


HERE TO WIN.



SKY BROWN. SKATEBOARDER. GREAT BRITAIN.





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This is a work of creative non-fiction. It is a collection of heartwarming and thought-provoking stories, prompts and activities inspired by the lives of eight amazing athletes. It is not an encyclopaedic account of the events and accomplishments of their lives.

www.rebelgirls.com

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CONTENTS



WELCOME, ATHLETES!	4
CHAMPIONS IN ACTION: INSPIRING ATHLETES & AWESOME ACTIVITIES	7
DINA ASHER-SMITH • Sprinter	8
DREAM IT AND DO IT!	10
TRY THIS! STRETCH AND SPRINT	11
SKY BROWN • Skateboarder	12
TRYING, TRAINING AND TRIUMPH	14
TRY THIS! ARE YOU GOOFY?	15
JESSICA AND JENNIFER GADIROVA • Gymnasts	16
TRY THIS! BUILD YOUR STAMINA	18
ROMANE DICKO • Judoka	20
SHOWING UP – FOR YOURSELF AND OTHERS	22
TRY THIS! FIND YOUR BALANCE	23
ALEXIA PUTELLAS • Footballer	24
TRY THIS! FOOTBALL PRACTICE	26
BEBE VIO • Wheelchair fencer	28
BRING IT LIKE BEBE!	30
TRY THIS! START A COUNTDOWN	31
B-GIRL INDIA • Breakdancer	32
TRY THIS! FLEXIBILITY AND FLOW	34
MEET MAYSSA • Team Go Girls	36
MEET MAHNOOR • Football Beyond Borders	38
2024—2025: A YEAR OF SPORTS AND FUN!	41
AWESOME AUDIO STORIES!	66
A NOTE FROM NIKE	66
MORE BOOKS!	67
ABOUT REBEL GIRLS	68

WELCOME, ATHLETES!

Every day, all around the world, people just like you lace up their trainers, pull on their wetsuits, strap on their skis or simply turn on some music and get to work training their minds and bodies for competition and victory – because they know that excelling at sports isn't just about increasing your speed or improving your skills. It's also about developing a winning mentality.

Start by setting clear, attainable goals. *What do you want to achieve? By when do you want to do it?* Then envision the steps you need to take to get there. Commit to your training and hone your own mental toughness so you can approach each of your goals with confidence and enthusiasm. Practise giving yourself pep talks and don't let a false start or missed shot shake your focus. If you fall, get up and try again. Celebrate victories, big and small.

For some, football is a way of life. For others, it's ice skating, basketball, table tennis or taekwondo. What about you? What sports speak to you? Maybe you've found the game that gets your heart pumping, or maybe you're still looking for your sport. Either way, this book is for you.



It is a celebration of athletes in action, packed with stories, facts and activities that reflect the joys of all sorts of sports. In these pages, you'll find exciting tales of champions in track, skateboarding, gymnastics, judo, football, fencing and breakdancing. You'll read tales of persistence, resilience, focus, balance, teamwork and victory. Learn how sprinter Dina Asher-Smith battled injuries to break records on the track and how Bebe Vio defied the odds to become a world champion wheelchair fencer.

You'll find prompts, stretches and exercises that encourage you to move your body, explore your own sports style and hone your champion mindset. There's also a year-long planner, where you can write down your goals and keep track of your practices, games and other activities.

Whether you thrive in team sports or solo challenges, whether you like to train indoors or outdoors, whether you choose ball sports, winter sports, water sports or extreme sports, we encourage you to set goals and work hard to crush them. Here's to an action-packed year of sports and fun!

Your friends at Nike and Rebel Girls







CHAMPIONS IN ACTION

INSPIRING ATHLETES & AWESOME ACTIVITIES

Turn the pages to meet eight extraordinary competitors who've trained hard to reach the top of their game. Then challenge yourself to answer prompts, explore activities, stretch your muscles, and find your very own sports style. You'll also meet two incredible young athletes whose lives have been changed by playing sports.



DINA ASHER-SMITH

SPRINTER

GREAT BRITAIN

**"IF YOU'VE GOT
A GOAL AND YOU WANT
TO ACHIEVE IT, YOU DO
EVERYTHING THAT'S WITHIN
YOUR POWER TO RUN
AS FAST AS POSSIBLE."
—DINA ASHER-SMITH**

Once upon a time, a girl called Dina drew a picture of her future and then made it happen. She was eight years old, and she had just seen something remarkable. British middle-distance runner Kelly Holmes tore across the track at the Athens Games, capturing the gold in the 800-metre and 1,500-metre races.



Dina's parents burst into happy tears. And young Dina saw her future.

"I want to be an Olympian," she declared. Her imagination on fire, she grabbed her art supplies and drew a picture of herself on a podium.

Dina was an active girl. Running, swimming, synchronised diving, hockey – she did it all. But soon, her focus turned to the track, where she pushed herself to run faster than the wind. And her dedication brought results. She won golds at the Commonwealth Youth Games, European Junior Championships, World Junior Championships and European Championships.

At the 2019 World Championships in Doha, Qatar, Dina launched herself off the starting block, pumping her arms, hammering her feet into the track and propelling her body forward like a rocket. She won the gold medal in the 200-metre race and silver in the 100-metre race and broke the British women's records in both.

