

FOR IMMEDIATE RELEASE

TORONTO AUTHOR JESSICA GERLOCK TURNS “BEING THE SMALLEST” INTO A SUPERPOWER IN NEW CHILDREN’S BOOK

***The Smallest Baller* delivers a powerful message about confidence, resilience and believing you belong — no matter your size**

TORONTO, ON — September 14, 2026 — What if the thing that makes you feel different is actually the thing that makes you strong? That’s the message behind Toronto author, podcast host and NASM-Certified Personal Trainer Jessica Gerlock’s debut children’s book, *The Smallest Baller*, launching November 11, 2026, on Amazon.

Written for children ages 5–9, *The Smallest Baller* follows Jess, the shortest player on her basketball team, as she learns an important lesson: you don’t have to be the biggest to make a big impact. With the tagline “Small Size. BIG Game.”, the book is designed to inspire young readers — especially kids who have ever felt too small, too different, or like they don’t quite fit in.

“I know what it feels like to be the smallest person in the room,” says Gerlock. “I wanted to write a story that tells kids they don’t have to change who they are to belong. Your size doesn’t determine your strength, and being different doesn’t mean you’re less capable.”

MORE THAN A BASKETBALL STORY

While basketball provides the backdrop, Gerlock says the message extends far beyond the court. *The Smallest Baller* explores themes of self-confidence, perseverance, resilience, individuality and finding strength in yourself — lessons that can apply whether a child is stepping onto a basketball court, into a classroom, onto a stage, or simply trying something for the first time.

The book is also a natural extension of Gerlock’s work as host of *The Five Foot Strong Podcast*, where she has conversations about resilience, mindset, mental health, physical health, women in sports and becoming stronger from the inside out. “Kids are constantly being told who they should be and what they should look like,” Gerlock says. “I want this book to remind them that they are already enough — and that they are capable of more than they may realize.”

CREATED FOR THE NEXT GENERATION OF SPORTS FANS

With the growing visibility of women’s sports and a new generation of young girls finding role models on the basketball court, Gerlock hopes *The Smallest Baller* will help young readers see themselves as athletes, leaders and competitors.

The story is particularly meaningful for children who may not see themselves represented as the biggest, fastest or strongest player. Because sometimes the smallest baller has the biggest game.

BOOK DETAILS

Title: *The Smallest Baller*

Author: Jessica Gerlock

Tagline: *Small Size. BIG Game.*

Release Date: November 11, 2026

Available: Amazon

Recommended Age: 5–9

ABOUT JESSICA GERLOCK

Jessica Gerlock is a Toronto-based author, podcast host and NASM-Certified Personal Trainer. She is the creator and host of *The Five Foot Strong Podcast*, which explores resilience, mindset, healthy living, mental health, physical health, women in sports and inspiring personal stories.

Through both her podcast and fitness work, Gerlock has built her brand around one central message: strength is about more than what you can see.

The Smallest Baller brings that message to a new generation of readers.

MEDIA OPPORTUNITIES

Jessica Gerlock is available for:

- Television and radio interviews
- Podcast interviews
- Newspaper and magazine features
- Children's book and parenting features
- Women's sports and basketball features
- Author interviews
- School and library events
- Speaking engagements
- Social media interviews and collaborations

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