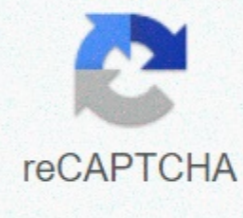




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## Olympics 2016 gymnastics medals

Gymnastics is one of the oldest sports in the world, dating back to ancient Greece and at the time the sport was mostly done naked. In fact, the word gymnastics is derived from the Greek word gymnos, which means naked. Gymnastics officially became a sport in 1862 and was first presented at the 1896 Olympics. Both men and women compete in floor exercises and a pommel horse. Women additionally compete in the balance of the beam and uneven bars. Men, however, compete in rings, parallel bars, horizontal bars and pommel horses. Rhythmic gymnastics, acrobatic gymnastics and aerobic gymnastics are also available. Rhythmic gymnastics includes balls, hoops, ribbons, clubs and ropes. Acrobatic gymnastics is a group gymnastic sport in which both women and men compete. Aerobic gymnastics is performed for entertainment purposes and is performed at events such as Cirque de Soleil. Shannon Miller is the most accomplished American gymnast of all time with two gold medals, two silver medals and three bronze medals. Mary Lou Retton was the first American to win a gold medal in the women's vault. As a 16-year-old she won a gold medal at the women's all-around event. Keep up with the latest daily buzz with the BuzzFeed Daily newsletter! Gymnastics? Check. Pole-vaults? Check. Architecture? Architecture? Believe it or not, pole-like zoning, mixed sculpture, compositions for the orchestra, and various other creative subcategories-were part of the Summer Olympics from 1912 to 1952. The posts were required to be sports-related, hence the preponderance of designs for swimming pools and stadiums, a symphony with heroism as its theme, and drawing a rugby match. Architectural Digest showcases some of the great Olympians of design. PAYNE WHITNEY GYMNASIUM, YALE UNIVERSITY, NEW HAVEN, CONNECTICUT For this Gothic sports complex, eminent American architect John Russell Pope (1874-1937) took home a silver medal in architectural design at the Los Angeles Games in 1932. The stately stone building, completed the same year, was funded by Manhattan millionaire Helen Hay Whitney, in honor of her late husband, Payne, a Yale class member from 1898. The Pope's most famous work is the Jefferson Memorial in Washington, D.C., a city in which he also designed the west wing of the National Gallery of Art. plan for A SKI STADIUM A medal in architectural design at the 1936 Berlin Olympics received by Austrian architect Hermann Kutschera (1903-1975). His winning entry was sprungschanze mit stadion, a sports venue that incorporated a dramatic ski jumper. Kutschera's later works, all in Vienna, include the Jubiläumswarte Observation Tower (1955), Hotel am Kahlenberg (1963) and Alfred Klinkano-Hof Apartment Complex (1973-1975). MARINE PARK, BROOKLYN, NEW YORK Suds of the Berlin Games in 1936 were awarded to American architect Charles Downing Lay (1877- silver medal in urban planning of the marine park in recreational facility with an area of 1500 acres on the Gulf of Jamaica. Lay's entry was informal by today's standards. As described in a New York Times article celebrating his victory, the printed announcement came from the U.S. Olympic Committee asking for material of an athletic or external nature. Mr Lay said he remembered the Marine Park plans and decided they could be submitted. And so he just returned them to Berlin. Svetlana Khorkina won three world all-around titles, and competed for nearly a decade of world championships, from 1994 until her world final in 2003. With nine golds, eight silver and three bronze medals, her longevity and incredible number of medals will be difficult for any gymnast to top. © Mike Powell/Getty Images Gina Gogean was one of the driest gymnasts of the 1990s: She rarely took a breath with her gymnastics, but she was always consistent, cool, and hit when she counted. The result: more world medals than any other gymnast. © Alex Livesey/Getty Images In just three world championship appearances, Simone Biles has amassed 14 world medals - and more golds (10) than any other female gymnast in history. If she sticks around after the Rio Olympics, she could be the first gymnast in more than a decade to allow Khorkina to run for first place. © Hulton Archive/Getty Images Larisa Latynina holds the record for most Olympic medals of any gymnast with a staggering 18, so it's no wonder she has quite a few world medals to call her own as well. Latynina competed for more than a decade in the 1950s and 60s, and won at least one world title at every single event, in the all-around, and with the Soviet team. © Simon Bruty/Getty Images Another Romanian gymnast known for her consistency, Milosevic was also an outstanding gymnast at every event: In the mid-1990s she won a world or Olympic title at