

## What i am thankful for

I'am thankful my gymnastics coach because he is very nice and always helps me with all the moves I can't do and other things like that .When I feel like i'm not doing good he always cheers me up and he never gives up on me and also never lets me quit even,if I am certain that I can't do something he always push is me to do better and to think positive. My other gymnastic coach dose the same thing but is very strict but I learned that he just wants me to be good at what i am learning , I remember the first day i was in level 2 i went home crying because I thought one of my coach's was mad at me because i couldn't do a back handspring my friend told me he was not mad at me he just knew i could do it and go mad because i stopped trying so to it and i lost faith in myself .

They always encourages me to go to competition even if I think I can't someday i want to be a gymnastic coach and be like them . They are very important to me and just overall great.