

TWISTARS USA PRESENTS

# GYMNASTICALLY SPEAKING

July 2014

**TWISTARS USA  
GYMNASTICS CLUB**  
Home of World and Olympic  
Champion Jordyn Wieber  
Home of World and Olympic Head  
Coach, John Geddert

## A NEW BEGINNING

I was looking around the gym the other day and struck by the number of new and unfamiliar faces. The beginning of each new summer brings about these same feelings. Initially there is a bit of panic in that we quickly realize how much work there is to do in getting our athletes up to standard. BUT then again we realize how many times we have been through this before and bank on the knowledge that everything will be fine in the end. Our system works and that we must trust.

The Summer also brings new energy. We have over 170 boys and girls team members of which over 40 are brand new. The mixture of new and old creates a great atmosphere. The new members are wide eyed and excited about the new experience on team and older members know that summer training provides the jump start to the new competitive season. The gym simply buzzes and hums with energy.

We would like to welcome all our new team members and their families. We hope your experience will be rewarding and fulfilling.

**Welcome:** Thema Williams (elite), Alexia Xirometris L7-8), Jensen Jones (L5), New Level 3s Gabby Cooney, Naomi Segal, Catherine Svanda, Alyssa Keck, Nora Coffey, Nicole Hewlett, Alexis Spitzley, Nora Nash, Emily Soto, Mckayla Houlihan, Madi Barratt, Madi Bartlett, Allyse Johnson, Chloe Chen, Alaina Yaney, Ava Clark, Juliana Proco, Karis Filipiak, and Eliana Jahjah.

Our new Silver Stars are: Veda Crandel, Charli Greger, Layla Gould, Ava Page, Keely Cross, Taylor Stallings, Kaitlyn Sheehan, Baylee Bartlett, Emma Rohrs, Audi Castillo, Madi Guerrant, Lily Kauffman, Casey Heintz, Krissy Howard, Ysandra Murry, Genevieve Sibanda, and Lenae Podolak.

Our new boys team members are: Aruras Pako, Bali DanteAruas, Tucker Harkins, Elijah Garcia, Pennington Davis, Ben Stirton, Logan VanVleck, Kantav Beri, Cole Tucker, Yev Dierauner and Aaron Czemski.

We are looking forward to another exciting year!

# WELCOME



WELCOME TO TWISTARS

## THINGS YOUR SHOULD KNOW:

1- Declaration Date- August 15. This is the end of the grace period that we offer for new students joining our teams. After this date it is assumed that all systems are go and each family is now committed to the boosters club requirements. All related forms and documents required by boosters club must be on file by this date.

A) financial commitment (TBD but has been in the neighborhood of \$1300 for the past few years). From Aug. 15- Dec 31 if a team member decides to retire from our sport (not move to another club) then they are only obligated for the monthly fees through their 30 day notice of departure. After Jan. 1 members are obligated to the full financial commitment amount.

B) Time commitment- Each booster club family is required to provide manpower hours for our major general fundraisers. 1 is always our Twistars Invitational (January 8-11, 2015). There is usually a second smaller scale fundraiser held later in the spring (date to be determined). Mark your calendars now for the January Twistars Invitational.

C) Committee Responsibility- Each family is required to sign up for OR be assigned to one standing committee that serves to help boosters club run efficiently. Each family also will have an Invitational committee assignment designed to administer all the needed details of our major event. Some committees are more time consuming than others but all serve a major function and provide a great opportunity to meet other members.

2- Tuition Payments- All Tuition payments to Twistars Inc are due the 1st of each month. Each family may chose how to pay their tuition BUT must have an active credit card on file. On the 8th of

each month all tuition must be paid or the appropriate amount plus the \$10 late fee will be assessed to your credit card. If credit cards are declined for whatever reason, members may be asked to discontinue training until payment arrangements have been handled with the office.

This may seem tougher than our normal payment policies. In looking at our books we have discovered over \$100,000 in past due tuition. Most of this is due to the leniency of our past payment policies. We had no choice but to establish a more business like approach.

