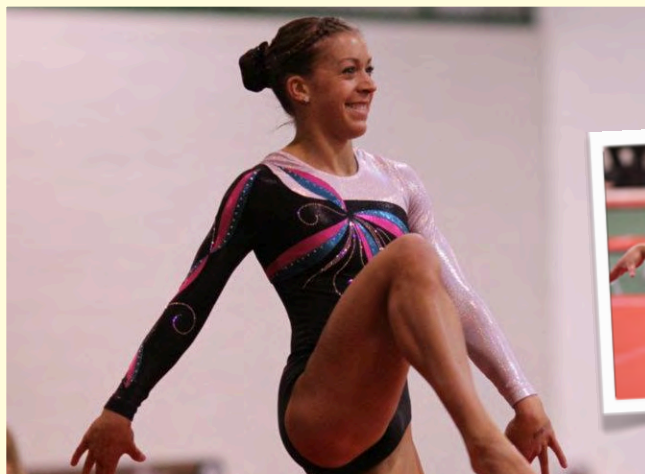


TWISTARS USA

APRIL 2012

GYMNASTICS NEWS

ISSUE ONE



LEVEL 10s ROCK- Left to Right- Nicolle Eastman, Arlyn Amor, Rachel Haines

OH WHAT A FEELING

Through adversity comes the pure sense of accomplishment

It never gets old

Considering the number of times we have accomplished the enviable task of winning state championships titles at Levels 8-9 and 10 in the same year, one might think that the thrill would diminish a bit. That is simply never the case! When you live the process day in and day out, when you see the effort that it takes, when you suffer the frustrations and set backs, you learn to appreciate the results even more.

The competition gets tougher

Michigan is rapidly earning the respect of the entire country as a hot bed of gymnastics talent. State meets are no longer a walk in the park so if you plan on standing tall on the podium, you had better log the hours necessary to do so. When you best a talented field of motivated competition, the thrill of victory is magnified.

Someone has to be the target

Needless to say Twistars USA is the target. We are the team that everyone wants to beat and when they sense blood in the water, like sharks to prey, they attack. Some would have hoped for our recent staff turnover to have caused more "bleeding". The buzz around the state was that we would certainly falter because of it.

Not only did we not falter... but we surpassed even the highest of expectations. This is a tribute to the effort put forth by the athletes of course, the parents for sure, but the NEW STAFF MEMBERS have to get their fair and due share of the credit. SOME skeptics had their doubts and dealt their blows. Some disloyal jumped ship. The staff took some shots to the chin but none displayed glass jaws. They could have succumbed to the pressure of living up to the standards here at Twistars, but instead they RAISED THEM. I love it when a plan comes together and a system proves itself worthy. The proof is in the results... Level 10s shattered the all time scoring record

for Michigan 116.5. The Level 8s posted the all time highest state meet score for that level 115.9 and our Level 9s weathered injuries and set backs to earn a well deserved and hard fought team title.

Twistars USA captures Levels 8,9 and 10 at the State Championships...
Twistars ROCKS!

Oh what a feeling... To see our kids compete with energy, and confidence, to see team support and genuine friendships, to see our parents glowing with pride, and to see our newer staff members breathe a sigh of relief knowing they played a major role in the accomplishments. Oh what a feeling!

TWISTARS SIMPLY ROCKS!

NUTRITION

GET ON BOARD

We all know it to be true! We all know the importance of sound and consistent eating habits. So why is it so difficult to stick to the plan?

Parents and athletes need to know that habits (good or bad) formed early make a difference.

CAR POOL EATING

So practice gets out at 8 or 9PM and it is simply more convenient to stop at Wendys ... right? Wrong! With few exceptions there aren't food items on that menu that will serve an athlete well. Parents plan ahead... think ahead and don't give in to convenience. The health and habits of the athlete deserve more attention than that.



PIZZA AND POTATO CHIPS

I do not know who deemed Pizza to be a healthy choice but the last time I checked the fat and calorie content of a normal Pizza... it didn't fill the bill. Most cheese and crust on pizzas is the lowest possible grade, add pepperoni and it gets real ugly. Just saying... not the greatest choice for an after practice snack.

Oh yeh.. and potato chips in the locker room (or any other junk food for that matter) will certainly get you a few rope climbs. If you are going to disregard our nutritional advice, at least have enough respect for the program to do it when and where you won't get caught.

SHAMROCK SHAKES

Are you kidding me... come on now!

BESIDES

As has been suggested in previous newsletters, the last meal of the day should strategically be your smallest. This may be tough at first but eventually you will get in the swing of Breakfast being the main meal, lunch second in importance and after training/before bed meals limited in size.