While collecting medals all over the world, Dina has battled a broken foot, a torn hamstring and other injuries. But she doesn't dwell on the past. "Every single race is a clean slate," says Dina – and another chance for her to break records.



FIERCE FACT

With incredibly strong sprinters like Dina Asher-Smith and Jamaica's Elaine Thompson-Herah and Shelly-Ann Fraser-Pryce on the track, today is part of the golden age of women's sprinting. "I think it's great," says Dina. "It just pushes you to be better."



DREAM IT AND DO IT!

As a young girl, Dina had a vision about what she wanted to accomplish when she grew up. When you think of the future, what do you see? What would make you proud? Describe it here. And then grab your favourite art supplies and some paper and draw your future.

Dina has had to overcome many injuries in her running career. She makes sure to rest her muscles and heal her bones before getting back to the track. And then she moves on. "As a sprinter, I want to be light and bouncy and carefree," she says. "You can't run fast with baggage." Do you agree with Dina? How do you move on from setbacks?

Dina loves to break records. If you could break any record in the world, what would it be?

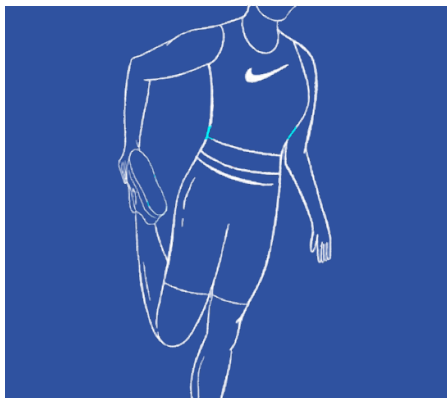
**TRY
THIS!**

STRETCH AND SPRINT

It's important to stretch your muscles before you see how fast you can go. Here are a few simple stretches to do before you take off on a run.

QUAD STRETCH

Stand with your feet hip-width apart. Then bend your right knee and pull your right foot towards your backside. Hold your foot with your hand for 30 seconds and feel the stretch in your quad muscle – the muscle on the front of your right leg. Switch legs and stretch your left quad too.



HAMSTRING STRETCH

Sit on the floor with your right leg extended and your left leg bent so your left foot touches the inside of your right thigh. Keeping your back straight, lean forward to hold your right foot. (If that feels uncomfortable, start by holding your ankle or calf.) Feel the stretch in your hamstring – the muscle that runs along the back of your thigh. Hold for 30 seconds. Then switch legs and stretch your left hamstring too.



ON YOUR MARKS, GET SET, GO!

Choose a starting point and mark it with an object, like a shoe or a book. Place three other objects at different distances from your starting point. See how fast you can sprint to each item. Which is your favourite distance?

SKY BROWN

SKATEBOARDER

GREAT BRITAIN



**"IT'S OK TO
FALL SOMETIMES.
I'M JUST GOING TO GET
BACK UP AND PUSH
EVEN HARDER."
—SKY BROWN**

Surfing in the morning, hitting the skate park in the afternoon . . . Like eating or sleeping, sports are a part of Sky's life.

Skateboarding has been there from the very beginning. Her dad was a skateboarder, so even as a baby, Sky would lie on his board and giggle as she rolled along the floor. Since then, she's often been the youngest skater in the room.

At 10 years old, Sky turned pro. A year later, after a wild ride at the X Games, she became the first girl to land a frontside 540 in competition. And at 13, she was the youngest person to represent Great Britain at the Summer Games. With expert kickflips, handplants and alley oops – and a giant grin on her face – she won the bronze medal.

But things haven't always gone smoothly for Sky. Zooming across a halfpipe and flying through the air doing skate tricks can be dangerous. Once, while training on a halfpipe, Sky took a nasty fall. She fractured her skull and broke her wrist. But she didn't let that stop her. She healed and got right back on the board. Sky knows that falls are just part of the process. And she wants other children to know that too. In sports and life, she reminds everyone to have fun and never give up!



FIERCE FACT

Sky doesn't train with a coach. She studies videos on YouTube and teaches herself new tricks.



TRYING, TRAINING AND TRIUMPH

Skateboarding isn't the only sport that uses a board. There's also surfing, stand-up paddleboarding, bodyboarding, wakeboarding, snowboarding and more. What kinds of board sports would you like to try? Why?

Sky makes time in her day to practise her two favourite sports. What about you? Choose two sports – or types of movement – and write down how you will work them into your daily or weekly routine. (You can also write down your progress on the calendar pages at the back of this book.)

Skateboarders like Sky fall down. A lot. And they get back up again. That's how they learn and get better. What is something you had to work hard to learn? Why was it so hard? How did it feel when you finally mastered it? (And it's okay if you're still working on it!)

**TRY
THIS!**

ARE YOU GOOFY?



There are two types of stances in board sports—regular and goofy—and they aren't determined by how many cheesy jokes you make. The names refer to whether you stand with your right or left foot forward. Want to find your stance?

1. Stand with your feet together and lean forward until you start to lose your balance.
2. When you begin to fall forward, put your leg forward to catch yourself.

The leg you use to catch yourself is the one you'll put forward on a skateboard. If you put your right foot forward, you're probably a goofy-footed skater!

