

• SIMONE BILES •

GYMNAST

Once there was a girl who could fly. Her name was Simone Biles. She was a gymnast – the greatest in American history. When Simone took to the mat, people couldn't take their eyes off her. She was so fast, so strong, so flexible, so agile! She flew through the air with grace and speed, twisting and turning, and landing solidly on her feet.

Simone started gymnastics when she was six years old. By the time she was 18, she had already won so many medals that when she travelled to Rio de Janeiro, Brazil, for the Olympics, everyone expected her to win lots of medals. And she did! Simone won five medals – four of them gold.

As she perfected her skills, she grew even stronger and more confident. She even invented new moves. Once, at the US Championships, she launched into the handspring that would help her pick up speed. Then she soared off the balance beam, doing a double-twisting double somersault. Now that daring dismount is known as the Biles.

Two years later, an excited Simone arrived in Tokyo for her next Olympics. But when she took her turn at the vault, something went wrong. This time, as she flipped through the air, she became disorientated. She wasn't sure which way was up and which way was down. So she made a tough decision. She stepped away from her next event. Simone knew her body and her mind and gave herself the time she needed. And when she felt safe, she competed again – and won a bronze medal. In 2024, she added four more medals to her impressive haul.

BORN 14 MARCH, 1997

UNITED STATES



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"ME BEING HAPPY
OUTSIDE THE GYM IS
JUST AS IMPORTANT AS ME
BEING HAPPY AND DOING
WELL IN THE GYM."

– SIMONE BILES

