

Dear Gabrielle,


So you're having the worst meet of your life. You went into your fourth U.S. Championships hoping to earn another spot on the national team, but this time as a Senior Women's team member. But the fact that you're struggling with hamstring and hip flexor injuries, not to mention still adjusting to life in Iowa, where you moved 1,200 miles away from home to train, has caught up with you. You talk to Coach Liang Chaw about your fears, and he tells you to believe in yourself. Because of your injuries you are unsure of yourself and during the two days of competition, you have several falls on beam and finished seventh in the overall standings. In spite of this, you still make the National Team. A month later, to many people's surprise, you make the World Championship Team. You really wanted to become the all around World Champion, but instead your teammate wins the title.

You're scared and dissatisfied. But you must ignore those voices in your head, the ones that keep nagging, "What if I fall again? What if it hurts? What if I'm not good enough." Just remember to go back out there and have fun, like you did when you first started gymnastics. You'll look back at these meets as the turning point. When you get hurt again leading up to Olympic Trials, you won't freak out. You'll push the fear aside and calmly work through that ankle sprain. And guess what? Less than a year from now you'll be shining as brightly as the Olympic gold medals they place around your neck.

So don't be afraid to get back on the beam and take the leap.

You're going to land in a good place.

M
Gabrielle
Damp

2012 

Gold 2x