3- Twistars Camp- The 2015 Twistars Summer camp comes with criterion in order for booster club to pay for the registration. The number one criterion is that the athlete pledges to continue training in the sport of gymnastics at Twistars. Since our camp is considered a jump start for the following season, it makes little sense to pay for athletes who have no intention on continuing in the sport.

I only mention the above camp policy (and will repeat it throughout the year) to make sure everyone understands that paying your booster club fees does give you significant benefits BUT all come with criterion. Members must meet the criterion for any of the boosters club funded events (competitions, travel, camps, etc).

4- Annual Golf Outing- This is a blast folks. Don't miss it! September 21st at Centennial Acres in Sunfield (a little west of Grand Ledge). This is a great way to chip away at some of your boosters club commitment fees while having some fun in the process. Convince your friends to attend! For further information contact Carrie Hylek at 242-6081 or Jen Young 281-8033. Just seeing John swing a club is worth the price of admission!



## THOUGHT OF THE DAY:

“ It is the light that guides us home but it is the warmth that keeps us coming back”



# PARENT REMINDERS (NEW and OLD)

## 1- REGISTER FOR EMAILS

Our best communication option is automatic emails. New members will want to get on our list asap. In order to do so please follow these steps

- \* Go to our web page at [TwistarsUSA.com](http://TwistarsUSA.com)
- \* Click on the Log in tab at the top of the page in the gray box.
- \* Complete the registration form.
- \* Watch for an email from WORD PRESS and click on the link in that email.
- \* Follow the instructions to opt in for our emails. You have to “opt in” by law or we can not send you emails.

## 2- CHECK YOUR MAILBOX

Our second best communication option is our mailbox system. Each team and pre team member has an assigned mailbox just inside the door at the Summit. Please check your mailbox regularly for important booster club and Twistars Inc information.

## 3- APPAREL SIZING

Soon to be announced will be our official apparel sizing date. This is when all team apparel will be sized and ordered. We are currently waiting for the sizing samples from the apparel company.

## 4- ORIENTATION MEETING

Another date to be on the lookout for will be our Orientation Meeting (formerly Welcome Wagon) for new families. Our board is in the process of putting all the material together and will select a couple dates in the month of August. Hang loose, it will be here before you know it.

## 5- TEAM HANDBOOK

It is always a good idea to read through our detailed team handbook. This can provide a better understanding of philosophies, policies and procedures.

## 6- INVITATIONAL OBLIGATION

Our largest fundraiser of the year is our annual Twistars Invitational. This years event will be held January 8-11 at the Summit. This event raises between \$50,000 and \$90,000 that goes towards keeping the booster club financial obligation as low as possible. In order to organize and administer a meet of this magnitude we need help from every family. Each family is required to work approximately 24 hours over the 4 day event, plus clean up. Let this serve as advanced notice. Mark your calendars now for what will be another exciting Twistars event.

## 7- 2ND GENERAL FUNDRAISER

As per our boosters club agreement we will also host a second general fundraiser (usually in the form of another gymnastics meet). This event is usually hosted in the spring but the exact dates will not be known until bids are considered and accepted later this summer or early fall.

## 8- BOYS VS GIRLS

You will notice that most of our fundraising events will be girls events. This is due to the fact that these events are normally better attended and thus more profitable. This is not to say that we will not ever host a boys event and actually entertain the idea regularly. Boys events are harder to secure. Regardless however, the money raised goes to support all families, boys and girls.



## THOUGHT OF THE DAY:

If the first thing you did each morning was to eat a frog, the rest of the day would be all downhill. In other words, tackle the ugly jobs first and put an end to procrastination



STEPHANIE SHIPLEY



**STEPHANIE SHIPLEY**

Although she has been working here at Twistars for a couple months, she has now accepted additional responsibilities and will be very instrumental with our developmental and compulsory levels. She has a natural ability as a coach in relating well with her students while at the same time setting high standards. She is a great fit for our program.

**KNOWING STEPHANIE**

Stephanie is a mother of 2 (4 year old Danika and 11 month old Bryce). She has been coaching since the age of 18 and a gymnastics enthusiast for as long as she can remember. She has a degree in Exercise and Fitness from the University of Illinois/Chicago. She uses that knowledge well in her teaching methods.

