



Chalked Up: My Life in Elite Gymnastics

By Jennifer Sey

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Fanciful dreams of gold-medal glory led Jennifer Sey to the local gymnastics club in 1976. A natural aptitude and a willingness to endure punishing hard work took her to the elite ranks by the time she was eleven years old. Jennifer traveled the country and the world competing for the U.S. National team, but the higher she set her sights—the world championships, the 1988 Olympics—the more she began to ignore her physical and mental well-being. Jennifer suffered devastating injuries, developed an eating disorder, and lived far from family and friends, all for the sake of winning. When her parents and coaches lost sight of her best interests, Jennifer had no choice but to redefine her path into adulthood. She had to save herself.

Chalked Up delivers an unforgettable coming-of-age story that will resonate with anyone who has ever felt not good enough and has finally come to accept who they were meant to be.

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Chalked Up: My Life in Elite Gymnastics By Jennifer Sey Bibliography

- Sales Rank: #202782 in Books
- Brand: Sey, Jennifer
- Published on: 2009-04-21
- Released on: 2009-04-21
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .72" w x 5.31" l, .55 pounds
- Binding: Paperback
- 320 pages

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Editorial Review

From Publishers Weekly

Sey writes of her career in internationally competitive gymnastics, which culminated when she won the 1986 U.S. national championship at age 17. From the start Sey was an underdog, ever the second-best athlete on the team hoping to prove herself with tenacity and toughness. She endured numerous injuries—including a broken femur, which could have ended her career—as well as an eating disorder, depression, isolation and tremendous strain on her family. With each new sacrifice that her parents and brother made to support her, the stakes crept higher, inuring them all to gymnastics' inherent physical and psychological trauma. After claiming the U.S. title, Sey was shell-shocked and exhausted, suddenly robbed of her lifelong motivation. I'd always been a fighter, a come-from-behind girl. Now that I was on top, the battle would be unwinnable. The memoir's poignant glimpses at Sey's adult struggle to reckon with her past are regrettably sparse, and her prose occasionally lapses into wordiness, but overall, she has written a courageous story befitting a comeback kid—a timely release for the 2008 Olympics. (May)

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From [Booklist](#)

Sey was the 1986 U.S. national gymnastics champion, but since gymnastics is a sport that only captures the fancy of the general populace during Olympic years, she is relatively unknown outside the sport's inner circle. Joan Ryan exposed many of female gymnastics' abuses in her classic *Little Girls in Pretty Boxes* (1996), but Sey adds to that sad story (her lengthy subtitle conveys much of the substance of her years as an elite gymnast). She acknowledges that her obsessively competitive personality may have simply found a venue in which to flourish, but the demands placed upon her by club coaches and parents surely exacerbated the situation. Sey's parents moved so she could train with the right coaches, then virtually ignored their younger son and nearly lost their marriage along the way. Through it all, Sey suffered an adolescence of eating disorders, endured numerous broken bones, and viewed every element of her life through the distorting prism of competition. It's a fascinating and disturbing book and certainly the young year's front-runner for most literate and painfully honest sports autobiography. --Wes Lukowsky

Review

“A cautionary tale to not just athletes, parents, coaches, and judges but to fans of gymnastics... intense, gripping, and powerful.” (Kathryn Bertine, ESPN columnist and author of *All the Sundays Yet to Come: A Skater's Journey*)

“A remarkably candid, unblinking portrait of what it truly takes to become a champion...that may forever alter the way you watch sports.” (Jake Tapper, Senior National Correspondent, ABC News)

“Chalked Up pulls no punches...Sey's writing is brilliant...offering perceptive psychoanalysis of everyone in her isolated world...Chalked Up is proof that she still has a lot of guts.” (International Gymnast)

“She has eloquently and fairly exposed a dark side to our sport that parents have long needed to be made aware of.” (Dominique Moceanu, Olympic Gold Medal Winning Gymnast)

“Sey writes with vivid, clear-eyed candor; she doesn't blame others, instead feeling that all the pressure came from within...To this day, this former athlete, now a highly successful businesswoman, is haunted by feelings of failure. Young athletes and their parents would appreciate Sey's book.” (Library Journal)

“A courageous story befitting a comeback kid—a timely release for the 2008 Olympics.” (Publishers Weekly)

“Is the wonder of seeing these tiny bodies propel through space worth the horror they suffer to achieve grace and beauty? Or—and this is a conclusion the Sey refuses to draw—is this “sport” just institutionalized, commercialized, child abuse?” (Penthouse)

“CURLING UP WITH A GOOD HEALTH BOOK: In 1986 Sey was the number one gymnast in America. Her memoir recounts what it took to get there. As a former gymnast myself (no where NEAR as accomplished), I relished this unvarnished account of the sport.” (Real Simple Magazine (blog), Liz Krieger)

“Sey’s memoir has sent shock waves through the tightly knit world of top athletes, sparking controversy...She hopes her book might serve as both a wake-up call to a sport that she says she still loves and a lesson to parents whose children enter the world of top athletics.” (The Observer, UK)

Users Review

From reader reviews:

Leon Santiago:

Here thing why this specific Chalked Up: My Life in Elite Gymnastics are different and trusted to be yours. First of all studying a book is good nonetheless it depends in the content from it which is the content is as scrumptious as food or not. Chalked Up: My Life in Elite Gymnastics giving you information deeper including different ways, you can find any book out there but there is no publication that similar with Chalked Up: My Life in Elite Gymnastics. It gives you thrill reading through journey, its open up your own eyes about the thing which happened in the world which is probably can be happened around you. You can actually bring everywhere like in recreation area, café, or even in your method home by train. In case you are having difficulties in bringing the printed book maybe the form of Chalked Up: My Life in Elite Gymnastics in e-book can be your substitute.

Janice Smith:

This book untitled Chalked Up: My Life in Elite Gymnastics to be one of several books this best seller in this year, here is because when you read this guide you can get a lot of benefit on it. You will easily to buy this particular book in the book retail outlet or you can order it by way of online. The publisher of this book sells the e-book too. It makes you easier to read this book, since you can read this book in your Cell phone. So there is no reason to your account to past this e-book from your list.

Eva Sexton:

Playing with family inside a park, coming to see the sea world or hanging out with close friends is thing that usually you may have done when you have spare time, subsequently why you don't try issue that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Chalked Up: My Life in Elite Gymnastics, you are able to enjoy both. It is very good combination right, you still need to miss it? What kind of hang-out type is it? Oh can happen its mind hangout men. What? Still don't get it, oh come on

its referred to as reading friends.

Ruth Hill:

What is your hobby? Have you heard in which question when you got pupils? We believe that that problem was given by teacher to their students. Many kinds of hobby, All people has different hobby. So you know that little person such as reading or as reading become their hobby. You need to understand that reading is very important as well as book as to be the matter. Book is important thing to add you knowledge, except your teacher or lecturer. You find good news or update regarding something by book. Different categories of books that can you go onto be your object. One of them is actually Chalked Up: My Life in Elite Gymnastics.

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