Most board athletes use their more dominant foot as their back foot. But it's all about finding the stance that feels most comfortable for you.

JESSICA AND JENNIFER GADIROVA

GYMNASTS

GREAT BRITAIN

**"WE'VE BEEN
SUPPORTING EACH
OTHER MASSIVELY
THROUGH THE HIGHS
AND THE LOWS."
—JESSICA GADIROVA**

**"WE CAN
SUPPORT ONE
ANOTHER AND PUSH
EACH OTHER TO BE
THE BEST WE CAN BE."
—JENNIFER GADIROVA**



FIERCE FACT

If Jennifer could have a superpower, she'd like to be able to travel through time or turn herself invisible. Jessica thinks time travel would be cool, but wonders about flying. "I know you kind of fly in gymnastics," she says. "But imagine flying even higher and never touching the ground!"

As children, Jessica and Jennifer were always on the move: bouncing here, jumping there and climbing *all* over the furniture. Their parents needed somewhere to direct all that energy, so they signed the twin sisters up for a variety of sports. And at six years old, the bubbly pair found the sport for them: gymnastics.

They've been training ever since, channelling their energy into the power and grace of floor exercises and the acrobatics of the beam, uneven bars and vault.

By the time they were 16, they were elite athletes, representing Great Britain at the Tokyo Games. Jessica's flawless double-twisting Yurchenko on the vault and Jennifer's jaw-dropping tumbling exercises on the floor helped their team win the bronze medal. They were thrilled!

Not only did they bring home the first British medal in women's artistic gymnastics in 93 years, but they also got to share the podium with their idol, Simone Biles. "She is so confident and makes everything look easy," said Jennifer.

But Simone isn't the only role model who spurs them to train harder. They have inspiration even closer to home: one another! "We've always had each other to be competitive with or learn from," explains Jessica.

Whether they are trying a new skill, nursing an injury or celebrating a big win, the Gadirova sisters always have each other's backs!





**TRY
THIS!**

BUILD YOUR STAMINA



In addition to flexibility and strength, gymnasts need endurance to crush it in competition. Here are some activities that will get your heart rate up.

CARDIO BINGO!

To make your own action-packed workout sequence, pick three of the boxes below and do the activities one after another. Then repeat the entire sequence three times in a row. With the options below, you can make more than 200 combinations. Have fun!

**DO 10
SIT UPS**

**DO 15
STAR JUMPS**

**CRAB WALK FOR
20 SECONDS**

**SKIP ALL THE WAY
AROUND THE ROOM
(OR SKIP FOR 20 SECONDS)**

**SPRINT ON
THE SPOT FOR
15 SECONDS**

DO 10 SQUATS

**BOX IN THE
AIR FOR
15 SECONDS**

**DO 10
PUSH-UPS**

**HOP LIKE
A BUNNY FOR
20 SECONDS**

**SKIP WITH A SKIPPING
ROPE FOR 20 SECONDS
(IF YOU DON'T HAVE
A SKIPPING ROPE HANDY,
JUST PRETEND YOU DO!)**

**DO 15
FROG JUMPS**

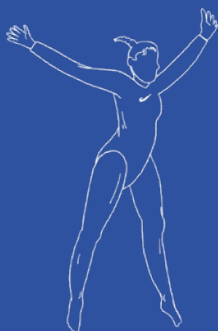
**DANCE FOR
30 SECONDS**

GYMNASTICS JUMPS

There are lots of jumps in gymnastics. Here are a few you can practise at home, and the steps to do them safely.



STRAIGHT



STAR



TUCK



SPLIT



STRADDLE



PIKE

1. Choose a type of jump.
2. Start with both feet on the ground.
3. Bend your knees and JUMP!
4. Whether you choose a straight, star, tuck, split, straddle or pike jump, don't forget to point your feet.
5. Bend your knees as you land on both feet.

Remember: The more you practise, the better your jumps will be!

ROMANE DICKO

JUDOKA

FRANCE



Once upon a time, there was a girl who was exceptional at maths, science and overpowering her opponents on the judo mat.

In the summer of 2012, Romane and her father were sitting in front of the TV, completely enthralled. French half-heavyweight judoka Audrey Tcheuméo was competing in the London Games. Something inside Romane clicked. She'd been a swimmer, but suddenly she knew she'd glimpsed the sport for her. Soon she swapped her time in the pool for time on the judo mat, or *tatami*.

Ten years later, Romane stood in an arena in Tashkent, Uzbekistan, ready to compete in the World Judo Championships. She bowed to her opponent, and the match began. Within seconds, they both were grappling for control. Her opponent tried to sweep Romane's foot out from under her, but Romane stole the moment and took her down. She pinned her to the mat as the seconds ticked up: 10 . . . 11 . . . 12 . . . After 20 seconds, she'd won the match and secured the gold. Romane was officially a world champ!

It wouldn't be her first gold medal – or her last.

And while Romane trains for her next bout, she is getting her degree in mathematics at Sorbonne University. Just as she needs balance to be a top competitor in her sport, Romane knows she needs balance in life.

