

Dear Diary, these are not made-up embarrassing stories that physically hurt to keep silent about.

If you're thinking right now, "This is definitely not about me" – then it's definitely about you :)

Chapter 1

Toxicity as a Hidden Tax on Profit

Don't celebrate too soon))) It's not only the club owner who pays it. In one way or another, everyone pays it.



The final minutes of the class in the gym. The coach asks the group of gymnasts to line up — this is the traditional moment when she sums up the session, speaks to each girl personally, gives feedback, and offers encouragement for the next practice.

Right in the middle of this ritual, a mother whose daughter will train in the next group (literally in a few minutes) bursts into the gym. She strides quickly across the hall, ignoring the lined-up children who are attentively listening to the coach, and, interrupting her, loudly says:

“Hi, coach! My daughter said her leg hurts. Can we make her load lighter today?”

The coach replies:

“Dear, please wait outside the gym. I can’t talk to you right now — I’ll finish with this group and come to you after this class”

The mother exits the gym as quickly as she entered.

This should have been the end of the story right there, but not on that day))

Cut. Scene at the reception desk.

Surrounded by other parents, the mother speaks in a raised voice (loud enough to be heard in the gym):

“Your coach is very rude and cruel. She’s incredibly strict with all the children, she doesn’t respect parents, she has no idea how to communicate politely. She literally threw me out of the gym! My daughter’s leg hurts — I’m a mother, I’m worried about her!”

The receptionist calms the mother down and simultaneously informs the head coach about the situation.

The head coach approaches the mother. The woman, holding her daughter close beside her, continues to stand her ground. Her tone rises from frustration that both coaches consider it wrong to burst into the gym during someone else’s session.

New accusations appear:

“I understand a coach being strict with children — that’s discipline. But when a coach is rude to parents — that’s unacceptable! I won’t tolerate that!”

The head coach responds:

Dear as you know parents do not interrupt the training. There is a reception desk – you can address our concern / any question there at any time; the administrator will immediately pass it on to the coach per protocol. Or you can simply wait until the current group finishes.

But let's get back to your daughter. You say her leg hurts.

Where exactly does it hurt? When did it start? Have you seen a doctor?"

Mother: "It hurts right here."

Daughter: "No, it hurts here."

Head coach: "When did it start hurting?"

Mother: "Just now – she told me at the reception desk, so I came straight into the gym to tell you quickly."

Daughter: "It's been hurting since the last training."

Mother (to daughter): "Why didn't you tell me until now?"

Daughter: "Oh... yeah... this spot started hurting just now, but this one has been hurting since last class"

Mother: "It doesn't matter when she told me! She's a child – you have to take action, she is in pain. I'm worried about her as a mother, that's why I wanted to tell the coach right away. The kids were just standing there; the coach wasn't busy, and she was so rude! With a coach like that you'll lose clients!"

Head coach to child: "Can you train in the group today, or should we go see a doctor first?"

Mother: "We're not going to the doctor – it's nothing serious. I think the coach gave too much load last time. Tell her to go easier on my daughter today. I'm really upset that you don't see the problem with the coach's behavior. Instead of apologising for the rudeness, you lecture me about your rules. I've been bringing my child here for two years – I won't tolerate such rudeness. You need to instruct your coach on how to behave. I am a mother!"

Head coach: "The coach politely asked you to leave – I saw and heard it myself. There are CCTV in a gym as you know. Let's calm down and return to the child. Yes, you are a mother – but only to your daughter. To the other children you are a stranger, and you are frightening them.

Head coach to mother: Here's what we'll do: I will inform the coach that your daughter have leg pain. But right now, in front of you, I'm telling your daughter: you can start the training, but the moment you feel any discomfort or pain — tell me or the coach immediately. We'll decide as we go. You came here today walking on your own legs, you look healthy, your mom didn't notice any signs of injury during the day — most likely there is no serious injury. Let's see during the class"

The mother goes back to the reception area and loudly expresses her dissatisfaction to the other moms sitting nearby:

"This kind of behavior is unacceptable for the club! The child is in pain — and they don't want to listen and kicked me out!"

