My Strength

My strength is that I stay focused when faced with distractions, obstacles, and adversary. Last year was my first year to compete as an Alabama Gymnast. I had my first debut at our first home meet against Georgia. My first and second tumbling passes were amazing but then I found my self running out of endurance and fell on my last pass in front of 15,000 fans. I was embarrassed because that was not the way I wanted to start out my freshman year. I had the lowest score, 9.35, so my score was dropped. Therefore, I did not contribute to our team score.

The following Monday I had to learn quickly to let the past go and focus on what is next to come. Of course I lost confidence in my self but I knew that I was capable of helping the team out. I face distractions such as: being hung up on my mistakes, losing faith in my self, not showing my coaches consistency, and reading what others had to say about my floor routine on the internet and in magazines/ newspapers.

The week after we faced Georgia, we traveled to Penn State. My coaches and teammates built my confidence back up and made me stay focused on a new week. Through my obstacle of my 1st meet, I stayed focused on my training and ended up competing at Penn State and scored the highest score for our team, also placing 2nd in the entire meet for floor exercise.

My Weakness

My weakness is that I have not built a relationship with each teammate on my team. I do not invest the time to get to know each of my teammates on a personal level. Therefore, I do not know the best way to communicate with them. I do not know what fires them up or what frustrates them.