**"WHEN I HAVE
MOMENTS OF DOUBT,
I LOOK AT MY MEDAL
AND I TELL MYSELF
THAT I CAN DO IT."
—ROMANE DICKO**



FIERCE FACT

Romane has a lucky charm: a belt with the letters T-D-E-V-S on it. The letters stand for the French words for work, determination, commitment, willpower and seriousness.



SHOWING UP - FOR YOURSELF AND OTHERS

Many athletes have rituals they practise before big matches. Romane is no different. Before competitions, Romane's mother helps to do her hair. "She does my famous white braids," she says. "I love spending this time with her before every tournament." Do you do anything special before games, races, performances or school exams? How do these routines make you feel?

When Romane was a kid, she didn't see people who looked like her on TV. It hurt her self-esteem. But she was lucky to have a supportive family and to find a coach who saw her potential. As her confidence grew, she decided to share her journey online. "I said to myself, 'Try to show on social media that it's possible to be a heavy and do judo, to be a woman and do sports.'" She said, "If that can inspire one or two little girls, I've won." What can you do to inspire others to try new sports and keep practising?



FIND YOUR BALANCE

Whether you're grappling with your opponent on the judo mat, performing on a balance beam or walking across a rock pile, your ability to balance can be a big help. To boost your balance skills, try this!

1. Place a pillow or sofa cushion on the floor.
2. Step onto the pillow and feel how it moves under your weight. Practise standing on the pillow on one foot. Can you stand on one foot for 15 seconds? Now try 30!
3. Switch feet and try again.
4. Place stuffed animals or other objects on the floor around the pillow. While standing on one foot, bend over and pick one up. Keep practising until you can pick up your items without losing your balance.
5. Switch feet and do it again.
6. If you have a friend or sibling around, grab another pillow. See if you can play catch while you're both standing on one foot on your own pillow!



ALEXIA PUTELLAS

FOOTBALLER

SPAIN



**"IF YOU THINK
THAT THE LEVEL OF
ENGAGEMENT IN WOMEN'S
FOOTBALL IS GOOD NOW,
YOU'RE GOING TO LOOK
BACK AND LAUGH IN A
FEW YEARS. IT'S GOING
TO BE *INSANE*."
—ALEXIA PUTELLAS**

Six-year-old Alexia was at a local bar with her family watching football. Barcelona was playing an important match, and the whole neighbourhood had gathered to cheer on their beloved team. Alexia's father scooped her up and put her on the pool table so she could see over the adults' heads. From a young age, she had her sights set on playing for Barça.

She played in the street, against the wall, wherever she could. So her parents signed her up for a club team. The minimum age was supposed to be eight, but soon seven-year-old Alexia was practising her skills alongside children five years older.

Alexia kept training and joined her dream team in 2012. And she hasn't disappointed her neighbours and fellow fans. In more than 400 games for Barça, she's been part of the powerhouse teams that have won eight Liga F titles and three Champions League titles. And, in 2023, she and her teammates kicked their way to victory in the World Cup!

But Alexia is not invincible. Prior to the World Cup, she was sidelined with a knee injury. She had to take time to heal. "I learned a lot about the injury, about my body, about my mentality," she said. "I learned to be more patient."

Back on the field, she's looking forward to the future, proud of her team and her country – and how much women's football has grown.



FIERCE FACT

Alexia is the only woman to be awarded the Ballon d'Or Féminin twice. She's also the all-time leading scorer for the Barça women's team. As of May 2024, she's scored 190 goals and counting!

**TRY
THIS!**

FOOTBALL PRACTICE

Footballers like Alexia need to master all sorts of skills: running, dribbling, passing, shooting, blocking, heading the ball and more. And one thing is for sure — they need to practise how well they can control the ball without using their hands. These three drills will help you hone your skills. Grab a football and get started.

TOUCH TEST

Practise moving the ball by kicking it and tapping it with your feet.

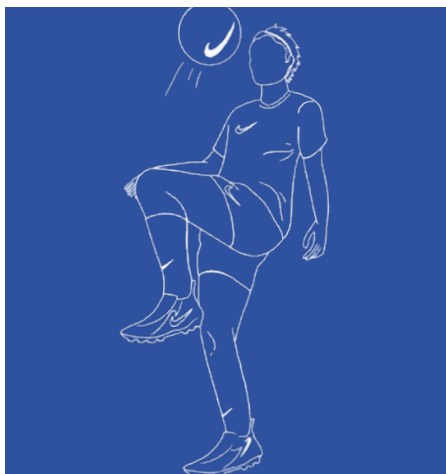
1. Use books, shoes or chalk to mark a small playing area on the ground. Try to keep the ball within this space as you practise your footwork.
2. Tap the ball with different parts of your feet: the inside of your foot, the outside of your foot, the top of your foot, your toes, your heels, or even the soles of your feet.
3. Once you've got the hang of it, set a timer for 30 seconds and count how many touches you can make with your feet.
4. Complete this challenge three times. What is your best score?



KNEES UP!

Practise keeping the ball in the air using just your knees.

1. Lift your knee so the top of your leg is sticking straight out in front of you. Then drop the ball onto the top of your leg, knee it into the air and catch it.
2. Once that feels comfortable, try juggling the ball by bouncing it off your knees or the tops of your legs. You can bounce it off the same leg over and over or alternate between legs. How many times can you bounce the ball without using your hands?



