

Quarantine check-in and goals for next season

List 3 things that made you smile/feel happy this week:

List 3 things that made you feel sad/angry/frustrated this week:

What is something that you have done during quarantine that makes you happy?

What do you miss being able to do the most?

What is something you miss most about gymnastics?

What is something you are nervous about when we get back into the gym?

If you got to have your own introduction song playing as you were announced at a gymnastics meet, what would it be?

If you wrote a book or story about your experiences during quarantine, what would the title be?

List 3-5 specific skills that you want to be able to compete for this coming season: