



# TWISTARS USA GYMNASTICS NEWS

Gedderts' Twistars USA Gymnastics Club

## STATE CHAMPS GALORE

Although the state meet season is just beginning, Twistars USA is certainly off to a great start. With 4 levels completed Twistars USA has captured 3 state titles and finished a respectable 2nd in the 4th. Not too shabby!

Kicking off the 2007 championship season was the job of our talented level 7 squad. Not only did they win in commanding fashion but also set a gym record for the highest score ever at a state championship event (116.3). Team depth can be illustrated by the fact that 6 of the 7 competing athletes posted scores topping 38! (and all would have had it not been for an earthquake during one of the beam routines)

Realizing that the 7s had set the stage and would be a tough act to follow, our level 8s put

together an impressive performance of their own. **FIRST PLACE** was the result and all members qualified to the regional championships to be held in Indianapolis April 27-29.

Our level 9s ran into a buzz saw by the name of Oakland Gymnastics. They put up a good fight but came up a bit short and finished second. Nobody likes 2nd, but when a better team beats you there is nothing to hang your head about. Oakland was a better team. Again all members qualified to regionals which will be held in Midland on April 17-19.

There were 22 level 10s at the state meet. Twistars had 10 of them (almost 50%) so needless to say the team competition was low priority. The job here was



### State Champs at Levels 7-8 and 10

simply to gain experience for regionals. There were some very strong performances which indicates that we are on the right path.

All in all Twistars has had more than 45 state champions crowned thus far in 2007. Simply remarkable! Congratulations ladies!

## TWISTARS SUMMER CAMP >>>> HELP!

Week 1 of the Twistars Summer Camp is completely full! Actually I need room to allow teams to bring the number that they would like. SO I need to move some of the Twistars assigned to week 1 into WEEK 2,

If you do not have a preference please let me know asap. This will be very helpful. **IN THE MEANTIME** I would like to start by switching **GROUP E-**

to week number 2. Please verify that this will be ok (I don't want to mess up vacation plans). So Bonofiglio, Callahan (already in week 2), Lemke, Fata, Hoffman (Kelli and Danielle), Amor and Kim Wilson.

This will make a dent in the room I need, but I still will need more. Again **IF** you do not have a preference **OR IF** your schedule is easily adjusted please drop

John a note at the office **OR** email him at [USATwistar@aol.com](mailto:USATwistar@aol.com). **THANKS** so much for understanding this **GREAT** problem to have. Better too many than too few campers.



April 5, 2007

### Special points of interest:

- [STATE CHAMPS](#)
- [SUMMER CAMP CHANGES](#)
- [BOYS STATE MEET](#)
- [FOOD FOR THOUGHT](#)
- [GYM SURVEY](#)

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## CAMP REGISTRATIONS

It seems that some of you are not reading your mail or perhaps have something more important on your minds. "How important can a camp registration form be when I am already assigned a week?"

### VERY IMPORTANT

Last months newsletter set a deadline date of April 1st. As the deadline approached a reminder memo went out indicating that there would be a LATE FEE for all forms turned in after April 1st.

### I AM STILL MISSING A BUNCH

Here is who I do NOT HAVE.

Brewer, Todd, Lorencen, McDowell, Smith, Anderson, Silverthorn, Milashus, Nagel, Loomis, Lyon, Hosfield, Pfifer, Feekovic.

Please do your best to get these forms in today. They contain important information for ordering Tshirts, planning activities, making group assignments etc.

I also have a few people that must have misunderstood that camp weeks were assigned and per past newsletters any deviations from the assignments must be approved.

This could also be a case of me forgetting that you told me something. In any case I have Clore, Kolk, Gilbert all registered for the a different week than assigned. Please verify that this is correct.



**WHOOOPS I FORGOT!**

## PLAN AHEAD

Region times for level 9 and 10 are not confirmed at this point but TENTATIVELY they look like this:

Friday– Session 1–Level 9 Jr. A and Half of L9 Jr B.

Session 2– The other half of L9 Jr. B and L9 Sr. B. (Dyer and MacKenzie)

Session 3– Level 9 Jr. D (Ketner)

Saturday– Session 1– L9 Sr. A and Half of L9 Sr C. (Aben and Seidowski Possibly B. Talcott)

Session 2– The other half of L9 Sr. C and L9 Sr D. Possibly B Talcott

Session 3– L9 Jr C and L10 Sr B. (C Talcott, Sump and Holmes)

Sunday– Session 1– L10 Jr. A-B-D (Moore)

Session 2– L10 Jr. C and Sr. D (Dayton, Medrea, Ciokajlo, Zondervan)

Session 3– L10 Sr. A and Sr. C (Mahlich, Clore, Pearce and Brewer).

