

The Gymnast (theme worrying)

by Gary Monn 2008

Olympic Theme Music plays and logo appears on screen
"Team USA prepares for Women's Gymnastics"

Olympic Coach & Gymnast 1 (Gymnast) walk out talking, both dressed in USA.

Coach: You have been training for most of your life for this event, you have nothing to worry about, you have the skill to win, you have the conditioning to win, you are strong and confident. Just don't worry and do your best.

Gymnast 1: You're right coach, I'm ready. And I'm not worried!

Coach: Remember the verse I taught you?

Gymnast 1: Sure coach; (say fast, enthusiastically) "Do not worry about anything, but in everything, in prayer be thankful, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus"

Coach: That's excellent (looks at watch), well you girls are competing shortly, did Gymnast 2 come over with you from the ready room?

Gymnast 1: Coach, I'm not sure Gymnast 2 is feeling well, she was up most of the night.

Coach: What! I told you girls to get your sleep, this is a "once in a lifetime" opportunity. Is she sick, has she been eating okay? She seemed fine before we left for Beijing!

Gymnast 1: I think she is just worried?

Coach: Worried? She is one of the most talented athletes in the world, what does she have to worry about.

Gymnast 1: I know Coach, I tried talking to her last night, but she has been playing the "what if" game.

Coach: what's the "what if" game

Gymnast 1: What if I fall, what if I pull a muscle, what if I land out of bounds, what if I drink spoiled milk!

Coach: Spoiled Milk?

Gymnast 1: Sorry I ran out of gymnastic illustrations?

(Gymnast 2 walks in looking terrible, with warm up jacket on)

(Gymnast 1 is stretching, shaking head, shaking arms, limbering up for race)

Coach: Gymnast 2, you're late, is everything all right?

Gymnast 2: Yeah Coach (forces smile) I'm all right.

Coach: You look worried, are you worried? Remember your verse?

Gymnast 2 : (mechanically, monotone) "Do not worry about anything, but in everything, in prayer be thankful, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus"

Coach: You don't sound convinced!

Gymnast 2: Coach, please, let me get my head into the game!

Coach: okay (turns and talks to Gymnast 1), now Gymnast 1 remember to keep your eye on the Chinese team, they are very fast and very strong this year.

10 Year old girl (gymnast) walks by, grabs towel, waves and continues off stage

Gymnast 1: They look really young too! but Coach, stop worrying, maybe you should recite the verse. (continue to talk, audience does not hear them)

Gymnast 2: (thinking out loud, prerecorded) What if I fall, what if I pull a muscle, what if I land out of bounds, what if I drink spoiled milk!

Coach: (Walks up and looks at audience) Does anyone smell spoiled milk?

Gymnast 2: (Takes off warm up jacket and reveals she is wearing a back-pack) Okay Coach, I'm ready to compete (shaking head, shaking arms, limbering up)

Coach: What do you mean, what's all this?

Gymnast 2: What, I don't see anything (as she turns to look each way)

Coach: (Pulls out brick from back-pack) What's this?

Gymnast 2: Oh, that's my college work, since I've been training, I have not been able to spend much time on school.

Coach: And this?

Gymnast 2: Yeah, that's my boyfriend (grabs brick) we can't spend much time together since the Olympics are so important! (sarcastically)

Coach: This one is heavy!!!!

Gymnast 2: Yeah, hah, The expectations of my parents (looks up in the stands, waves). . . and there they are (blows kiss) hi Mom, hi Dad!

Coach: And all these???(smaller bricks)

Gymnast 2: Oh yeah, those are "What if I fall, what if I pull a muscle, what if I land out of bounds"

Coach: Oh no!!!!

Gymnast 2: What, what's wrong???

Gymnast 1: What IS that smell?

Coach: I think I found the spoiled milk! (Coach has prop milk carton, squirts water at audience)

(Olympic theme music plays and logo appears on screen)

Coach: Let's go girls, the race is on!