HIT YOUR MARK

Can you aim with your feet? Let's find out!

1. Find your space. This game is best played outside – or in a gym or playroom where you can kick the ball without worrying about breaking anything.
2. Collect a few objects that you can use as targets. Objects like books, shoes and stuffed animals can be set on the ground. You can also affix sticky notes or tape pieces of paper to walls, fences or tree trunks to test your aim off the ground. Set up three to five targets in different places.
3. Place the ball on the ground, choose a target, aim . . . and kick! Practise aiming at each of your marks until you have hit them all. What kinds of kick work for each one?





BEBE VIO

WHEELCHAIR FENCER

ITALY



Bebe was five years old when she picked up her first fencing blade. She swung it to the right and the left, whipping her wrist around to get a feel for it. Soon, she had dreams of fencing on the world stage.

She was on her way when something unexpected and devastating happened. Eleven-year-old Bebe contracted a rare and dangerous infection. To save her, doctors had to amputate her forearms and her legs below the knees. Bebe spent 104 days in hospital.

After that, she heard the word “impossible” a lot. But she was stubborn and strong, and she proved the naysayers wrong. She taped a fencing blade called a foil to her arm and taught herself a new version of her old sport. In wheelchair fencing, “You have to be fearless and attack to avoid defeat,” she says. “And I like to attack!”

Teamwork took on a whole meaning for Bebe. Her physical therapists helped her heal. Her father worked with an organisation to design a prosthetic fencing arm. Her teammates and coaches learned to manoeuvre wheelchairs alongside Bebe. And her family supported her 100%.

With her team, her talents and her toughness, Bebe has won gold as a Paralympian at Rio 2016 and Tokyo 2020, and she has taken the top spot in four world championships.



**"YOU CAN BE
AS TALENTED AND
STRONG AS YOU WISH,
BUT YOU ALWAYS NEED
PEOPLE IN YOUR LIFE."
—BEBE VIO**

FIERCE FACT

In 2009, Bebe and her family founded art4sport, an organisation that helps children with limb amputations enjoy life through sport. It uses grant money to provide prosthetic limbs to children who need them. Bebe says, "I love how the face of a six-year-old child changes before and after playing sport, how their lives change, how the family changes."



BRING IT LIKE BEBE!

Bebe's squad kept her going when things were difficult.
Who do you turn to when the going gets tough?

"Life is too good" is Bebe's motto. What's yours?

One of the things Bebe loves about fencing in a wheelchair is that you can't retreat. You have to face your opponent at all times. She says she loves to attack. When you play sports, do you prefer to play offence or defence? Why?

**TRY
THIS!**

START A COUNTDOWN

Bebe always says, "You must work hard for dreams to become goals, otherwise they will remain dreams for ever." She believes in planning ahead and looking to the future. She puts a countdown on her phone so she knows exactly how many days there are until she can compete as a Paralympian again. Before Rio 2016, she started her countdown 500 days before the big event! What are you planning for? Choose a goal and start your own countdown.



B-GIRL INDIA

BREAKDANCER

NETHERLANDS



**"BREAKING IS
AN ART FORM AND
A MEANS TO EXPRESS
MYSELF, BUT IT'S ALSO
AN INTENSE SPORT."
—B-GIRL INDIA**

India was seven years old, taking hip-hop classes and playing football when she spotted children in a breaking class. Her jaw dropped. Their moves were magic! Knee drops, jump overs, backspins and more! India didn't know the terms at the time, but she marvelled at how the dancers spun, dipped and froze in edgy poses.

She loved the creativity of breaking. There were plenty of steps to learn and power moves to master. But there was also a lot of freedom to develop her own style and create her own signature moves. When B-girls – female breakdancers – battle, they improvise, or make up, their routines on the spot. But that doesn't mean that B-girls don't prepare like other athletes.

As a member of two dance crews, the Heavy Hitters and Hustlekidz, India has teammates and friends who push her to be better. She trains at least three or four times a week. And even when she is not in the studio, she's rarely ever still. India dances in the street, when she is waiting for the tram . . .

Her planning and creativity have paid off. In 2022, her fast footwork, bold freezes and windmills earned India the crown as the youngest breaking world champion ever at an event in New York City.



FIERCE FACT

India experiments with her moves – and her music too. "I don't listen to traditional break music," she says. "I like everything from Adele to afrobeats and Dutch hip-hop."

**TRY
THIS!**

FLEXIBILITY AND FLOW



Here are a few quick stretches that will help you limber up – before a dance workout or before you start your day.

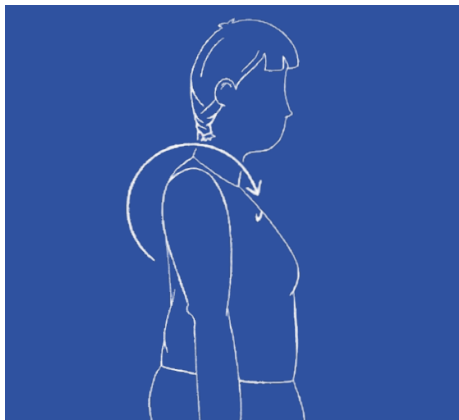
NECK CIRCLES

Stand with your feet shoulder-width apart and your arms by your sides. Let your head fall forward so your chin touches your chest. Rotate your chin to your right shoulder then stretch your chin up towards the ceiling. Then roll your chin to your left shoulder and back to your chest. As you slowly roll your head in a circle, keep your shoulders relaxed. Reverse the order. Do this eight times each way.