This competition will be capital cup (no warm up leo needed) and on AAI equipment. There is a possibility that the level 10s may have an opportunity to train THURSDAY night on the competitive equipment. IF this becomes reality we will take advantage of it.

## TENTATIVE SCHEDULE FOR LEVEL 9 and 10 REGIONALS

We are looking forward to capping off a very successful 2007 season. Congratulations on the accomplishments thus far and good luck with the challenges ahead. YOU MAKE QUALITY HAPPEN!

## PLAN WAY AHEAD

The mid Michigan area will have a rare and unique opportunity this coming July, when the US CLASSIC comes to Battle Creek.

What is the US CLASSIC? Well it is basically the 2nd most important elite competition of the year. The top athletes in the country use this competition to qualify to CHAMPIONSHIPS OF THE USA where they attempt to make the national team.

THE DATE: July 26-29. THE LOCATION: The Kellogg Arena ( same venue as Cereal City Classic) in Battle Creek (45 minutes from the gym)

What makes this event even more special is the fact (all things going according to plan) that Twistars Jr Elite National Team Member, Jordyn Wieber and Elite hopeful Kameron Moore will be in this competition. This is a great chance to see some of the best gymnasts in the entire United States while at the same time rooting on your home town favorites.

Mark the date, plan on attending. It is sure to be a very special weekend.



**US CLASSIC IS COMING TO BATTLE CREEK**





# CHEERLEADERS WANTED— EVEN AT GYMNASTICS MEETS

This is a tough subject. It is a hard thing to ask for. It is a tough thing to establish (or re-establish) but the topic needs to be addressed.

I remember a day when the Twistars crowd support was the envy of every gym. We were the most proud. We had the signs, we had the cheers. We had everyone supporting everyone. We stood out as the boosters club cheering section that was second to none.

Now we are frankly second to SOME (meaning more than a few). I can't put my finger on the problem. I know our parents are just as proud as others. I know they want to provide the best atmosphere for success yet it seems as if CHEERING and SUPPORTING is deemed as being beneath some.

Is the problem "inner gym rivalries?" I do notice that our parents tend to scatter at meets rather than sit together as a group. Is it that we don't want to cheer for a teammate that might in turn "beat my daughter/son." I would think IF you were to be beat by anyone you would want it to be a teammate. This can't be the underlying reason.

I don't get it but I will tell you that there is a statistical foundation for why HOME TEAMS do better than visiting teams at major sporting events. Home records are always better than away. There is a reason why the "6th man (basketball) or 12th man (football) is given credit for playing a significant role in success of every team.

The reason is simple: Athletes simply perform better in front of supporting crowds. They feel more at ease. They feel like they have support. They draw from the energy of the crowd. It is an obvious advantage to compete amongst those that are seemingly pulling for you than it is to compete with a feeling of being out numbered.

Likewise, in a subjective sport crowd support will inevitably have an effect on scores also (judges can say what they want, but it happens). You see this happen in all sports. Referee's or Umpires are far less likely to make a borderline call against the home team. Advantage HOME TEAM.

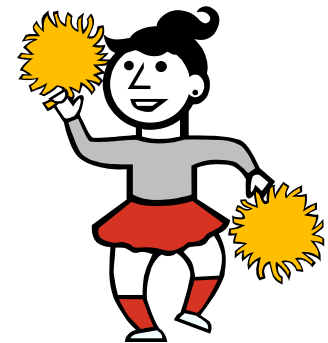
One of the great things about our sport is that crowd support can basically create the HOME TEAM advantage regardless of the location of the meet. Case and point the level 9/10 state meet where several clubs created a positive energetic atmosphere for their athletes. Obnoxious? Well that is debatable and certainly viewed differently depending on what side of the support the athletes fall.

I know some feel it is inappropriate to be boisterous. Some feel our kids can handle themselves in any situation ( they certainly can) BUT if nobody cheered that would be one thing but when kids are being influenced by crowd support (either positive or negative) then we must join in! We owe it to our athletes to create the best environment for success. Who could disagree with this?

Now I guess it means stepping up and joining in with heartfelt enthusiasm. It means wearing your team colors (remember: make Turquoise YOUR CHOICE) for a show of unity and loyalty. It means sitting together, pulling together as there is most certainly strength in numbers.

