

TWISTARS USA PRESENTS

GYMNASTICALLY SPEAKING

February 2013

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

FAB FEB

This edition of the monthly newsletter is a bit late due to being wrapped up in travel, training and competition. As the dust settles on a hectic month, we can clearly see 28 days of Twistars glory.

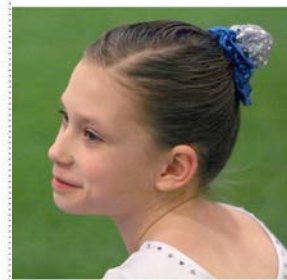
Our annual team trip took aim at the Daytona Beach Open and the sunny shores of the Atlantic Ocean. Some 60 plus Twistars athletes took their show on the road and came home with a clean sweep of all team titles (levels 5-6-7-8-9-10). This seems to be the standard for our hard working team yet considering the depth of talent at this competition, the feat was very impressive.

The level 10s locked horns with Orlando Metro and the host team Ace Gymnastics and needed strong performances to snatch a victory. The level 9s also claimed victory although seem plagued with a lack of confidence bug that we are sure will disappear soon. The 5s, 6s and 8s were as impressive as they have been all year but it was the Level 7s who truly displayed championship

heart. In a heated battle with a very strong Tampa Bay Turners team, our 7s posted a remarkable 9.875, 9.9 and 9.925 on their last event so pluck a victory from the grips of defeat.

AMAZING
MONTH

TWISTARS TAKE THEIR SHOW ON THE ROAD



FLORIDA and NEVADA

FABULOUS FEBRUARY

As I said February was packed with action so with a short little rest our very excited level 9s and 10 (and a select group of level 8s) headed off to the desert and the lights of Las Vegas. There were some very strong teams in attendance but Twistars simply went about their business as usual. The level 8s were unstoppable, very determined, aggressive and confident. They won. The levels 9s showed some signs of improving but still carried doubt and hesitation in their duffle bags. They won quite convincingly but once again some performances could have been sharper. Then came the level 10 competition and our squad

answered the bell with a very strong and enthusiastic effort. We were a bit short handed (missing Grace, Kami and Anna) and thus needed others to step up. Step up they did and easily won the team title.

Half way across the country, back in the home state on the same weekend, our Level 4-5-6-8s (and lone 7) were representing well. The 5-6-8s captured the team titles at the Tulip City Invitational in Holland and the 4s placed 3rd (.025 from first). They captured the over-all super team title also.

Our boys were in action in Florida and Iowa also. Check out the boys report for details on their Fabulous February.



Las Vegas

SUMMER CAMP UPDATE

As expected the 2013 Twistars USA Summer Camp (for Competitive Team) is overflowing. Session 1 (June 16-19) and 2 (June 20-23) are completely full with waiting lists and Session 3 (June 24-27) is nearing capacity. It will be a great summer camp.

On the schedule in no particular order are Dan Miller (Nebraska), Tom Ward (U of Arizona), Jason Vonk (Yale), Katie Teft (Iowa State), Dave Kuzara (Western Michigan), Nicole Curler (Michigan State), Sam Morreale (Northern Illinois U), Diane Amos (1996/2000 Olympic Coach, Patti Bovee (Splitz), Dave Rawles (Libertyville), Glen Wilmeng (United), Heather Breasbois (Midland/Tampa Bay), Rick Bonnell (Idaho), Amy Beck (England), Nanci Moore, Kathy Turle (Turles Gymnastics), Amy Kroster (Huntley), Jeff Grandt (Libertyville), Dennis

Breit (Aspire) and more. Tom is still working on the men's staff and promises to deliver big time!

In order to accommodate more guest campers we have reassigned groups A and H to Session 3. You will manually be switched by our office staff. Please let us know if this creates a major conflict with previous plans (not simply an inconvenience of rescheduling a car pool etc). We appreciate the cooperation and understanding.

If you have yet to do so please take the time this week to finish the registration process for camp by logging into to your portal and completing the event registration for summer camp. This is important so please complete this task by the end of this week.

