We are all on the same team

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What are our goals?

- Coaches?
- Judges?
- Parents?
- Federation?

- To increase and elevate USA Rhythmic Gymnastics quality, getting better every year, nationally and internationally, while making it an environment conducive to growth.
What are our competing goals?

- **Coaches**: Make sure “My Girls” do really well, my club looks good…
- **Parents**: Make very sure my daughter has success, is not disappointed, Beats so-and-so…
- **Judges**: Make sure the rules are applied well, no one is upset,
- **Federation**: Have a smooth competition, where everyone works together, get big numbers, get media coverage…
Sometimes You Just Can't See the Forest For the Trees!
What issues do we have?

• We look for **intentions** in results: “Judges do not like my daughter, Judges do not like my club, my state…The Federation promotes certain gymnasts…”

• We **assign blame**: Coaches do not understand the rules, Parents are out of control, Judges are bad…

• We react with **EMOTION** (and lose sight of the forest…)
A lot of motion but no direction!
Do we need

Judges?
Coaches?
Parents?
Federation?
So,

• We need to figure out how to work in collaboration!
• No one can do it alone
How can we improve?

• Can we abandon “conspiracy theories”?
• Recognize our emotions: Hurt, anger, shame…When we are emotional is not the time to try to address issues
• Write it down, keep it safely hidden. **Wait** until calmer and then re-read it from the perspective of the receiver.
• **Do not act as a Megaphone for emotions.** Help diffuse: You do not have to agree or disagree with the content, but help diffuse the emotion.
We all invest a lot

• Judges: Tough job, rarely thanked, only criticized…
• Coaches: Long hours, judged on what someone else does..
• Parents: Its their activity, you only pay for it, drive them,…

*The only time to look down on someone is when you are helping pull them up!*
When in doubt, let’s get back to our VALUES
Guided by Emotion or Guided by Values?
The power of Gratitude

• Let’s recognize Effort and Improvement in
  Parents
  Coaches,
  Judges
  Federation
Say THANK-YOU when you see it! It makes us all stronger