Several mothers now stare intently at the monitor screen, then at the child and the two coaches, looking for the slightest reason to reinforce their growing collective indignation.

The girl starts the warm-up: running, jumping — everything looks fine. Stretching goes well. Then comes the routine — and suddenly the girl starts limping badly, almost crying, barely walking over to the head coach.

Head coach: "What happened? Everything was fine just a minute ago."

The girl cries, clutching first one leg, then the other: "I don't remember the steps... I can't do this routine, its too hard..."

The mother bursts in again (she saw on the reception camera that the child is limping and crying):

Mother: "I told you she's in pain!"

Coach asks the girl to sit for a minute on the edge of the mat, watch the others, and not train for now. She steps out into the corridor with the mother, catches the contemptuous and judgmental looks from the parents in the doorway, stays calm, and says quietly:

Head Coach: "Dear mom, because of regular absences from training, your daughter has forgotten some of the elements. Now she feels insecure when the others succeed and she doesn't. Leave this to the coach — she'll find the right words. She knows her business. I'll talk to your daughter right now too. We'll sort it out. Please don't worry."

Mother: "Okay, check on her."

Head coach (to the girl):

“Sweetheart, we come to training to learn. If something doesn’t work — that’s normal. It’s just a bit harder for you right now because of the missed classes. You need to believe in yourself, listen carefully to the coach, train well today and in the coming classes— you’ll catch up, and everything will be fine.

But one more thing: if you need something or if something really hurts — always tell the coach or me. Remember?”

Girl: “Okay, coach.”

The girl continues training but periodically limps. Whenever the coach asks her to redo an element — she sits down on the edge of the mat next to the head coach, supposedly “because of pain.”

During one of these “sit-down breaks,” the girl says it hurts very badly and she can’t continue. The head coach walks out to reception. The mother is already standing there, literally burning with anger. Behind her — the ashen, furious faces of parents barely holding back from shouting: “How dare you make a child train when her leg hurts?! The mom told you right away and you threw her out!”

The tension in the air is so thick it feels like one spark would set everything ablaze.

Head coach:

“Your daughter just said she can’t continue training because of pain. Please take her to a doctor. But in my personal opinion (please don’t take this the wrong way): she’s manipulating us a little right now. That’s normal for a child — this is how she’s trying to cope with the difficulties caused by missed trainings. I ask you not to give in to this manipulation.”

Mother: “I have a trusting relationship with my daughter — if she says it hurts, it hurts! The coach gives too much load, that’s why it hurts. She’s too demanding with the children — they’re just kids, this isn’t the army! I’m disappointed with this attitude. This was our last training here. I never expected that after so many years you would treat me this way. I won’t bring my child back!”

Head coach: “Alright.”

Mother: “You have no idea how to talk to a child’s mother! I don’t know how old you are, but I’m definitely older than you so you have to be respectful to me!”

Head coach: “Yes, that’s correct. But of the two of us, only one person is shouting in front of other parents right now — and that’s you.”

Mother: “I know a lot of people from this club. I will make sure everyone will hear what happened here today!”

Head coach: “Go ahead.”

Mother: “You talk like this because you don’t have children of your own! If you had your own child, you wouldn’t be speaking to me like this right now!”

)) There will be no moral here...

But, dear parents, especially moms — you’re women, you of all people understand better than anyone what a woman who doesn’t have a child yet (or already/ will never be able to) might be going through right now... and it’s none of your business.

What is this?

- An attempt to hurt when there are no other arguments left?**
- A try to show superiority and get the last word in, after so much has already been said that bridges are burning?**
- Is the idea so twisted that compassion only exists in women who have given birth?**

— Draw your own conclusions, but it’s obvious: a truly happy person would never stoop to such a low, personal attack.

Wishing everyone happiness))