

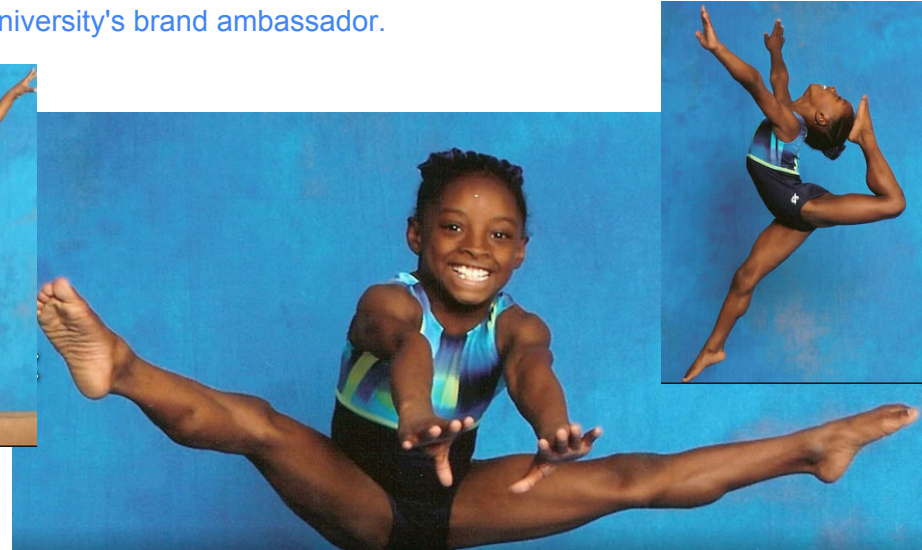


“The girl who
learned to fly”

Simone Biles story

The Biography

Simone Biles was born on March 14, 1997, in Columbus, Ohio, the third of four siblings. When she was 3, her maternal Grandparents began temporarily caring for Simone and her siblings because their parents were drug addict and alcoholic. In 2000 she moved to Grandparents house, in the north Houston suburb of Spring, Texas. In 2003 the couple officially adopted the two youngest, Simone and Adria. Their aunt adopted the two oldest children. Her grandmother, helped her to boost this difficult moment, she enrolled at gymnastic school. After she undertook this gymnastics success during the 2012 season. She gained all of her secondary education as a homeschooler, graduating in the summer of 2015. On July 29, 2015 she announced that she would turn professional and forfeit her NCAA eligibility to compete for UCLA. In January 2018, Biles was reported to have enrolled at the University of the People, an online college, to study business administration, and would become the university's brand ambassador.





CANADA

WASHINGTON
Seattle
Olympia
Salem
Columbia River

OREGON

IDAHO
Boise

NEVADA
Sacramento
Reno
Carson City
Las Vegas

CALIFORNIA
Los Angeles
San Diego
San Francisco

ARIZONA
Phoenix
Tucson

NEW MEXICO
Santa Fe
Roswell
El Paso

TEXAS
Austin
San Antonio
Houston

MONTANA
Helena
Missouri River

NORTH DAKOTA
Bismarck

SOUTH DAKOTA
Pierre

WYOMING
Cheyenne

NEBRASKA
Lincoln

KANSAS
Topeka
Kansas City
Jefferson City

OKLAHOMA
Oklahoma City
Little Rock
Dallas

MISSISSIPPI
Jackson
Montgomery

LOUISIANA
Baton Rouge
New Orleans

MISSOURI
St. Louis

ILLINOIS
Springfield

INDIANA
Indianapolis
Frankfort

KENTUCKY
Nashville
Memphis

TENNESSEE

ALABAMA

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Atlanta
Columbia
South Carolina