SHOULDER ROLLS

Stand up straight, with your feet shoulder-width apart and your arms by your sides. Start by shrugging your shoulders up and down a few times. Now roll your shoulders forwards in a circle eight times. Reverse the direction and roll your shoulders backwards eight times. Repeat the entire set two more times.

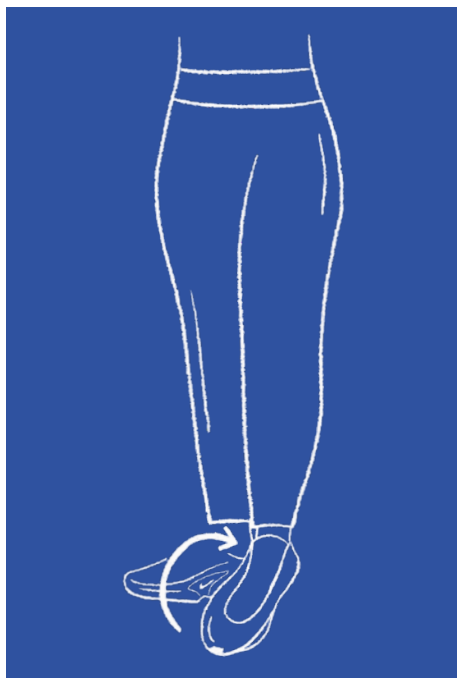


ANKLE STRETCHES

Stand up and put your right leg out in front of you. Point and flex your foot eight times. Switch legs and repeat with your left foot.

Now hold your right leg in front of you and roll your ankle in the air. Move it clockwise for eight circles, then counterclockwise for eight circles. Switch feet and repeat. Repeat the entire set on each foot two more times.

For another fun ankle stretch, pretend your big toe is a pencil and draw each letter of the alphabet in the air. Remember to draw the alphabet with your other foot too!



TOE TOUCHES

Stand with your feet shoulder-width apart. Keeping your back straight, bend at the waist and reach for your toes. It's okay if you can't quite reach them. Stretch as far as you can, count to 15, and then stand up. Repeat the stretch three times. Do the stretch every day, and notice how you get more flexible over time!

FEEL THE FLOW

India dances to all kinds of songs. What music makes you want to get up and groove? Pick a song that makes you want to move, and make up a 30-second dance routine to it. Practise it until you've memorised all the steps. When you're ready, show your moves to a friend or family member. Maybe they'll want to join in the fun.

BONUS: ATHLETES JUST LIKE ME

MEET MAYSSA

Mayssa's dad signed her up for Team Go Girls, a programme created by Nike and the National Sports Agency. Now Mayssa loves expressing herself through sport and movement.

"IF I'VE DONE
1,000 STEPS ONE DAY,
I MUST DO 2,000 NEXT
TIME . . . EACH TIME,
I HAVE A BIGGER
GOAL TO REACH."
—MAYSSA

Mayssa is full of energy. She loves to move. But break time at her school in Pantin, a suburb of Paris, could be unpredictable. Sometimes, when she and her classmates got to the gym, it was already being used by other students.



Other times, groups of boys organised games and said they didn't want to play with girls.

"You have to wait your turn" was a sentence she heard way too often.

But Mayssa didn't want to wait for a turn. She knew there should be time and space for her and other girls like her to play sports and move their bodies! So her dad signed her up for Team Go Girls, and now she's no longer stuck waiting on a bench.

Together with other girls her age, she bounds up and down the field, chasing a football. She works on her volleyball serve, shoots hoops on the basketball court and practises her yoga poses. And all that time moving her body and learning new skills makes her feel great.

Team Go Girls even gave Mayssa a smartwatch that she can use to set goals for herself. She pushes herself to beat her own records and invites her dad to compete with her on daily challenges. Most of all, she's having fun!

Team Go Girls is a programme designed specifically for girls aged 7 to 14. It aims to get young girls moving more every day.





BONUS: ATHLETES JUST LIKE ME

MEET MAHNOOR

Mahnoor began working with Nike community partner Football Beyond Borders when she was in year 8. Little did she know it would change her life.

Mahnoor moved around a lot as a child. It was tough always being the new kid, and teachers began to scold her for being disruptive when she tried to make her classmates laugh.

She ended up in Nelson, a tight-knit, predominantly Muslim and South Asian community located a little north of Manchester. One day, she met some people from Football Beyond Borders (FBB). Talking with them helped her change her perspective. But just as she started to find her way, the Covid-19 pandemic struck. Suddenly, instead of enjoying her school, her growing friendships and her new-found confidence, she was stuck within the four walls of her bedroom. With no one around to entertain, she struggled with depression. FBB's digital programmes became her lifeline.

When lockdown rules relaxed, Mahnoor emerged from her room. Slowly at first, she reconnected with old friends and met new ones through FBB. In year 9, she joined some classmates in trying to convince the school to allow Muslim girls to wear sport hijabs during PE lessons. Their campaign was a success!

