

# Gymnastics

By: Ariella



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“I am so scared. But it’s ok, wait. It is not ok! Everyone will laugh. This is gonna be embarrassing. What am I gonna do?” Sandy kinda shivers and whines at the same time while her mom drops her off at gymnastics. She knows she’s going to at least try to do a flip on the balance beam, but it won’t look as pretty as you think. Sandy doesn’t understand, how can she do it on the floor, but not on the balance beam? She shivers even more.

Sandy looks nervously at the balance beam while gymnastics starts for the 4th grade. After that watching other grades do the balance beam, she feels embarrassed.

Everyone does a flip, booom , on the beam! Everyone lands perfectly on their feet, pow! It is her turn. She asked for help. Then slowly walked embarrassed while everyone is staring because she is very shy.

Sandy wanted to go home, then Leah calmly says “Yes you have to so i will try to figure out how I can help you with your weakness.”

“Ok.” sandy says with a frightened face. Every minute she watches the clock and it’s only noon. Sandy’s face collapses because there is still hours left.

Sandy crept to the balance beam and quietly said “will you help me please?”

Yes of course I will,” the coach said.

“Ok,” sandy said confidently. She then quickly got on the balance beam, stood up straight on her feet, then breathed in and out her heart pounded hard boom boom, boom boom, She does the flip, gasped of scaredness, and fell right off the balance beam, boom, onto her bottom.

Everyone laughed their hearts out. “Ha ha ha ha ha ha ha ha ha ha ha ha ha ha ha,” they laughed out loud. They laughed for about 20 minutes without stopping. Sandy stared at the clock again waiting till everyone stopped laughing, Sandy really really really wanted class to be over, and rocked and rolled while hugging her knees tight. Almost about to cry, Sandy’s eyes got really really really watery.

“Sandy,” coach Leah says a little later, come here.

“Yes” Sandy asks.

“I need to tell you something,” Leah says in a quiet voice.

“What happened?” Sandy asked.

“I want to tell you a story and it is 100 percent true.” Then all the rest of the kids came closer and circled around Leah and listened because they were curious Then Leah said,;I was once very very scared to do the uneven bars. I cried because everyone teased me...

But I tried and tried and wouldn't stop because I wanted to be the best the star. So, I tried and tried and wanted to reach my goal.”

“Did you?” Sandy interrupted.

“Yes I did because you have to keep trying. Plus, you have coaches to help. But if you don't try, you wont complete your goal. So, practice at home.” Sandy went home and kept practicing that night.

The next day Sandy gets on the balance beam confidently. While she is on the beam, she believes in herself. Sandy goes down on her hands, and kicks her feet in the air, “I did it!” she cried loudly Everyone in the gym started to clap.