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The girl who was bad at Gymnastics.

One day there were two girls named Kate and Shell playing at the park.

Do you want to do a handstand with me? Shell said. I don't know if I can do that. Kate said.

Why? Shell said.

Because I'm bad at everything. Kate said.

I could help you!" she said.

You sure? Every time I do something I fall. Kate explained.

It's ok I got you. I will hold your feet while you keep your arms straight.

Ok I guess I'll give it a try. Kate said.

She went into a handstand and felt nauseous. Her feet started shaking, making it hard for Shell to hold them steady. Kate felt her body fall backwards landing hard on the ground. Tears started to fall from her eyes. She got up, covered her face with her hands, and ran home.

When she got home, she went straight to her room and didn't say a word. Her mother started to wonder why she hasn't heard from Kate all evening. She went upstairs and gently knocked on the door. Kate said come in with a quiet voice. When her mother walked in, she could tell Kate had been crying. She asked Kate what was wrong. Kate explained what happened at the park. Kate's mother said how about we put you in gymnastics. Kate jumped up and down because going to gymnastics was her dream. Kate said thanks mom, that's a great idea. Her mom tucked her into the covers and walked out of her room.

The next day Kate woke up super excited. She quickly put on her clothes, brushed her teeth, and headed to school. When she got to school, she found her friend Shell to apologize for running away. She told her that she fell because she got nauseous. It's ok! Shell said. Kate told Shell about her mom putting her in gymnastics. Shell said cool when are you going to start? Tomorrow, Kate said as the bell rung. After she got back home her

mother made dinner. Kate come eat! Her mother said. Kate came downstairs and sat in front of her plate. She started talking to her mom about how excited she was to start gymnastics. After dinner she went back to her room to pack for gymnastics. She took out her leotard and her gymnastics shoes. She hopped into bed and tucked herself in.

The next day after school she rushed home to change into her leotard. Come on you don't want to be late on your first day Kate mom shouted. Kate ran down the stairs and hopped into the car.

As she arrived, she started to feel nervous. She asked her mom, "What if no one likes me? What if I embarrass myself again? Her mother looked at her and said it's ok. I'll be here the entire time watching you. This will be fun, don't be nervous. Kate started to feel a little bit better.

As we walked through the door the woman at the front desk welcomed us in. She was very nice. She helped my mom fill out all the paperwork to get me started. After they finished, we walked over to meet my new coach. The couch seemed super nice as we walked to the locker room. She introduced me to all my new teammates. We walked into the big area where all the cool, fun, and equipment was. My coach asked me what I needed to work with. I told her everything. So, we practiced literally everything. I wasn't doing as best as everyone else. I feel almost the entire time until it is over. After we finished all the girls walked out. Couch told me to wait because she wanted to talk to me. She said I reminded her of herself when she was a child. She told me to be confident and know that I can't do anything I put my mind to. She told me to just take a deep breath and focus. I told her thanks for the advice, and we walked to where my mother was.

When we got home, I flopped on the bed and thought about what couch said. I must be more confident in myself. And she went to bed.

The next day at gymnastics practice I did exactly what couch told me to do. I started to breathe before my cartwheels and told myself I couldn't do anything. Next thing you know, I was flipping without falling. My mom and coach were both talking about my progress. I was so proud of myself.

The next day at school she found her friend Shelly to show her all the new tricks she learned. Shell said wow that's amazing. I know you could do it!