

Emily.M.

“Ugh!” I say in frustration.

“It’s ok, just wrap it around your foot,” Coach says helpfully. “Like this.”

I look at her like she is speaking a foreign language to me. I just got back from school, and it was my first day at aerial silks class. Aerial silks are two long pieces of cloth that you do tricks on in gymnastics. Everything that we were learning made me confused, and I just couldn’t get it right.

Coach Katie grins at me and says, “Don’t worry if you can’t get it right, the first day is always the hardest.”

I stare at the long pieces of bright yellow cloth in front of my face dangling from the gym ceiling.

I tried again, repeating the steps Coach Katie showed me. One wrap, turn your foot left, pull around, and stand up. When I stand up the silks slowly start to drag off of my foot.

“Here let me show you how to do it again,” Coach said “See how I pull up while wrapping?”

“Oh ok” I say. It made what I was doing sound a little less confusing. The clock ticked to 5:50, so that meant only ten more minutes left of class.

“Why can’t I get this right!” I exclaim in my head. My eyes drift off to watch the other girl in my class learning to do more advanced tricks based off the one I’m trying to do right now. Her name was Lilly and she was pretty friendly to me. She made it look so easy.

Coach Katie starts to walk over towards me to see how I was doing so far.

“Ok Emily, you can do this!” I whisper to myself.

One wrap, turn, pull around, stand up and....

“Yes!” I exclaim, and Coach Katie gives me a big high five. A smile is plastered on my face. I finally had done it!

I started to practice the move again and again until I had it mastered, and I also tried to do some of the move Lilly was doing.

“Good job Emily, I knew you had it in you!” Coach Katie said “Next Monday you can practice the moves that Lilly was doing earlier.”

I was so proud of myself for learning how to do the trick, and more importantly I didn’t stop trying and didn’t give up.