

---

## Amy Chow

# Actions Speak Louder Than Words

---

By Luan Peszek

Amy Chow is a woman of few words, but her actions certainly speak louder than words. Chow, from San Jose, Calif., made history at the 1996 Olympic Games, when she became the first Asian-American gymnast to medal at an Olympics. In addition to winning the team gold, Chow won the silver medal on bars, her favorite event.



We caught up with Chow and asked about her current schedule and future plans. Here's what she had to say:

### **How has the John Hancock Tour of World Gymnastics Champions been going?**

Good. We finished in November and we start 24 more shows in January and February 1997.

### **What's the best and worst part of the tour?**

The bus ride is the best part because we all get to be together and hang out. We eat dinner and watch movies like *Now and Then*, *Tommy Boy*, and *Cutting Edge*. Some people like the scary movies, but not me. There are two VCR's, one up front and one in back, so we can watch two movies at the same time. The worst part of the tour is all the traveling and being gone a lot.

### **What's a normal day like on the tour?**

After a show we depart the city at about 11:00 p.m. and arrive in another city around 3:30 or 4:30 in the morning. We go in the hotel, sleep a little, and then go to the mall, do a book signing tour, or just hang out. Then we go to rehearsal around 3:30 or 4:00 p.m. and the show starts at 7:00 or 7:30 p.m. Then we do the same thing the next day. We usually go home on Monday and start the whole thing over on Thursday.

### **Do you get to see many sites in each city?**

Usually we don't get to see much. We did get to go to the Mall of America in Minneapolis. In Atlanta we all went to Siggers, a beauty salon, and got our hair and fingernails done. It was fun.

### **We heard you injured your ankle while on tour. What happened?**

I broke it doing a standing full on beam at the Sacramento tour stop. The next weekend was the San Jose show and I was disappointed because I wanted to perform in my hometown. I had to wear a boot for about three weeks and then I had to tape or wear a brace for a few more weeks. I'm planning on competing in

the Reese's International Gymnastics Cup in January so I'm hoping it's 100% by then.

**Tell us about the new move on bars you competed at the Olympic Games. Is it named after you now?**

Yes, it is called the Chow II. It's a full twisting front staldler.

**Is there a Chow I?**

Yes, it's a back staldler one-and-a-half twist on bars. It was named after me when I competed it at the 1994 World Championships.

**When we spoke with you about a year ago, you did not yet have your driver's license because there was no time. Did you finally get one?**

No, but I did finally get my driver's permit. I practice a little bit. I hope to get my drivers license before next fall.

**What's your next big competition?**

The Reese's International Gymnastics Cup in Anaheim, January 25th. It's a nice format and I'm looking forward to it. They're pairing us up with another gymnast from the U.S. to form a team. It will be televised on NBC Sports.

**When do you start school at Stanford University? Are you still going to train in gymnastics?**

Next fall. I probably will train while I'm at school. I'll still be close to my home gym so I'll probably continue to train at West Valley Gymnastics. I can't compete in college gymnastics because I decided to turn professional.

**What are you planning to study at Stanford?**

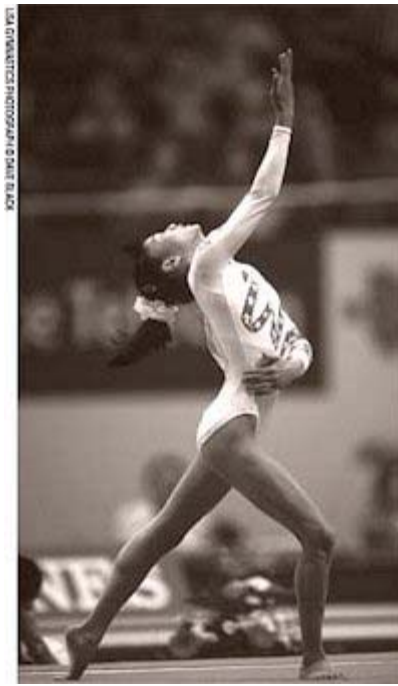
Biology. I'd like to be a pediatrician. I've wanted to do this for a very long time. I like working with kids and I like science.

**What advice would you give young gymnasts who want to win an Olympic medal like you?**

Work hard, believe in yourself and have fun!

### **Chow Stats**

<b>Hometown &amp; Residence:</b>	San Jose, California
<b>Birth Day:</b>	May 15, 1978
<b>Age:</b>	18
<b>Club:</b>	West Valley Gymnastics
<b>Coaches:</b>	Mark Young & Diane Amos
<b>Hobbies:</b>	Playing piano and reading books



**Interesting Fact:** When Amy was 3 years old her mother tried to enroll her in ballet. The ballet school would not take Amy at such a young age so, instead, she started gymnastics. The rest is history!

### Competition Highlights

- 1996** Olympic Games, Atlanta, Ga.; 1st-Team, 2nd-UB
- 1996** Olympic Trials, Boston, Mass.; 4th-AA
- 1996** World Championships, San Juan, Puerto Rico; 15th-V (semi-finals)
- 1995** Budget Rent a Car Gymnastics Invitational; 1st-Team & AA
- 1995** Pan American Games, Mar del Plata, Argentina; 1st-Team & V, 3rd-AA, 2nd-UB
- 1994** World Championships, Dortmund, Germany; 2nd-Team



This article is reprinted from the January/February 1997 *USA Gymnastics* magazine.