BIG SISTERS MEETING: FIRE UP FOR THE FINAL DRIVE

The topic for our Big Sister Meeting on March 2nd- 1:00.

How to maximize performances as the season approaches the championship season



LEARNING EXPERIENCES

TRAVEL SCHOOL

Travel trips provide our athletes with a well deserved reward for all of the time and effort, commitment and dedication they give to their sport. These trips also provide a great learning experience. Lessons on how to budget your time so as to best prepare for competition, how to block out distractions (sun, beaches, roller coasters, shopping etc), how to squeeze in homework time, how to eat properly, support teammates, get along with others, follow directions and rule and more. We hope that these opportunities provide more than just another chance to flip and swing in front of judges.

The learning experiences reach beyond the athletes. Adults (chaperons can learn too). The established rules and policies that we have in place help create the best scenario for success. Chaperons serve as an extension of the coaching staff and are ultimately responsible for the pre-meet preparation of the athletes on our fly trips. This is an important task. While other parents are basking in the abundant night life and social activities, the chaperons are herding children to breakfast, lunch and dinner, enforcing curfews, meeting times and proper code of conduct,

shopping for appropriate snacks, and supervising hyperactive athletes 24/7. This is a tough job and one that is very much appreciated. THANKS CHAPERONES! We appreciate those that volunteer and put their hearts and soles into providing a safe and memorable experience for our team members. We appreciate those that take this job seriously and realize the importance of setting a proper example by following the rules to the letter. BIG THANKS!



THE WOW CLUB

- * Alyssa Al-Ashari- 10.0 perfect beam routine at the Battle.
- * 9.925- Bailey Gardner monster vault in Daytona
- * 9.925- Natalie Hamp- clutch bar performance in Daytona
- * 9.9- Jillian Swinchart- awesome bar set in Florida
- * 9.9 - Michaela Johnson incredible beam routine in Toledo
- * 9.9- Alyssa Al-Ashari's beautiful floor in Vegas.
- * 9.9- Bailey doing it again on Vault at the Oakland Meet
- * 9.875- Kameron Moore's stuck Vault in Daytona... first and only meet of the year.
- * 9.875- Bailey showing her beam talent at the Battle of Champions
- * 9.875- Ashley Bremer- setting the pace for a level 7 come back in Florida
- * 9.875- Alyssa doing again- this time on Floor at the Battle.
- * 9.85- Grace Williams- rocking beam in Ohio



THOUGHT OF THE DAY:

"To acquire knowledge, one must study; but to acquire wisdom, one must observe."

**LOOK
LISTEN
WATCH
SEE
LEARN**



Adam being misted by devious females



ADAM DUNCAN

Once again the gymnastics gods were shining down on Twistars USA in our time of need. I met Adam while at the Olympic Selection Camp at the Karolyi ranch in Texas. Adam was working the Karolyi's famous summer camp. After a few conversations and observations it was quite clear that he had character that would make a great employee. At the time we were fully staffed so I recommended him to a friend. A month later we needed help and luckily my friend did move fast enough. We landed a great addition to the Twistars staff.

KNOWING ADAM

Adam hails from Texas, and it doesn't take anyone long to feel that southern charm. He has a quick wit, and a great way with kids. He can be fun yet insists on effort and adhering to character building standards.

On the after hours side he can give Brett a run for the Karaoke crown as long as he sticks to his roots (country) and loves being led astray by some of our devious and mischievous female staff members (see evidence above)

WHAT HE BRINGS TO THE TABLE

Adam stated that one of his goals was to learn as much as possible, yet in the process he is doing his fair share of teaching and setting a great example. He has the ability and personality to coach both men and woman's gymnastics which makes him rare and valuable.

The majority of his responsibilities lie with helping Tom build our boys program and they are well on their way to accomplishing that task.

LET'S GET PERSONAL

His taste in baseball and football teams is lacking severely. The poor taste in judgement influence can be traced back to an accident during his youth where he fell out of a cactus and hit his head on an Armadillo after climbing one to avoid the rather of big mamma of rattle snake. This can be the only explanation for being a Rangers and Cowboys fan.

