through anything." Indeed, her philosophy has guided her actions in life and in the world of gymnastics.

Gabby is most well known for her high-flying release skills on the uneven bars which earned her the nickname "The Flying Squirrel." She was also known for her resilient demeanor and her upbeat floor exercise routines. Gabby Douglas was the first African American woman to win a gold medal in the individual gymnastics all-around competition. She also won the gold with her gymnastic team. Four years later, the team won again in the Rio Olympic games.



Gabrielle Douglas is Gabby's full name. She was born in [Newport News, Virginia](#) and grew up in [Virginia Beach, Virginia](#). She began training in gymnastics at age six when her older sister convinced their mother to enroll her in gymnastics classes. At the age of eight, Douglas won the Level 4 all-around gymnastics title at the 2004 Virginia State Championships. At 14, she moved to [Des Moines, Iowa](#), to train full-time with coach [Liang Chow](#).

Gabby has won many different gymnastic competitions. In December 2012, the Associated Press named Douglas the [Female Athlete of the Year](#). She became the fourth gymnast to receive the honor.

READING COMPREHENSION QUESTIONS:

True or False

Gabby started training in gymnastics when she was a teenager. TRUE FALSE

Gabby's nickname is the "Flying Squirrel." TRUE FALSE

Gabby was 16 when she won her two gold medals TRUE FALSE

Gabby was named "Female Athlete of the Year" by the *Washington Post*. TRUE FALSE

Gabby was born in West Virginia. TRUE FALSE

Write **two complete** sentences to answer the following questions:

1. What was Gabby's philosophy of life?

2. Before going to the 2012 Olympics, who did Gabby train with?
