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Chalked Up: My Life in Elite Gymnastics

Jennifer Sey

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Chalked Up: My Life in Elite Gymnastics Jennifer Sey

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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