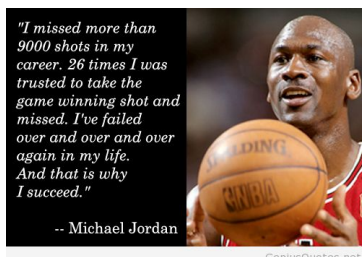


Resilience in Sports – Bouncing Back!

Everyone experiences disappointment at some time or another in gymnastics. Maybe it's when you didn't get that score you were hoping for, or you missed a skill in your routine, or you didn't qualify to Regionals, etc. It's how you deal with this disappointment that may or may not lead you to further success.



In gymnastics, bouncing is part of the deal. We bounce on the board to get more height on the vault. We bounce to do tumbling skills. We bounce on the beam. So “bouncing back” should naturally, be part of the deal too! Good gymnasts make mistakes or allow themselves to feel mad, sad, or disappointed and then let it go! Holding onto these emotions can cause problems with the next skill, routine, or event.

Great athletes use disappointment or dissatisfaction to their advantage. They are unsatisfied with the result and quickly develop a plan of action. This plan of action helps them focus on the things they can control – concentration, a positive attitude, skill execution, and the amount of effort they can put in.

Here are some suggestions for “bouncing back”:

1. Check your emotions and feelings. It's okay to admit what you are feeling, just don't let it get out of your control or allow yourself to feel that way for long. Handle your emotions with dignity.
2. Write down your plan of action. What are you going to do to change the next skill, event, routine, or competition? Continue to remind yourself of this plan.
3. Find a role model who has struggled, bounced back, and found success. Let this person's story help motivate you.
4. Keep a “Thankful journal”. Write down things you are thankful for – these can be sport or non-sport related. This will help you to think positively.
5. Remember that success comes from learning from mistakes, how to handle emotions, and dealing with setbacks. “Resilience is the ability to fall, pick ourselves up from the floor quickly, learn and continue with our journey.”

Resilience Homework Assignment

1. Write down three times that you experienced disappointment or were dissatisfied with your skill, event, routine, etc.
2. How did you handle your disappointment for each of the times you wrote down?
3. Write a Plan of Action for what you will do the next time you feel disappointment? Tell what you will do that is within your own control, what you will be thinking to yourself, when will you remind yourself of this plan, etc.
4. Design a small Thankful Journal for your gym bag. Before and after each meet, write down at least two things for which you are thankful. Review these before the next competition. (Be sure to bring your journal to the meet!)