ADAM CLARK DUNCAN:
Ask him to sing you a Johnny Cash song some time.



I HEARD THAT

I was thinking just the other day about the number of times I have had to write an newsletter article or memo to address parents or athletes that were going astray. I bet if I leafed through past issues there might even be an underlying tone of this being the norm at Twistars USA. I know that it is not and confess that although I do oil the squeaking wheels I also hear (and appreciate) the sound of support and contentment.

I did hear that parent, who moved to our gym this past summer, tell others how awesome this transitional experience has been for her and her daughter.

I did hear a parent correct a misinformed member how evident it is that this staff cares about the children they coach.

I did hear that child tell her mom how a staff member took extra time and helped her with her fear of a skill and NOW it is easy.

I did hear an excited child tell her mom and dad thank you at the airport. "Thank you for letting me go to Florida ... we had a blast ... it was the best trip ever".

I did read that email from a parent that told me how much this gym means to their son and daughter, and how they both live, breathe and sleep with gymnastics on their minds.

I did hear that booster club member humbly inform a visitor that the reputation of this club doesn't even scratch the surface of illustrating the benefits delivered beyond the scope of gymnastics.

I hear all kinds of things as the walls are thin and my hearing is good. I hear others try to paint our picture of successes as nothing other than political luck, yet I hear our members counter with "only if hard work equates to political favor."

I hear the excitement in the voices of children that accomplish remarkable

physical feats as they report to the joy filled waiting eyes of proud parents.

I hear the compliments from waitresses, airline stewardesses, and TSA agents stating how mature, polite, courteous and well behaved. our boys and girls are. "I see a lot of teams come through here each week, and your group is by far, is the most respectful", said one man this past week.

I hear coaches from other clubs recognizing the quality of athletes we bring to their competitions. They sound impressed.

I hear the comments made by appreciative parents asserting to the compassion and commitment of our Big Sisters and their mentoring efforts.

I hear the good and it feels incredible. I see the growth and I am amazed. This is a special place due to people, parents, athletes, children and staff members creating inspirational memories that will be heard for the life to come. I hear that.

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Twistars
GYMNASTICS CLUB **USA**



IN AND OUTS

EXPLANATION

The term IN and OUT is used for a training strategy designed to shorten practices a bit prior to major competitions. There has been some confusion as to who/when/why this applies.

IN and OUTs apply to those athletes competing. Athletes who are not competing or who are on the comeback trail (and could benefit more from full practices in an attempt to progress towards full participation) are not included. Athletes that happen to be in car pools are obviously not included (perhaps not so obvious). Car pools may have to adjust their normal plans to accommodate the athletes that need to train fully.

The objective is to get in a quality yet condensed practice so as to be well rested for important competitions (most often requiring travel). The object is not to see how fast we can get through a practice.

GRAND BLANC

CANCELLED

The Gold Rush Competition scheduled for our level 4-5-6 on April 6-7 in Grand Blanc has been cancelled due to the lack of registrations.

We have replaced this competition with the Wild Fire Challenge hosted by All American Flames in Port Huron. All Level 4s including first year Silver Stars as well as all Level 5s and 6s have been entered into this competition. Please make note.



LUCKY INVITE

CHICAGO ILLINOIS

Our final optional competition prior to the championship season is the Lucky Invite hosted by Libertyville Gymnastics. The meet will be at the Waukegan Fieldhouse in Waukegan, Illinois. The tentative assignments are as follows. The Level 9/10s will travel Friday and the 8s travel Saturday (In and Out on Friday night).

Saturday:

Level 9- Check In 11:00- All including Arnold

Level 10- Check In 2:15- McDowell (working on getting another spot in the later session)

Level 10 Check In 5:30- Haines, Gardner, Cutler, Preston, Livingston, Bancroft, Harkness, Williams (?),

Sunday

Level 8- Check In 2:15- All including Woodland, Lewis.