Today, she is studying for her A-level exams. "FBB has been so patient in guiding me to become my best self through football," says Mahnoor.





"I'VE REALISED THAT
MONEY ISN'T EVERYTHING,
MAKING MISTAKES IS OK
AND ULTIMATELY FINDING
TRUE FRIENDSHIPS AND
THE MEANING OF LIFE
IS THE NORTH STAR."
—MAHNOOR



Football Beyond Borders works with young football lovers who are passionate on the pitch but not thriving in school. It supports students and helps them finish school with the skills, grades and confidence they need in the classroom and in life.







2024–2025

A YEAR OF SPORTS AND FUN!

Volleyball, golf and track sports in the autumn. Skiing, ice skating and hockey in the winter. Cycling, swimming and cricket in the spring and summer. As the year unfolds, there so many amazing sports and games to play. How many will you try? Use the next section of the book as a planner to write down your sports goals and keep track of your practices, games and other activities.



AUGUST 2024

Warm days are made for kicking footballs, practising ollies on your skateboard and tossing Frisbees in the park with friends. What's your summer sport?

Notes

Sunday

Monday

Tuesday

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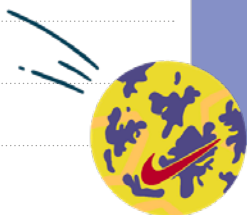
20

French middle-distance runner Rénelle Lamote scored her personal best time in the 1,000-metre race in 2018: 2:34.48.

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27




Wednesday

Thursday

Friday

Saturday



	1	2	3
7	8	9	10
14	15	16	17
21  In 2023, Sha'Carri Richardson broke the world record for the 100-metre sprint.	22	23	24
28	29	30	31

**SEPTEMBER
2024**

Back to school, back to sport. What's your favourite way to move your body in the autumn?

Notes

Sunday

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In 2023, US basketball player Jewell Loyd scored her 939th point – a single-season record!

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Wednesday**Thursday****Friday****Saturday**

4 Ethiopian-Dutch runner Sifan Hassan broke the world record for the one-hour run in 2020. She sped through 18,930 metres.	5	6	7
11 British phenomenon Emma Raducanu shocked the tennis world when she won the US Open in 2021.	12	13	14
18	19	20	21
25	26	27	28

OCTOBER 2024


Field hockey, golf, tennis, volleyball – there are so many games to try this autumn. Which sports are calling to you?

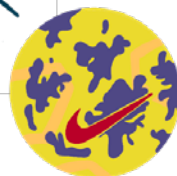
Notes

Sunday


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		1
6  Malaika Mihambo broke a record in 2019 when she performed a stunning long jump of 7.30 metres.	7	8
13	14	15
20	21	22
27	28	29 



Wednesday**Thursday****Friday****Saturday**

2	3  It is Jennifer and Jessica Gadirova's birthday. Celebrate by doing a cartwheel!	4	5
9	10	11	12
16	17	18	19
23	24	25	26
30	31		


Tuesday

Notes

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Wednesday**Thursday****Friday****Saturday**

		1	2
6	7	8	9
13 Austrian snowboarder Anna Gasser was the first person to do the trick known as a cab triple 1260 in 2018.	14	15	16
20	21	22	23
27 	28	29	30


**DECEMBER
2024**

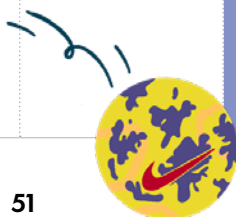
As the year comes to a close, take a moment to remember your favourite sports moments of the year, both as an athlete and as a fan.

Notes

Sunday	Monday	Tuesday
1	2	3  In 2018, Norwegian striker Ada Hegerberg won the first women's Ballon d'Or.
8	9   Skateboarder Sky Brown won <i>Dancing with the Stars: Juniors</i> in 2018. Practise your dance moves today!	10
15	16	17
22	23	24
29	30	31

Wednesday**Thursday****Friday****Saturday**

4	5	6	7
11	12	13	14
18	19  Record-breaking wheelchair tennis player Diede de Groot was born today. Maybe today is the day to practise your serve?	20	21
25	26	27	28



Glide into the new year with some smooth winter sports. Ice skating, speed skating, hockey, snowboarding, cross-country skiing – what's your winter sport?

[illegible]

Tuesday

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Aryna Sabalenka, from Belarus, defeated Zheng Qinwen to win her second straight Australian Open in 2024.

Wednesday**Thursday****Friday****Saturday**

1	2	3	4
8	9	10	11
15	16	17	18 Warm up and practise your dribbling. It's Spanish midfielder Aitana Bonmati's birthday.
22	23	24	25
29	30	31	

Skiing, snowboarding,
competitive snow
sculpture building?
What snowy sports
will you try this month?

Skiing, snowboarding,
competitive snow
sculpture building?
What snowy sports
will you try this month?

Notes

Sunday

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 In 2020, Oksana Masters accepted the award for sportsperson of the year with a disability.

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Saturday



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5	6	7	8
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19	20	21	22
26	27	28	

**MARCH
2025**

Spring is in the air.

As the weather improves, set some goals for yourself.

Have fun with it – write some that you will accomplish this week or this month.

And write down some great big, exciting, shoot-for-the-moon goals too!

