

## Gracie Stuck the Landing

By Kendall T.

19 year old twins, Gracie and Simone, love gymnastics. They have a dream to go to the Olympics! One day, Gracie was having trouble mastering her fly away dismount on the bars. She kept falling on her landing. Simone's bar routine looked PERFECT and that was starting to make Gracie feel really discouraged and embarrassed. Simone decided to take a video of Gracie doing her bar routine so that Gracie could see what she was doing wrong. After she watched herself on video, Gracie realized that it was very a very simple fix...her head was pointed down and instead it needed to be looking straight ahead!

So, the next practice day, Gracie could feel her heart racing. "Oh, I hope I'm going to stick my landing today! I hope I'm not going to mess up again!" She stepped on the springboard, took a long, deep breath, and let out a huge sigh. "One, two, three...here I go." Gracie mounted the low bar and jumped to the high bar...but missed. "Ouch! My ankle!" Tears began to roll down her face. Simone ran to grab her phone to call their mom. Her mom's advice was perfect...to get right back up and try her bar routine again and do NOT quit.

Gracie went over to the bar and looked at it like she was the boss. Simone watched and cheered her on. Gracie went for it full force! She got to the dismount part of her bar routine and kept her head straight across, squeezed all her muscles and...BOOM! She STUCK the landing!

Gracie ran over to her sister and saw Simone crying with joy. "Gracie, always believe in yourself no matter what and you can accomplish anything." The two sisters linked their arms together and happily walked out of the gym.