



“ZINCA GOLESCU” HIGHSCHOOL

“WOMEN POWER – RAISING AWARENESS”

2020-1-PL01-KA229-081676_4

NADIA COMĂNECI

FIRST PERFECT 10 AT THE OLYMPIC GAMES.





BEGINNINGS



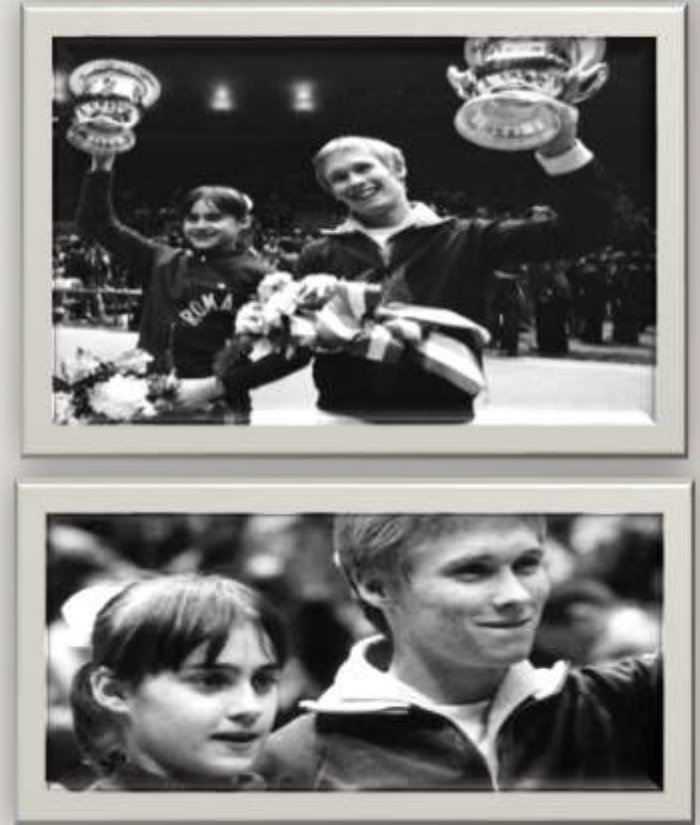
- She began her journey in kindergarten at a local team called "Flacăra " ("The Flame") , so at the age of 6 she was chosen to attend Béla Károlyi's experimental gymnastics school.
- Nadia's mother, Ștefania said that she enrolled her daughter into gymnastics classes because she was so playful and active as a child that she could barely be managed.
- "Sport offered me what other children did not have, the opportunity to travel, to see the world, interesting things."



EARLY SUCCESS



- In March 1976, Comăneci competed in the inaugural edition of the American Cup at Madison Square Garden in Manhattan, where she met Bart Conner, her future husband, whose presence was later eclipsed by Nadia's.
- Ceaușescu, the communist leader, ordered the Romanian gymnasts to return home. When questions were raised at the competition about the scoring, the communist leader, ordered the Romanian gymnasts to return home.

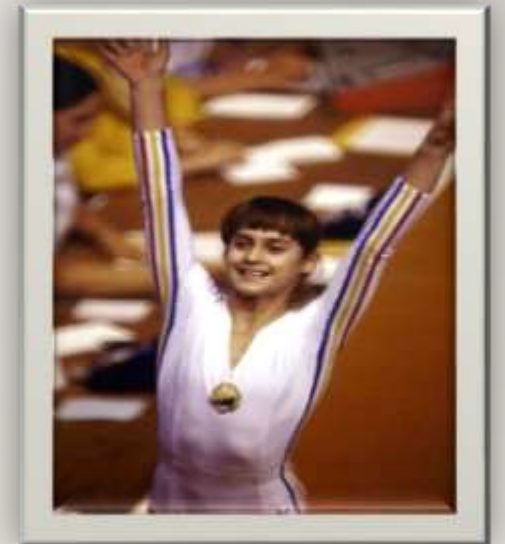




HISTORY

- After her parents separated in the 70s, she and her brother, Adrian were grown by their mom in the Romanian Orthodox Church.
- The 70's were Nadia's. At that time, in a gray and bleak Romania, where communism was beginning to make its "benefits" more and more felt, this little girl was the only one who brought happiness back to people's souls.

The FIRST perfect 10 AT THE OLYMPIC GAMES Montreal 1976



MAJOR CHANGE



- In 1977, The Romanian Gymnastics Federation removed Comăneci from her longtime coaches, the Károlyis, and sent her to Bucharest on August 23 to train much more complex. She did not find this change positive and moreover, she was struggling with bodily changes as she grew older. Her gymnastics skills suffered, and she was unhappy to the point of losing the desire to live.



TRYING TO ESCAPE

- The period of communism was a terrible one for most of those then. It was the same for Nadia, who decided to do something and change her future, planning to flee the country.
- Arriving in Austria, Nadia went straight to the US embassy, where everything went faster than ever, catching the direct flight to New York, where she arrived on December 2.
- "I left with only the clothes I was wearing that day. I only got in touch with my family after the Revolution ".
- "I didn't even think about the dangers we had! ...I think there was such a great desire for freedom that nothing mattered anymore! It was either that or a life we had at home."
"



A photograph of Nadia Comaneci, a Romanian gymnast, smiling and holding a trophy. The background is a blue wall with various logos including IWC, Vodafone, and Mercedes-Benz. The text 'FIGHTING FOR FREEDOM' is overlaid on the left side of the image.

FIGHTING FOR FREEDOM

- One thing is certain about Nadia Comaneci... She fought for her dream, liberty and a better life.
- Nadia retired from competition after the 1980 Moscow Olympics. In the 90's she returned to the country and married here the gymnast American Bart Conner, in April 1996.



FAMILY LIFE

- Today, Conner and Comaneci continue to travel the world delivering inspirational speeches as well as promoting their charities, gymnastics, fitness and healthy lifestyles.
- On June 3, 2006, Conner and Comaneci welcomed their son, Dylan Paul Conner, into the world.
- Currently, Nadia and Bart are business partners with their manager, Paul Ziert, in the Bart Conner Gymnastics Academy, International Gymnast magazine, Perfect 10 Productions, Inc. where they are promoting their charities, healthy lifestyles as well as delivering inspirational speeches



AT THE PRESENT



- Today she lives in Norman, Oklahoma.
- The Romanian champion set up a gymnastics performance center in America which has her name , helping and training those who want to follow in her footsteps.
- "Sport remains the love of my life. And I want to continue to get involved in the promotion of sports, the Romanian ones, to develop the programs, to attract as many children as possible and convince as many parents to guide their children on this path."
- My motto in life was, 'Don't pray for an easy life, pray to be strong!'
- "I wish all Romanians to be strong!"



ZINCA GOLESCU " NATIONAL COLLEGE, PITESTI, ROMÂNIA

ERASMUS+ WOMEN POWER – RAISING AWARENESS

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