**PERSONALLY**

Her hobbies currently are her children and her husband but not too long ago she got the competition bug and decided to compete again. She competed post high school (something you don't see often) from the age of 19-22.

**DON'T HOLD THAT AGAINST HER**

She moved to the Lansing area in 2008 when her husband decided to work on his doctorate at MSU. During that time she tried to quench her coaching desire with a stint at another local gymnastics club. We don't hold that against her as we all make mistakes at some point or another (LOL). The good news is that she brought her significant coaching talents to a program that can and will put them to good use.

**WHAT SHE BRINGS**

"As a coach I seek to bring a positive and energetic attitude, pushing my girls to grow both as athletes and individuals while teaching them to love the sport as much as I do."

**STEPHANIE:**  
"I want to teach the girls to love the sport as much as I do."



## FAVORITES

Ok I took some heat for my one of my senior night awards banquet speeches. I think some people might have misunderstood my message.

In recognizing one of our senior graduates I made mention of the fact that coaches have favorites. I stand by the notion that having favorites is a natural occurrence in sports. Becoming a "favorite" has little to do with being "chosen" and much more to do with something that is earned over time and based on all the qualities that any coach or parent would want to see in a child.

Earned over time. Not chosen.

Traits like honesty, respect, determination, perseverance, compassion,

reliability, loyalty, appreciation and trust. How could someone who consistently displays these traits on a day to day basis, year after year, not be considered a "favorite?"

Favorite on the other hand does not signify special treatment. These athletes do not get out of conditioning because they are on the coaches favorite list. They do not get extra days off or reduced event requirements. In fact favorites probably get pushed harder and have higher standards implemented upon them due to the fact that they have shown they can handle it.

Being a favorite is something that every kid, athlete should aspire to be. IT is not about "kissing up" but rather it

is about showing quality character traits.

Some mistook my message to mean that this particular senior was "my favorite". This was not the intent. She was "a favorite" no doubt as she had certainly earned that over the 12 years in our program, but the reality is I have had 100s of favorites. Additionally this statement was not to take away from any of the other graduates (all of whom are favorites) OR current Twistars team members.. The intent of this message was to let people know that athletes endear themselves over time through the use of a proper attitude.

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### HELLO EMILY-

Another new face on our coaching staff is Emily Heinz. Emily is originally from the Chicago area where she competed club gymnastics well enough to earn a scholarship to CMU. This past year she was named captain of the Chippewa squad and qualified to NCAA nationals on Balance Beam.

First impressions might indicate a slight shyness but in watching her coach, that quickly turns into passion and focus. Emily will be working with our developmental and compulsory level teams and is sure to bring great insight (from the perspective of someone who has done the sport well) to the job. Welcome Emily



## OTHER NEWS

### ERIN LEECE

It is never easy saying farewell to great staff members especially those that have earned the trust, respect and admiration of not only the athletes but management as well. In running this business we know that there will come a time when staff members need to move on and it is with a sad heart that we announce that Erin has decided to do just that.

Erin has progressed into a very capable coach and will certainly be missed here at Twistars. She was always tough and demanding but no one could ever question her love for the sport or the athletes she coached. She was reliable, dependable, professional and played a major role in our successes over the past several years.

Although her future path is still unclear, we wish her the best in whatever it is she chooses. I know I speak for the entire staff and team membership when I say **THANK YOU ERIN!**



### THEMA WILLIAMS

Some may have notice a new kid in town... powerful, graceful, talented. If you got close enough you might have heard an accent. Yep she is from Trinidad and is here to train for international competition the first of which will be the Pan American Games Trials in Canada next month. From there she hopes to continue to progress with hopes of becoming the very first gymnast from her home country to qualify to the Olympics. This is goal well within her reach.

She is currently residing with a former Twistars USA family (Michelle and Bob Hill) and seems to be adjusting to her new home well. Her journey over the next few months (years) will be challenging, exciting and fun to watch. As with any athlete striving to reach the top of the game, I know she appreciates the support and encouragement that our team has provided in her first few weeks of training here at Twistars. Stay tuned for further updates.

