# Simone Biles Set to Make Competitive Return at U.S. Classic Ahead of Paris Olympics



Simone Biles will return to competition for the first time in 2024 at this weekend's U.S. Classic in Connecticut, marking her comeback ahead of the Paris Olympics. Biles last competed at the Tokyo Olympics in 2021, where she withdrew from multiple events due to mental health challenges referred to as "the twisties." Since then, Biles has focused on her mental well-being, engaging in regular therapy and maintaining a rigorous training regimen.

Her return follows intensive preparation and ongoing work on her mental health. Biles, coached by Laurent and Cecile Landi, has taken measures to ensure she is better prepared for this comeback, including weekly therapy sessions. Despite the pressures of competition, she remains committed to seeing how far she can push her gymnastics career.

The U.S. Classic will be followed by the U.S. Championships later this month and the Olympic Trials in late June. Biles, married to Chicago Bears safety Jonathan Owens and residing in the Houston suburbs, has expressed confidence in her mental and physical readiness for the upcoming competitions.