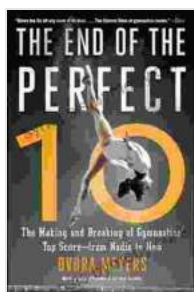


# The Making and Breaking of Gymnastics Top Scores: From Nadia to Now

Nadia Comaneci's perfect 10 at the 1976 Olympics was not just a milestone in gymnastics history, but a watershed moment in the sport. For the first time, a gymnast had achieved the highest possible score in a major competition. It was a moment that captured the world's imagination and made Comaneci a household name.



## The End of the Perfect 10: The Making and Breaking of Gymnastics' Top Score —from Nadia to Now

by Dvora Meyers

★★★★☆ 4.4 out of 5

Language : English

File size : 1173 KB

Text-to-Speech : Enabled

Enhanced typesetting: Enabled

Word Wise : Enabled

Print length : 353 pages

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Since Comaneci's perfect 10, there have been a number of other gymnasts who have achieved the top score. In 1984, Mary Lou Retton became the first American woman to win an Olympic gold medal in the all-around competition, and she did so by scoring a perfect 10 on the vault. In 2008, Nastia Liukin became the first American woman to win an Olympic gold medal in the individual all-around competition since Retton, and she did so by scoring a perfect 10 on the uneven bars.

In recent years, the top score in gymnastics has become even more elusive. In 2016, Simone Biles became the first woman to score a perfect 10 on all four events at a major competition. She did so at the U.S. Olympic Trials, and she went on to win four gold medals at the Rio Olympics. Biles' performance was a testament to her incredible skill and athleticism, and it set a new standard for gymnastics excellence.

The pursuit of the perfect 10 is not without its risks. In 1988, Kim Zmeskal suffered a serious injury while attempting a difficult dismount on the balance beam. The injury ended her career and prevented her from competing in the 1992 Olympics. In 2000, Dominique Dawes suffered a similar injury while attempting a vault. Dawes was able to recover from her injury and compete in the 2000 Olympics, but she was never the same gymnast again.

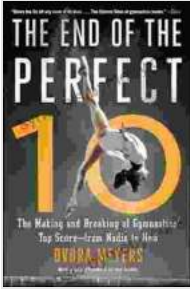
Despite the risks, the pursuit of the perfect 10 continues to drive gymnasts to push the limits of the sport. In recent years, there have been a number of new and innovative skills that have been developed in an effort to reach the top score. These skills are often very difficult and dangerous, and they require a great deal of training and preparation.

The making and breaking of gymnastics top scores is a fascinating and complex story. It is a story of athleticism, determination, and risk. It is a story that is still being written, and it will be interesting to see what the future holds for the pursuit of the perfect 10.

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