

# TWISTARS USA

## STATE CHAMPS

*Its a clean sweep of the Level 8-9-10 State Championships*



Twistars USA provided self evidence as to why they were named the number one women's gymnastics team in the USA for 2009. 2010 has become a continuation of that success and most recently highlighted with team titles at the level 8-9-10 State

Championships. Michigan is a hot bed of gymnastics so to display that kind of program depth and talent really speaks volumes for the Twistars program. Congratulations to the athletes, parents and coaches. Great job!

### Inspired Level 8s

Taking one on the chin is an understatement in regards to our 2009 Level 8 State Meet placing (6th). But there is nothing like a good stiff punch in the face to serve as a wake up call. Our level 8s woke up! We were not the biggest team, but we were the most determined. Each member turned in personal bests, each member contributed with energy and performance excellence. It was inspiring to watch and one of the most enjoyable competitions I have ever watched. There was an air of confidence as they competed for the state crown. That confidence paid dividends. Great job Kaylee, Makayla, Sammie, Cassie, Janet, Carly and Lauren. Simply inspiring!



### THE NINES AND TENS DOMINATE

The Twistars level 10s capped off an undefeated season as then outdistanced MEGA and OAKLAND by nearly 3 points. Truth be told... the coaching staff was not thrilled with the consistency nor the confidence level on the floor. BUT a 3 point victory on an off day...??? Not too bad.



The Level 9s successfully defended their state championship title for the 3rd consecutive year in a row. Performances were spot on and definitely on track for making a mark at the upcoming regional championships to be held April 9-11 right here in Lansing. Great job ladies, we are all very proud of you.

THE DOLLAR BILL HISTORY LESSON

Who is Hayim Solomon? This history story is seldom told.

After the completion of the revolutionary war George Washington commissioned 4 men (including Benjamin Franklin) to design the dollar bill. 4 years of thought went into every detail.

Do you know the significance of these details? There are 2 circles on the back. The pyramid has a lighted front but dark western side which indicates that the west was unsettled at that time. The pyramid is uncapped signifying that we were not finished as a country. The cap has the all seeing eye which represents divinity.

Annuit Coeptis-(above the pyramid) is latin meaning "God has



**George Washington- Commissioned the design of the dollar bill.**

avored our undertaking." Novus Ordo Seclorum- is latin meaning "A new order has begun." The roman numerals at the bottom of the pyramid mean 1776.

The eagle in the other circle represents victory, strength and intelligence. His shield is unsupported indicating that this country can stand on it's own. The white bar across the top of the shield signifies congress and a unifying factor. E Pluribus Unum is latin meaning "one from many."

Above the eagle are 13 stars representing the 13 original colonies. They are amongst clouds (which are the cloud of misunderstanding rolling away).

The eagle holds an olive branch in one claw and arrows in the other. The eagle faces (prefers) the olive branch which signifies peace, although the arrows tell

that we will not be afraid to fight for peace and freedom.

Notice the arrangement of the stars above the eagle. The form the STAR OF DAVID.

Who is Hayim Solomon? He was a major financial contributor to the wars. When George Washington asked him what he wanted in return for his undying patriotism he respond that he wanted nothing for him personally but rather for his people. Hayim Solomon was Jewish and thus the STAR OF DAVID on the one dollar bill.

KNOW YOUR DOLLAR BILL

The uncapped pyramid signifying we were not done growing. The eye signifying the watchful eye of divinity.

The Star of David (13 Stars) among the clouds of misunderstanding

The dark face indicating the unsettle western front.  
13 Rows

13 Arrows sending the message the we will fight for freedom



Novus Ordo Seclorum- latin for "A new order has begun".

The unsupported shield signifying that we were ready to stand on our own.

The Olive branch with 13 leaves and 13 fruits, signifying the we prefer peace.

## HODGE PODGE INFORMATION

1- **BOOSTER CLUB THANKS-** A heart felt thanks goes out to the Twistars USA Boosters club for the wonderful job done while playing host for the recent Level 8-9-10 State Championship competition. All aspects were covered with care and that is what makes our boosters club so special. Thanks for the efforts. Thanks for providing a great experience for the kids and coaches.

2- **REGIONAL SUPPORT-** One thing that makes hosting an event special for our athletes is the fact that competing in front of the home crowd is a definite advantage. Especially when it comes to an enthusiastically supportive group. We encourage our membership to attend the upcoming Regional Championships to be held at the Summit on April 9-11. Come support our girls as they all try to qualify to their respective National Championship competitions. They need you!