Will our kids survive at the competitions with the current support? SURE. Would they perform better if they had more support? POSSIBLY. Would they feel better about the competitive situation? UNDOUBTEDLY!

Again this is a tough subject. I know you love this team but as with any aspect of this sport... there is always room for improvement.



**WANTED: TWISTARS  
CHEERLEADERS**

## A MESSAGE FROM NICKO

If there was ever a time to dare, to make a difference, to do something worth doing,

**IT IS NOW!**

Not for any huge reason, necessarily, but for something that tugs at your heart, something that is your inspiration. Something that is your dream.

You owe it to yourself to make your days count. Have fun! Dig Deep! Stretch your talent! Dream Big!

Know though, that the things worth doing rarely come easy.

There will be times when you want to turn around, pack your gym bag and call it quits. Those times tell you that you are pushing yourself, that you are not afraid to learn by trying.

**STICK WITH IT!**

Because with an idea, determination and the right tools. **YOU CAN DO GREAT THINGS!** Let your instincts, your mind and your heart guide you. Trust yourself, Trust your ability.

Believe in the incredible power of your mind, of doing something that makes a differ-

ence, of working hard to achieve.

Know that you are special for not every child has the tools to accomplish what you can. Believe in the power of laughing and smiling and of confidence.

Realize that the extra effort put forth into something good will lead to something great. With patience, with dedication, with perseverance and with the proper directed attitude,

**ANYTHING IS POSSIBLE**





### HODGE PODGE INFORMATION

- 1) Pre-Team, Level 4 Boys and Silverstars– Many questions as to whether you should come to Twistars Summer camp. **ANSWER: UNDOUBTEDLY.** Come join us for a great time!
- 2) Team and Pre-Team Testing: The date has been set for this years team evaluations. June 2nd (may have previously been announced as the 3rd). Parent orientation meetings will take place on Wed/Thurs May 23-24 at the Summit (choose 1 date). These meetings are designed to inform and answer all questions regarding our team and pre-team programs.
- 3) Bravo– Our annual spring recital is scheduled for May 19-20. Pre-team members are encouraged to attend and participate as the **TOP END** of our recreational program. This years Pre-Team members will be participating in a **FUN MEET** style performance.
- 4) High School Camp– Those that my know high school gymnasts can tell them about our Twistars **SUMMER CAMP** for High School athletes. June 18-21 and 25-28 from 4-8:00. \$210 per week. 2nd week discounted.
- 5) **EVALUATION SURVEY** Pre-Team and team members– Look for a **PRE-TEAM** survey on the back page. We are in the process of re-designing our pre-team and team handbooks and this survey will serve to see what information you feel is missing, or misunderstood.
- 6) Rec Camp– (anyone seeing a theme here). Our recreational camp (Clark Corners Location) has been growing in popularity over the past few years. This camp is for ages 3-10 and you can sign up for 1-2-3 as many as 10 weeks for half day or full days. Camp activities include gymnastics, team building, arts and crafts, rock climbing, games and contests

and story time (reading comprehension). It's a great **ACTIVE** experience and certainly beats sitting at the sitters all day. For more information check out our **WEB SITE** [TwistarUSA.com](http://TwistarUSA.com), under Summer camps.



### PROCRASTINATION

A painfully shy man fell deeply in love with a young woman. He sensed that she felt the same way but could never find the courage to ask her out on a date.

He decided to mail her a love letter every day for one year and **THEN** he would ask her out on the date.

Faithfully heS followed through with his plan. Day after day he mailed the letters and at the end of one years time he felt courageous enough to ask her out.

He went to her house, bouquet in hand only to have a man answer the door. Seemingly the love of his life had married the letter carrier.

**DON'T PUT OFF TIL TOMORROW WHAT CAN BE ACCOMPLISHED TODAY**

### CREATIVE THINKING

An elderly man, harassed by the taunts of the neighborhood children, devised a scheme to eliminate the daily rudeness.

One day he met the little delinquents. He told them that if they would return on Tuesday to shout their insults he would gladly pay them each one dollar.

The children did so eagerly and received the money. They thought the old man must have gone insane when he offered to do the same for Wednesday but only this time he could

only pay a quarter each.

On Wednesday the children returned, blasted the old man with the usual profanity and degrading comments. The old man appeared and paid them as he had promised. He then asked them to return on Friday for another round and then added that the payment this time would only be one penny.

Disgustedly the clan of brats said "forget it!" and they never returned to bother to old man again.



