

Ok so I was really annoyed a few days ago at my tumbling private bc I have a really strict coach and when he gets mad at you he is really mean. So anyways he is always telling me why are you so tired today, you need to get your stamina up, no more water breaks, come on go faster, we don't have all day. Stuff like that. So at my last few privates, I have had a lot of energy and I was like bouncing off the walls. Right now I'm working on my full on the trampoline, so it's hard to land and stay still because of the bounce on the trampoline. So everytime I land, I fly back. Now he's like if you don't slow down ur gonna kill urself. And it's soooo annoying bc if I'm slow and breathe before I go, I'm going to slow, but if I don't I need to slow down and breathe.