3- **CAMP HOUSING-** Anyone interested in housing some of our visiting Twistars Summer Camp guests please contact Kathryn as soon as possible. Host families are paid \$90 per athlete and are

responsible for housing 3-4 nights (most commonly 3 nights, M-T-W but could possible include Sunday night also), transportation and meals.



JAKE MOORE AT STATES

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**MANY WAYS TO TRAIN**


**DESIRE-** Training with desire is catering to an inner need to achieve. Desire is not want. Wanting something does not guarantee success. Desire means applying the needed ingredients in order to achieve... effort, focus, and perseverance. Train with Desire!

**INTELLIGENCE-** Training smart will always outdistance training without a plan. Know that focused effort reduces numbers,

less numbers reduces fatigue or the chance for injury, reduced numbers increase consistency which in turn develops confidence. Train SMART!

**FOCUS-** Focused training reaps the greatest results. It is relatively impossible to make a correction (increase your score) without focused attention to the details that lead to eliminating the mistake or flaw. TRAIN WITH FOCUS!

**ATTITUDE-** Train with the attitude of a champion. Foster within yourself the ability to work through the tough days and assignments with a goal of excellence. Work through the challenges of fear, frustration, and self doubt. Let nothing stop you! Train with Attitude!

**CONFIDENCE-** Training with confidence certainly leads to better performances in the biggest of showcases (Regionals). Confidence is the belief that YOU CAN and WILL accomplish your goal.

**SUPPORT-** Be a team player. Help your teammates through the tough times. This good deed will be returned to you.

**PURPOSE-** Training with a purpose is key to progress. Know what you desire to accomplish and set a specific time line. Establish your goals and use DESIRE, INTELLIGENCE, FOCUS, ATTITUDE, SUPPORT and CONFIDENCE to help propel you in the intended direction.

## BOYS REPORT

The boys just finished two straight weeks of great competitions, first was the Jason Whitfield Invitational and the second being State Championships. Every member of the team scored a season high in one of the two meets, and the majority of these new highs came when it mattered most, at State.

The Whitfield meet was a great warm-up for State. There were once again some strong teams from Illinois that gave us some great competition. The level 4s continued to improve, led by Judah Pemble who was the first of the group to break into the 80s. The level 5s had their best meet of the year. Michael Bigelow came on strong and finished 2<sup>nd</sup> on vault and 6<sup>th</sup> AA. Drew Urbaniak finally put together a meet of good hits on each event and scored an 88.2 to win the competition. Jacob Yost, Arthur Hill, and Ray Hill also did well, finishing 4<sup>th</sup>, 5<sup>th</sup>, and 7<sup>th</sup> AA respectively. In the level 6 competition, Kevin Johnson stayed consistent and took 2<sup>nd</sup> AA, while Connor Feckovic did the same and won 5<sup>th</sup> AA. Both the level 5 and 6 teams finished 5<sup>th</sup>. Jake Moore started his meet very well, but had a rough time on floor which cost him. He did score a great 15.0 on p-bars to take 4<sup>th</sup> on the event. Ryan Dayton finally hit 6 for 6 in competition! Pommels was still rough, but he fought through it and finished 3<sup>rd</sup> AA.

This past weekend was State Championships. For half the team it was the last meet of the season, while the older boys looked to qualify to their first Regionals. Overall, the team came away with 13 state titles! The Level 4s had a good meet again, and all of them broke the 80 mark with room to spare. Judah Pemble once again led the team with an 83.1, while Luke Huisken finished 5<sup>th</sup> on high bar and

Everson Guild was 10<sup>th</sup> on floor. The level 5s started off rough on Pommel Horse, but got back on track for the rest of the meet. Dylan Weiss was 6<sup>th</sup> on floor and 3<sup>rd</sup> on p-bars. Mike Bigelow had a great meet, hitting every routine and finishing 6<sup>th</sup> on high bar, 5<sup>th</sup> on p-bars, and 1<sup>st</sup> on vault! Sam Parks pulled out a 7<sup>th</sup> place finish on vault and 9<sup>th</sup> on high bar. Drew Urbaniak had another great meet, highlighted by 3<sup>rd</sup> place floor, 2<sup>nd</sup> place horse, and 5<sup>th</sup> AA. Arthur Hill finished 6<sup>th</sup> AA and earned a state title on vault. Jacob Yost finished 7<sup>th</sup> AA, 2<sup>nd</sup> on rings, and won p-bars. Jake also won the Rising Star award, which only one member from each club can win. Ray Hill earned 4<sup>th</sup> place on floor and 3<sup>rd</sup> on high bar. As a team, the level 5s were one spot out of the podium with a 4<sup>th</sup> place finish. The level 6s had good results, too. Josh Moore closed out the meet with a 14.4 vault to finish 4<sup>th</sup> on the event. Doug Dean pulled out 6<sup>th</sup> place finishes on floor and what used to be a weak event for him, rings. Luc Velasquez placed 4<sup>th</sup> on floor, p-bars, and high bar and 3<sup>rd</sup> on vault. Connor Feckovic took second on pommel horse on his way to a 6<sup>th</sup> place AA finish. Kevin Johnson had another great meet, winning floor, pommels, rings, p-bars, and the all around! Jake Moore was one event away from a perfect meet. He placed 3<sup>rd</sup> on vault, 4<sup>th</sup> on p-bars, and 4<sup>th</sup> AA. Ryan Dayton had a great meet, and even though he fell on horse he still had one of his highest scores of the year. Ryan finished 2<sup>nd</sup> on floor and pommels and 1<sup>st</sup> on rings, vault, p-bars, high bar, and won all around by 3 points!