every individual event. She also won bronze at two consecutive Olympics (1992 and 1996). Ludmilla Tourischeva in 1975. © Tony Duffy/Getty Images Ludmilla Tourischeva was the leader of the Soviet team in the early 1970s, though she was often overshadowed by her teammate Olga Korbut, who captured the hearts of the crowds. In 1970 and 1974 she won two world championship titles and could have won many more world medals if the world championships had been held every year in the 1970s, and not every two years. © Tony Duffy/Getty Images Fellow Soviet gymnast Nellie Kim tied Tourischeva's 11 world medals, though the two gymnasts only overlapped at one world championships (and Kim won just two medals at the 1974 worlds.) Kim excelled at the 1976 Olympics, won both vault and floor, and then continued the momentum through other worlds in 1978, where she won gold at the same two events, and in 1979, where she captured all-around gold. © Joe Patronite/Getty Images Yelena Shushunova, also competing for the former Soviet Union, has won 11 world championships by dominating both vault and floor. In 1987 she won a medal at a single individual event, in an all-around and with the team, and in 1985 she won a medal in everything but uneven bars. Oksana Chusovitina at the 1994 Goodwill Games. © Chris Cole/Getty Images On an incredibly impressive list, Oksana Chusovitina stands out from everyone else for her longevity in the sport. Chusovitina won her first world medal in 1991 and most recently in 2011. This is not a typo - she has been at the top of the sport for over 20 years. Aliya Mustafina (Russia). © Jamie McDonald/Getty Images Russian gymnast Aliya Mustafina was world champion in her rookie worlds in 2010 and has since won 11 medals at three different world championships. Had she been able to compete in the 2015 worlds (she was out due to injury), she would undoubtedly be higher on that list. Gymnastics is one of the most popular sports at the Olympics, and star gymnasts often end up as household names. Lately, gymnasts like Nastia Liukin, Gabby Douglas, and Simone Biles have been the best in the sport. Do you want to become an Olympic gymnast? Nowadays, women's artistic gymnastics, men's artistic gymnastics, rhythmic gymnastics, and trampoline are all Olympic events. Here's how to get started. USA Gymnastics (USAG) is the national governing body for sport in the United States, and the International Gymnastics Federation (FIG) is the global governing body. USAG organizes and chairs many gymnastics competitions in the U.S., while FIG does the same internationally. USAG also presides over several types of gymnastics that are not at the Olympics, such as acrobatic gymnastics and fall. The specific requirements for qualification to the team vary from year to year, and according to the type of gymnastics. The men's and women's artistic teams selected their five-time Olympic teams, according to the committee. The committee considered the performance of each gymnast at state and Olympic trials, his strengths on each apparatus and his previous experience. In rhythmic gymnastics, athletes qualify on the basis of their rankings at previous world championships or other major competitions. In the trampoline, two athletes (one man and one woman) are selected according to the total number of points earned in four different competitions throughout the year. In order to be considered, all candidates must be Citizens of the United States and qualified at the elite level. Ready to take a full-time job? Most Olympic gymnasts train around 40 hours a week to reach the highest level of the sport. Some are moving away from traditional schooling, and instead opt for home-schooling programs or delays attending college. In the end, though, many would say it was all worth it. To start in gymnastics, find a club that is a member of USAG and has a competitive Junior Olympic training program. Once you progress through the levels (10 is the highest level), you will try to qualify as elite. In order to be an Olympic team, you will be classified as elite. As has been said before, specific qualification procedures vary every Olympic year, but generally in order to make a team you have to be one of the best gymnasts in the United States. In male and female artistic gymnastics, this means that she is one of the best all-arounders or outstanding event specialist. In a trampoline, this means that you have won one of the highest points totals in Olympic qualifying competitions. In rhythmic gymnastics, it is usually the top rated all-arounder that goes. Although it's a very rigorous process, and of course the odds are long, it's still worth trying. Every gymnast who makes a team dreamed of becoming an Olympian long before his dream became a reality - and even if you never add up, you can still enjoy all the benefits of gymnastics. Gymnastics.