



Grace & Confidence



From the Author

MELISA TORRES

Gymnastics post season is here! With it comes some amazing college meets as well as club State, Regionals, and Nationals. See Life Lessons of a Gymnast for some tips on how to handle yourself when some of your teammates make post season meets and you don't, or visa versa.

In this issue we also have two Readers of the Month and some sample pages from our workbook, Overcoming Mental Blocks.

Audio books are available for pre-order! Release dates for the first four books are on page 3.

I have officially finished traveling to meets for the year and it's time to buckle down and write the next book!

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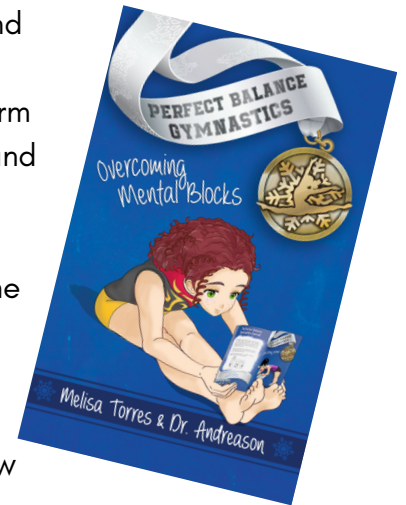
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LIFE LESSONS OF A GYMNAST

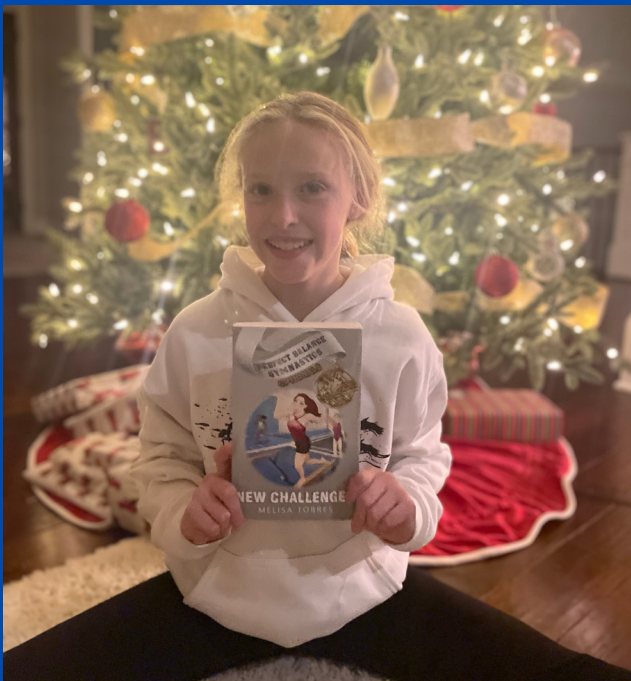
Gymnastics post season is officially here for both club and college! A lot of great gymnastics to watch!

A couple of things to remember; if your teammates made State and you did not, be happy for them. Enjoy getting a start on spring training and new skills. Making or not making State has no long-term prediction on your gymnastics career. Some seasons you make it and some you don't.

If you did make State, it might be time to step up your mental game to have your best possible day. Sometimes when post meets come we want to do well so *badly* that it freaks out your brain and the opposite happens. My favorite thing to do for these high stakes meets was to create mental choreography for all my routines. Know exactly what you are going to say to yourself in each routine and practice it. This will help you be calm and thinking positive productive thoughts during your big day. Good luck!



MARCH READER OF THE MONTH, ELIN!



Meet Elin! Elin is a Level 5 gymnast who also likes Art. Elin's favorite Perfect Balance Gymnastics Book is New Challenges and her favorite character is Paige. Elin says she loves the series because when she reads about the skills she knows what they mean (she has been in gymnastics for 7 years). She also likes that the characters are like her teammates. Elin read nine Perfect Balance Gymnastics Books in eight months, wow! Keep up the reading and hard work in the gym, Elin!

APRIL READER OF THE MONTH, NORAH!



Meet Norah! Norah is a Bronze Level tumbler who also likes art, crafting, and reptiles. In fact, Norah wants to own a pet store when she is older. Norah's favorite Perfect Balance Gymnastics Book is Nothing Better Than Gym Friends and her favorite character is Savannah. She says she loves the series because she loves gymnastics and tumbling. We are so happy you are enjoying reading and we look forward to visiting your pet store someday!

AUDIO BOOK DATES!

Audio books are now available for pre-order at [BarnesandNoble.com!](https://www.barnesandnoble.com)

I've Got This! - April 18th
Nothing Better Than Gym Friends - May 2nd
Dance is the Secret Event - May 16th
Brothers Have Talent, Too - August 8th



PAGES FROM OVERCOMING MENTAL BLOCKS

MENTAL CHOREOGRAPHY

What is mental choreography?

Mental choreography is when a gymnast creates a mental routine, or script, of what to think during her actual routine or skill. Mental choreography gives an active mind direction and focus. It helps the athlete accomplish her skills the way she has been trained to do them.

What type of mental block does this skill work best on?

Mental choreography works great on a confidence block.

How does it work?

When a gymnast is saying negative things to herself or struggling to stay focused, mental choreography gives the athlete specific thoughts. A scripted line of thought keeps her on track in a positive and productive way.

What do I do?

Identify what you can think about during each skill. Common corrections are great phrases to think about during a skill. Write down your script and say it to yourself. Practice saying the script while doing a skill in the gym. You can also practice your script while visualizing your skill.

Once you get good at creating mental choreography for each skill, you can create it for your entire routine!

MENTAL CHOREOGRAPHY WORKSHEET

Mental Choreography is creating a script for your mind during a skill or routine. This keeps your mind focused on what you are doing in the moment.

Example of mental choreography:
Cartwheel on beam: *kick up, lever down, look under my arm, watch my first foot hit, arms by my ears as I come up, look at the end of the beam, solid lunge.*

Skill #1

What is your skill?

What are some common corrections you get on this skill?

What are you doing during the skill?

Write a script for your skill:

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