NORTH CAROLINA
Raleigh

SOUTH CAROLINA

FLORIDA
Tallahassee
Orlando
Miami

MISSOURI RIVER
ARKANSAS RIVER
RED RIVER
GULF OF MEXICO

MISSOURI
St. Paul
Milwaukee
Madison
Lansing
Detroit

WISCONSIN

MICHIGAN
Lansing
Detroit

OHIO
Columbus

INDIANA
Indianapolis

WEST VIRGINIA
Charleston

VIRGINIA
Richmond

NEW YORK
Albany
New York
Trenton

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Philadelphia

DELAWARE
Dover

CONNECTICUT

MAINE
Augusta

VERMONT
Concord

NEW HAMPSHIRE

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Boston
Providence

RHODE ISLAND

NEW JERSEY
Trenton

MARYLAND
Annapolis

DC

THE BAHAMAS
NASSAU

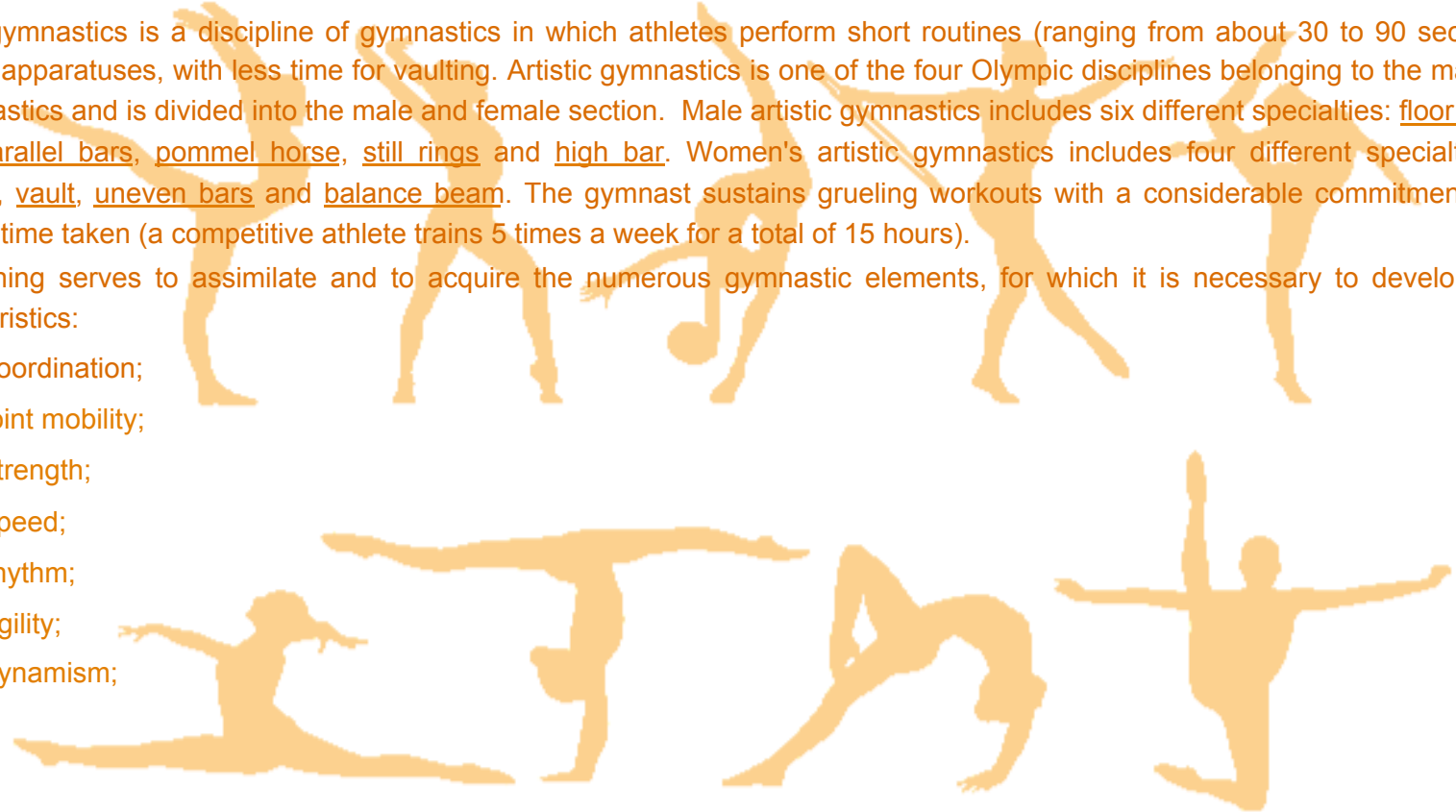
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The Biles' sport

Artistic gymnastics is a discipline of gymnastics in which athletes perform short routines (ranging from about 30 to 90 seconds) on different apparatuses, with less time for vaulting. Artistic gymnastics is one of the four Olympic disciplines belonging to the macro-area of gymnastics and is divided into the male and female section. Male artistic gymnastics includes six different specialties: floor exercise, vault, parallel bars, pommel horse, still rings and high bar. Women's artistic gymnastics includes four different specialties: floor exercise, vault, uneven bars and balance beam. The gymnast sustains grueling workouts with a considerable commitment even in terms of time taken (a competitive athlete trains 5 times a week for a total of 15 hours).