Notes

Tuesday

2	3 Belgian athlete Nafissatou "Nafi" Thiam broke the indoor pentathlon world record when she scored 5,055 points in 2023.	4
9	10	11
16	17	18
23	24	25
30	31	



Wednesday

Thursday

Friday

Saturday

			1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29

**APRIL
2025**

Group sports or solo competitions? Do you prefer working out and winning as part of a team or challenging yourself to beat your own record? What are you training for this month?

Notes

Sunday

Monday

Tuesday

		1
6	7	8
13	14	15 In 2024, Caitlin Clark was the first pick in the WNBA draft.
20	21	22
27	28	29

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Wednesday

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Saturday

2	3	4	5
9	10	11	12
16	17	18	19
23	24	25	26
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MAY 2025

Flexibility, strength, stamina, speed, grace – what do you want to work on this month? Push yourself and enjoy the rewards of your hard work.

Notes

Sunday

Monday

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B-Girl Anti won her first world championship competition in Italy in 2021.

It's British weightlifter Emily Campbell's birthday. Do a couple of curls to celebrate her power!

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Wednesday

Thursday

Friday

Saturday

	1	2	3
7	8	9	10
14	15	16	17
21	22	23	24
28	29	30	31



JUNE 2025

Summer is a wonderful time to explore water sports. Swimming, rowing, kayaking, waterskiing, diving, water polo – pick one and give it a go!

Notes

Sunday

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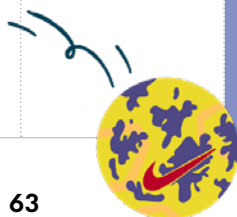
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Wednesday**Thursday****Friday****Saturday**

4	5	6	7
11	12  Keely Hodgkinson scored the top spot in the 800-metre race at the 2024 European Championships in Rome.	13	14
18	19	20	21
25	26	27	28



JULY 2025

Rugby? Pickleball?
Tennis? A good
old-fashioned game
of catch? An obstacle
course in the park
with your friends?
What sports and
games can you play
this month?

Notes


Sunday

Monday

Tuesday

		1
6	7	8
13	14	15
20	21	22
27	28 It's Nelly Korda's birthday. Celebrate the golfer by practising your swing.	29

**Wednesday****Thursday****Friday****Saturday**

2	3	4	5  Czech powerhouse Petra Kvitová won Wimbledon for the second time in 2014.
9	10	11	12
16	17	18	19
23	24	25	26
30	31		

A NOTE FROM NIKE

At NIKE, we believe that if you have a body, you're an athlete, and that the future of sport is creative, inclusive and limitless. We know the next generation – your generation – isn't just *thinking* about creating in the future – you're leading the way now.

For us, change starts with listening to the voice of the athlete. So we're listening to your voice! Yes, you, the person who made their way to the end of this book!

We want to know and learn about your perspective on the world and how your relationship to sport is unlike any other generation that's come before. We want to understand more about the emotional and physical barriers that you face today – in sport and in life.

The more we listen, the more we learn. And the more excited we are about the chance to redefine sport with and for your generation.

We believe play is the gateway. We want you to remember *that you don't do sports – you play sports*, and we want to inspire every athlete to get out and play!

AWESOME AUDIO STORIES!

Use your phone to scan the code, and you can listen to extended audio stories about the outstanding athletes in this book.



★ **MORE BOOKS!** ★

For more stories about amazing women and girls, and to get tried-and-tested advice on growing up, check out other Rebel Girls books.





ABOUT REBEL GIRLS

Rebel Girls, a certified B Corporation, is a global, multi-platform empowerment brand dedicated to helping raise the most inspired and confident generation of girls through content, experiences, products and community. Originating from an international best-selling children's book, Rebel Girls amplifies stories of extraordinary real-life women throughout history, geography, and field of excellence. With a growing community of 35 million self-identified Rebel Girls spanning more than 100 countries, the brand engages with Generation Alpha through its book series, premier app and audio content, events and merchandise. To date, Rebel Girls has sold more than 11 million books in 50 languages and reached 55 million audio listens. Award recognition includes the *New York Times* bestseller list, the 2022 Apple Design Award for Social Impact, multiple Webby Awards for Family, Kids & Education, and Common Sense Media Selection honours, among many others.

As a B Corp, we're part of a global community of businesses that meet high standards of social and environmental impact.

Join the Rebel Girls' community!

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Web: rebelgirls.com

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App: rebelgirls.com/audio

Podcast: rebelgirls.com/podcast

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Scan to hear exciting stories about extraordinary women and girls from all around the world and throughout history.



FAST, FUN AND FEARLESS — IN SPORTS AND LIFE!

Look inside to meet eight unstoppable athletes who train hard and give it their all to win. Read about Alexia Putellas kicking her way to victory on the pitch, Sky Brown spinning in the air high above a half-pipe, and Dina Asher-Smith smashing her own records on the track. And then answer prompts to explore your own sports style and build your champion mindset. Get your muscles moving and your heart pumping with the stretches, drills, and activities in the book. And use the calendar pages to plan your year of sports and fun.

Rebel Girls is a global, multi-platform empowerment brand dedicated to helping raise the most inspired and confident generation of girls.

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ACTION-PACKED AUDIO STORIES.**



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**WOMEN
OWNED**