Now most of the team is done competing for the season, and will be learning new skills for the summer and possibly attempt to do Future Stars in the fall. I'm happy to say that for the first time in five years, Twistars is sending boys to the Regional Championships! The

meet is April 10-11 in Indianapolis, where the 6s will be fighting for a team award, Jake Moore will shoot for the all around podium, and Ryan Dayton will try and qualify to his first JO Nationals.

Beginning next week, many of the pre-team members will be moving onto team. I would like to welcome Noah Adams, Sebastian Hilleary, Ethan Guthrie, Luke Lathrop, and Ryan Mefford to team as well as former team member Tyler Bengue. There will also be new members to the pre-team as Isaiah Ross-Walker, Connor Schlagel, and Anson Weiss are joining the program.



RYAN DAYTON AT STATES

**THE LIFE OF A GYMNAST**

by Rachel Haines

Effort and Hard Work

May lead to success,

But dedication and drive

Leads to greatness.

Going the extra mile

Will never go unnoticed

Especially with a passion,

And if you are constantly  
focused.

Simply putting on a leo,

Doesn't give the "gymnast"  
name.

By it's definition,

A Gymnast MUST be insane.

To swing from bars,

And balance on wood

Ask them to do flips

And any real gymnast could.

We can do splits,

And back handsprings too,

Football looks easy, compared  
to what gymnasts can do.

No time to "hang out"

Or movies of any sort.

Cause when you're a gymnast,

Your life becomes the sport.

**REGIONAL TRAINING  
SCHEDULE- L9-10**

Hosting the regional event  
presents some advantages and  
some disadvantages.

Advantage- Home Court!  
Home Crowd! AND the  
opportunity to train on the  
competitive equipment.

Disadvantage- Altered training  
schedule to accommodate for the  
competition schedule and  
providing the best training  
strategy.

SO- All Level 9s and 10s  
should plan on training on  
Thursday (April 8) From 3:30-?.

Level 9s that Compete Friday-  
(Rachel C. Rachel H, Maddie, and  
Kacey)- will train Monday, Tuesday  
and Thursday. Wednesday will be  
the off day.

Level 10s competing on  
Saturday- (Jodi, Erin, Bri H,  
Brittany, Amber and Maci) plus  
will train Monday, Tuesday,  
Thursday with an in and out on  
Friday. Level 9s competing  
Saturday (Bri H, Arlyn, Annie,  
Alexis, and Kim) will use their  
normal day off with the exception  
of Lena who will use Tuesday as  
her off day.

Level 10s Competing Sunday  
will train M-T-Th and have an in  
and out on Saturday 8:00 am-?  
(Izzy, Grace, Anna, Lindsey, Bailey,  
Shelby, Kristen, Alexys).

**COMPETITION  
SCHEDULE**

Use the following to schedule  
your cheering section!

Friday- 12:45- Level 9 Rachel  
Cutler

Friday- 5:00- Level 9- Rachel  
Haines, Maddie Bonofiglio, Kacey  
Overlund.

Saturday 8:45- Level 10- Jodi  
Andrews and Erin Freier.

Saturday 12:10- Level 10- Bri  
Hogan, Brittany Holmes, Amber  
Wobma, Maci Sump.

Saturday 3:30- Level 9- Lena  
Franck and Bri Higgins.

Saturday 7:00- Level 9- Arlyn  
Amor, Annie LaBrie, Alexis  
Moore, Kim Wilson.

Sunday 8:00 AM- Level 10-  
Grace Williams and Izzy Hutchins.

Sunday 12:30- Level 10- Anna  
Hill, Lindsey Lemke, Bailey  
Lorencen, Alexys Aben, Shelby  
MacDonald,.