The training serves to assimilate and to acquire the numerous gymnastic elements, for which it is necessary to develop several characteristics:

- coordination;
- joint mobility;
- strength;
- speed;
- rhythm;
- agility;
- dynamism;



Her gymnastics career

Biles, who is one meter and 42 centimeters tall, has very strong musculature. Simone Biles is the most decorated American gymnast. After dominating at the junior elite level she won her first title in U.S. and world title all-around titles in 2013. By 2011 she had cemented her standing at the junior elite level. She was the all-around winner at the 2013 U.S. She also won gold in the vault, floor exercise and balance beam. In 2015, Biles became the first woman to win her third consecutive world all-around title, giving her a record 10 gold medals at the international competition. In July 2016, Biles wowed gymnastics fans with a performance, she has won the all-around title and first in the floor exercise. On August 9, 2016, Biles led the U.S. women's gymnastics team to win the gold.

She is the American gymnast to win the most world titles in history - 14 medals, ten of which are gold - and she is also the first gymnast to win the Individual World Championships for three consecutive years (in Anversa 2013, Nanning 2014, and Glasgow 2015). After winning her first World Cup, Biles built a huge gym with her family, the World Champions Center: it is 4,800 square meters large and Biles trains there for 32 hours a week.



Medal record

[hide]

Representing  **United States**

Women's artistic gymnastics

Event	1st	2nd	3rd
Olympic Games	4	0	1
World Championships	19	3	3
Pacific Rim Championships	2	0	0
FIG All-Around World Cup	2	1	0
Total	27	4	4

World Championships

G	2013 Antwerp	All-Around
G	2013 Antwerp	Floor Exercise
G	2014 Nanning	Team
G	2014 Nanning	All-Around
G	2014 Nanning	Balance Beam
G	2014 Nanning	Floor Exercise
G	2015 Glasgow	Team
G	2015 Glasgow	All-Around
G	2015 Glasgow	Balance Beam
G	2015 Glasgow	Floor Exercise
G	2018 Doha	Team
G	2018 Doha	All-Around
G	2018 Doha	Vault
G	2018 Doha	Floor Exercise
G	2019 Stuttgart	Team
G	2019 Stuttgart	All-Around
G	2019 Stuttgart	Vault
G	2019 Stuttgart	Balance Beam
G	2019 Stuttgart	Floor Exercise
S	2013 Antwerp	Vault
S	2014 Nanning	Vault
S	2018 Doha	Uneven Bars
B	2013 Antwerp	Balance Beam
B	2015 Glasgow	Vault
B	2018 Doha	Balance Beam

Olympic Games



G	2016 Rio de Janeiro	Team
G	2016 Rio de Janeiro	All-Around
G	2016 Rio de Janeiro	Vault
G	2016 Rio de Janeiro	Floor Exercise
B	2016 Rio de Janeiro	Balance Beam

FIG World Cup

G	2015 Arlington	All-Around
G	2019 Stuttgart	All-Around
S	2013 Worcester	All-Around

Pacific Rim Championships

G	2016 Everett	Team
G	2016 Everett	All-Around

Sport's discrimination

Charter of Fundamental Rights of the European Union prohibits any form of discrimination based on race, skin color, ethnic or social origin and belonging to a national minority. The media often report racist incidents among spectators before, during and after sporting events. Racism in sport in general is a long-standing problem. Since the first Olympics, sport has meant to spread principles such as tolerance, respect, equality and integration. Sport and racism, unfortunately, have not stopped crossing yet. Women are discriminated against, especially women from the global South. A woman who demonstrates strength, speed, determination, threatens male virility.

Biles has become one of the public's favorite athletes for the difficulty and the variety of her exercises and of her talent. The list of medals and records beaten are more than enough to qualify one of the athletes who most revolutionized the world of artistic gymnastics. Simone Biles is already an icon when it comes to winning even when she was among the protagonists to have denounced the former US federation doctor, today convicted for violence.

She is famous because she has created many gymnastic figures. It was she at the 2013 World Cup that she introduced the exercises nicknamed "The Biles" and "The Biles II". For the Tokyo's Olympics 2021 she has already practiced for the new jump, called "Yurchenko", named after the Soviet athlete... In a few months we will wait her gymnastic performances.



Thanks for your attention ... this is Simone
Biles

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