

## Book Review of Eric's book, in The Modern Gymnast magazine, 1964

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### *Book Review*

#### *Gymnastics for Girls—A competitive Approach of Teacher and Coach*

Edited by Eric Hughes with contributions from: Dorothy MacLean, Betty Jean Maycock, Mary Sarver, George Lewis and the Editor. Ronald Press (New York) 1963. Price—\$5.00.

Those of you who are teaching gymnastic units in the secondary school as well as club instructors will be able to use *Gymnastics for Girls* as a program supplement the day you receive it.

Its unique feature is a series of graded routines for each of the Olympic events as well as a chapter on side horse vaulting. Routines are also suggested for the two

special events of tumbling and trampoline. We know of at least one school which has purchased two of these books in order that they be dissected and placed on heavy cardboard for use as charts.

Routines are suggested for the following levels:

1. Beginners; 2. Low Intermediate; 3. Intermediate; 4. Low Advanced; 5. Advanced.

The book is well illustrated with photo-



graphs and line drawings. A useful appendix contains various kinds of forms used in competitive gymnastics and a check list for both dual meets and tournaments is presented.

One final historical note . . . the book is dated November, 1963. This was the very month and year the first National Institute on Girls' Sports was conducted and one of the contributors to the book, Mary Sarver, had a very active part in the gymnastic aspects of the Institute.

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