NUTRITION TIPS

- * **Fruit Smoothies-** these can be the devil in disguise as they sometimes consist of far more sugar and fat than people realize. Ask what is in them first.
- * **Portion Size Matters-** Making good choices is nullified if the amount of intake is excessive. Small portions is key, beat the "super sized" mentality of America.
- * **Meal Timing is Important-** Consuming large amounts of your daily calorie intake just prior to going to bed is counter productive, a) because you don't burn as many calories while at rest and b) because you wake up full you have a tendency to skip or reduce breakfast thus creating the wrong cycle. Hungry in the morning is good.
- * **How the Meals are Prepared is Important-** Fried foods or foods prepared with heavy sauces or creams are not the best choices. Broil, Broiled, and Baked el-natural will deliver better results for athletes.

Gymnastics -Exercises of the [ancient Greeks](#) began with athletic feats performed by each individual according to his own notion. The youth were encouraged to combine exercise with amusement. In time, this kind of exercise was incorporated into a system that figured prominently in the state regulations for education. In fact, the period for exercise or gymnastics was equal to the time spent on art and music combined. [3] All Greek cities had a [gymnasium](#), a courtyard for jumping, running, and wrestling. The term included stretching exercises and warm-up preparations for athletes (from the Greek athlete ἄθλος *áthlos*, which means "struggle", "fight"). These tests were all based on military exercises.

The Roman Empire began to ascend and Greek gymnastics began to give way to military training. The wooden horse was introduced by the ancient Romans, later became the vaulting horse and then vaulting table of modern day gymnastics. In the year 393 A.D., the Olympic Games were abolished by Emperor Theodosius and gymnastics was, therefore, abolished.

In the year 1569, [Girolamo Mercuriale](#) from [Forlì \(Italy\)](#) wrote *Le Arte Gymnastica*, that brought together his study of the attitudes of the ancients toward diet, exercise and hygiene, and the use of natural

methods for the cure of disease. *De Arte Gymnastica* also explained the principles of physical therapy and is considered the first book on [sports medicine](#).

In the late eighteenth and early nineteenth century Germany, three pioneer physical educators – [Johann Friedrich GutsMuths](#) (1759–1839) and [Friedrich Ludwig Jahn](#) (1778–1852) – created exercises for boys and young men on apparatus they had designed that ultimately led to what is considered modern gymnastics. Don Francisco Amorós y Ondeano, marquis de Sotelo, was born on February 19, 1770 in Valence and died on August 8, 1848 in Paris. He was a Spanish colonel, and the first person to introduce educative gymnastic in France. In particular, Jahn crafted early models of the [horizontal bar](#), the [parallel bars](#) (from a horizontal ladder with the rungs removed), and the [vaulting horse](#). [4]

The [Federation of International Gymnastics](#) (FIG) was founded in Liege in 1881. [5] By the end of the nineteenth century, men's gymnastics competition was popular enough to be included in the first "modern" [Olympic Games](#) in 1896. From then on until the early 1950s, both national and international competitions involved a changing variety of exercises gathered under the rubric, *gymnastics*, that would seem strange to today's audiences and that included for example, synchronized team floor calisthenics, rope climbing, high jumping, running, and horizontal ladder. During the 1920s, women

organized and participated in gymnastics events.

By 1954, Olympic Games apparatus and events for both men and women had been standardized in modern format, and uniform grading structures (including a point system from 1 to 15) had been agreed upon. At this time, [Soviet](#) gymnasts astounded the world with highly disciplined and difficult performances, setting a precedent that continues. The new medium of television has helped publicize and initiate a modern age of gymnastics.

Both men's and women's gymnastics now attract considerable international interest, and excellent gymnasts can be found on every continent. In 2006, a new points system for Artistic gymnastics was put into play. With an A Score (or D score) being the difficulty score, which as of 2009 is based on the top 8 high scoring elements in a routine (excluding Vault). The B Score (or E Score), is the score for execution, and is given for how well the skills are performed.