### GYM CLEAN THANKS

Nobody likes giving up a Saturday in June, in Michigan, when weekends are at a premium. But sometimes people just do nice things. The annual gym clean was productive and efficient and certainly appreciated by our staff, team members, customers and management. Thanks for the Gym Clean Committee and the numerous volunteers that donated their day for the good of the cause (an old fashioned ideal that is rare these days).

I did catch wind of a couple “nay sayers” that were trying to rally the troops in support of a boycott or at the very least

trying to spoil the well intentioned volunteer enthusiasm.

First I have to say thanks to those who simply tuned out the negative and focused on being supportive and productive. BUT to those that complained remember a couple of things 1- please complain to me and not the membership as they really have little control over these situations 2- please remember that this was NOT a requirement for anyone other than the assigned committee. Others who showed up to lend a hand did not need to hear all the reason why they shouldn't be so nice. 3- I heard the age old complaint that “it is not our job to clean Twistars.” and you are 100% correct. We have the gym cleaned daily in order to keep up with the fall out created by a massive team program. We do a better job maintaining a clean gym than most clubs and take great pride in this fact. There are however many TEAM related (thus booster club) jobs that need attention annually. Jobs like cleaning the locker rooms of the invitational hodge podge, updating the booster club team banners, updating the sponsorship banners (displayed free of charge to boosters). detailed cleaning, dusting etc that result from the tons of chalk devoured by our team members and of course there is more.

We are very thankful for the efforts put forth by the committee and the volunteers. As for those that attempted to stifle the enthusiasm ... no so thankful.

# TAKE CHARGE OF YOUR WORKOUT

Lots of factors contribute to the overall success of a gymnast's career: skill development, strength, flexibility, nutrition, etc. Then you have all of the mental aspects of the sport: focus, confidence, accepting and striving with the pressure of competition. As we get into our summer workouts, I wanted to discuss another important part of the sport, the gymnast's mental approach to training.

At some point in every strong gymnastics program, there is a gymnast that TAKES CHARGE and does everything they can to accomplish their goals in the sport. That gymnast will let nothing stand in their way...nothing! They do everything they can! They eat the RIGHT foods (NOT less food). They get enough sleep and get on a routine daily schedule. They go to practice everyday (this sport is their passion and whether they are tired, sore, injured, or scared; they will still be in the gym). They refuse to let themselves get through a workout without finishing everything they were supposed to get done. They expect to get stronger, better, faster with every turn they take (and if they don't, they are not satisfied and will do it again). They do not let anyone stand in their way to accomplish their goals!

This last point can cause some tension. The dedication of some athletes will seemingly make them appear selfish. They won't wait for someone else to decide to become as dedicated as they are. If another athlete won't TAKE CHARGE of their time in the gym, they won't get their time. The athlete that TAKES CHARGE will! The TAKE CHARGE athlete will be at the front of the line every time. They will get where they want to be. They will TAKE CHARGE OF THEIR WORKOUTS!

The other athletes on the team will see this TAKE CHARGE mentality. Those athletes will adopt the mentality of the TAKE CHARGE athlete. One by one, the rest of the team will strive harder than they ever have to accomplish their goals (even if they had thought they were before that point), and at that time, the TAKE CHARGE gymnast will become the leader. The other athletes will see the determination of the TAKE CHARGE gymnast; and that by following the example he has set, they can also reach the higher level they have been striving to achieve. The group will then become more than just friends. They will be true teammates; pushing, cheering, and supporting each other through their training as they all strive for the same goal...to be the best they can be.

It's time for the change. Time for someone to TAKE CHARGE OF THEIR WORKOUT!

## **TOM BUESE NAMED MICHIGAN COACH OF THE YEAR**

I think we covered this at some point or another but it certainly bares repeating. Our Twistars boys head coach, Tom Buese was named Michigan Coach of the Year in 2014. This is a tribute to the program he is developing and the results his team is producing. It is great to see someone so dedicated, professional and passionate get the recognition he truly deserves by his peers. The best news is that it is a safe bet that we have only just begun to see the quality that will come from the Twistars program under his able direction. Congrats TOM! Well deserved!