**Wise beyond the years**





## FIND THE GOOD THINGS

**TRUE STORY:** A major league baseball player lead the league in making the most errors ... striking out the most times ... hitting into the most double plays, and yet he was still voted the **MOST VALUABLE PLAYER**.

This happened in 1942. Joe Gordon was the ball players name. He led the American League in these “negative categories” but still was voted by his peers as the **MOST VALUABLE PLAYER**.

There is a valuable lesson in this example of human traits. Joe Gordon’s case shows that even though you ( or others) have faults, you

can overcome them and be recognized for your strengths and not your weaknesses. Everybody has faults but those that show the desire to overcome them will certainly earn the respect of those around them.

In gymnastics you might not be the strongest, the fastest, the best dancer, the highest scorer, but you may very well contribute to your team in other ways. Maybe you are the teammate that sticks the most dismounts, the one who teammates can count on to lead off a rotation with a strong performance. Maybe you are the one that gets everyone fired up.

In life the job is to emphasize your strengths



## J and K

There once was a girl, small and blond.  
A delinquent boy she was fond  
Their paths crossed in Junior High  
But to date they didn't (shouldn't) try.

Different roads heading separate ways  
Hers was good, his a passing phase.  
Trouble was his middle name  
Gymnastics seemed to bring her fame

In High School she was his best friend  
The rowdy days just had to end.  
She chased and chased til HE caught her  
The rest just seems like a big blur

Gymnasts both, one good, and one OK  
Side by side each and every day  
Gym was life, life was gym  
Him for her, her for him

Gym meant college would be paid for.  
Until they found what they were made for.  
College life at CMU  
Led to wedding and then coaching too.

Years have passed, things have changed  
But not the life that they arranged  
Gym by day, gym by night  
To work with kids must be right.

They compliment each others style  
One with scowl one with smile  
30 great years of wedded bliss  
To trade it all would be remiss.

Create a passion with a purpose  
Loving kids and giving focus  
Gymnastics simply played a part  
In delivering the contents of the heart

Boldly built on strong tough love  
Bigger life lessons to be thinking of.  
One thing for sure, one thing is clear  
Close to heart each kid is near.

## BOYS STATE RESULTS

The rebuilding Twistars boys team represented themselves well at the recent State Championships held in Cadillac. Twistars placed 5th overall at level 4 in a hotly contested team battle.

A ridiculous change in age grouping this year resulted in some of our less experienced guys going up against seasoned veterans. This is something that we will be discussing with the

boys state chair. ANYWAY our guys performed well

Individual results saw Jake Moore winning the state title on still rings (make that 46 STATE CHAMPIONS pg 1) and placing 4th AA. Jake also placed 3rd on PH, 4th on P-Bars and 2nd on HB.

Teammates Connor Fecovic placed 9th on Rings, and 10th on Floor. Authur Hill placed 10th on PH and Kevin Johnson placed 3rd on rings and 2nd on P-Bars.

Also contributing to the Twistars team was Brennan Clark, Sammy Parks, Josh Moore and Luciano Valasquez.

Great Job guys.



**PRE-TEAM and TEAM SURVEY**

1) DO YOU USE YOUR TEAM HANDBOOK? \_\_\_\_\_

2) WHAT IS YOUR GENERAL IMPRESSION OF THE CONTENTS? \_\_\_\_\_

3) LIST ANY SPECIFIC AREAS THAT YOU FEEL ARE UNCLEAR OR NOT COVERED \_\_\_\_\_

4) WHAT CAN TWISTARS BOOSTERS CLUB or TWISTARS INC DO BETTER TO HELP THE ORIENTATION  
PROCESS FOR TEAM AND PRE TEAM MEMBERS? \_\_\_\_\_

5) DID YOU ATTEND AN ORIENTATION MEETING? \_\_\_\_\_ 6) HOW CAN THESE MEETINGS BE MORE  
HELPFUL FOR YOU AS A NEW PARENT \_\_\_\_\_

6) THOUGHTS ON BOOSTERS CLUB COMMUNICATION. WHAT WAS GOOD, WHAT NEEDS IMPROVEMENT

7) THOUGHTS ON MEET REGISTRATION or TRAVEL INFORMATION. HOW CAN WE HELP YOU HERE?

8) THOUGHTS ON OFFICE STAFF PROFESSIONALISM \_\_\_\_\_

9) THOUGHTS ON COACHING STAFF PROFESSIONALISM \_\_\_\_\_

10) OTHER THOUGHTS OR CONCERNS \_\_\_\_\_

Feel free to attach additional paper if needed. Signing your name is optional.

