



We asked our coaches and teachers to share advice for their students for the new year.

Cristian - Gymnastics

Life can become difficult and frustrating no matter how old you are. I believe the greatest tools you have to overcome obstacles are positive thoughts. Your thoughts are more powerful than you think. Before you tackle any task, you have to think about it first. If you believe you can't do it, you won't. If it's too hard, then it is. If you don't want to do it, then the task becomes daunting. You do not have control over schoolwork, exercises, or any other tasks that may come your way, but you can control your outlook. If you believe you can, you will. Positive thinking goes a long way. Just like when the Little Engine That Could said, "I think I can, I think I can," and he did.

Sarah - Dance

I think my advice would be that learning new things can be scary or frustrating, but if you give up you will never know what you can accomplish. So keep trying and enjoy the little mess-ups and lessons along the way.

Joe - Parkour

One of my teachers once said, "like what it don't like." What this means to me is that it's important to embrace challenge. In other words, "I dare you not to like it if you're good at it."

Katrina - Dance

My advice for my students this year is to focus on what it means to be a leader in class. It's very easy to follow what everyone is doing, even when that is not what your teacher has asked. My hope, especially for my older students, is for them to be okay with, at times, going against the grain of what everyone else is doing - being their own independent thinkers, and in return, independent movers - in both my class and all aspects of their developing lives.

Karin - Karate

Always do the best that you can do, otherwise it is meaningless and worthless. Osu! Meaning commit to what your goal is 100%.

Gael - Gymnastics

**There's always time to learn something new.
Be a better person than you were yesterday.**

We value and appreciate our coaches' and teachers' thoughtful advice. Make sure you share it with your children!