GREAT MARCH FOR JORDYN



JORDYN WIEBER HAD A REMARKABLE MONTH OF MARCH

Add American Cup and Pac Rim to the Resume

Her resume of accomplishments has to be as thick and impressive as any in USA Gymnastics history, but Jordyn continues to add page after page.

American Cup

The timing was not the greatest considering where it fell in the schedule but the prestige of this event made passing on the opportunity to compete in Madison Square Garden on National TV simply out of the question. Although not in tip top competition shape, Jordyn proved she never is without fight and won her 3rd American Cup Title (a feat duplicated by only one other rather famous US gymnast... 2004 Olympic Champion Mary Lou Retton).

Pacific Rim

With the taste of dissatisfaction lingering, Jordyn set her sights on the Pac Rim Championships which were to be

held in Seattle. She wanted to build on her America Cup performance and that she did. The competition would feature USAs top seniors and some of the best up and coming athletes from the Pacific Ocean countries. The meet was well attended and covered by NBC sports.

In real Jordyn fashion she dazzled the crowd en route to her 2nd Pac Rim AA Title (and floor gold). She was simply unstoppable. The eye of the tiger was back!

From this point forward everything is a step by step build up towards qualifying to the Olympics in London. We have the Secret Classic in Chicago, May 26-27, Visa Championships in St Louis, June 4-10 and then Olympic Trials in San Jose, June 25-30.

March was an exciting and productive month... God willing we will continue on that path for an equally impressive June, July and August.

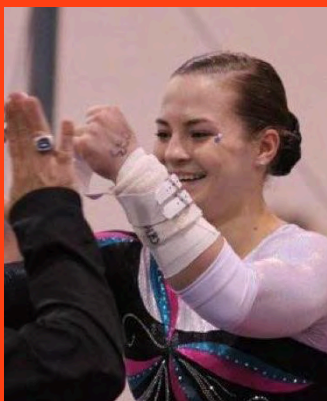
GREAT JOB JORDYN!

MOORE ACCEPTS NEBRASKA OFFER

Patience is a virtue, the sun will come up tomorrow and good things come to those who wait are cliches that trivialize the journey Kamerin Moore has endured in this sport. Once touted as an Olympic talent she suffered numerous set backs and the frustrations mounted as she adjusted goal after goal. Personal tragedy, and an uncooperative body could not subdue her love of the sport. Few have endured more, conquered more and deserve more than Kamerin.

A lifetime of perseverance, dedication and commitment has finally paid off in the form of a full ride athletic scholarship to one of the finest Universities in the USA. Kamerin will join the Nebraska Cornhuskers in the fall of 2014. Nebraska was thrilled to land such a quality athlete and considering they are currently ranked as one of the powerhouse gymnastics programs in the USA, this is high praise. Congratulations Kami, we are so very proud of you!

NEBRASKA SCORES BIG! SIGN 2 TWISTARS USA STANDOUTS!



Twistars sophomores Grace Williams and Kamerin Moore (above) will join the Nebraska Corn Huskers in the fall of 2012

WILLIAMS A HUSKER

GO HUSKERS! The Number 5 ranked University of Nebraska recently dominated the BIG 10 Gymnastics Championships in their first year in the conference. NOW they just got stronger. Twistar Sophomore, Grace Williams accepted their full ride scholarship offer and will join the Huskers in the fall of 2014.

Grace has had a remarkable career thus far and hopes to add to her resume that includes a Level 10 National All Around Title and the the 2010 Nastia Liuken

Cup AA Title, and a 3rd place AA at the 2012 Nastia Cup event.

She is a talented athlete and is sure to make an immediate impact once she joins the collegiate ranks. Congrats to Grace and her Mom and Dad, Amy and Rob Williams of Linden. The hard work has really paid off!

Needless to say, the Huskers will have lots of Twistars fans as they travel the BIG 10 circuit. In their first year in the conference, UN won the BIG 10 Title. They are currently ranked 5th in the USA.

BOYS REPORT

by Tom Buese

With the State Championships completed, the level 5s set their sights on next season while the Level 6 and ups prepare for regionals.

First, a quick recap...

The Whitfield Classic was the last invitational of the year for the boys, and was the first meet where each team member was on their game (a good sign with State the week after). The Level 7 boys started the competition. Josh Moore finished 3rd on Vault and 2nd on High Bar on his way to his highest AA score of the year. Doug Dean made his return to the AA after returning from a shoulder injury, and took 3rd on FX, 2nd on Rings, and was the Vault champion. Luc Velasquez was 2nd on Vault, 1st on Pommel Horse and P-Bars (huge 14.9 there), on his way to taking the AA title. Together, the 7s took 3rd place team. The 9 and 10s were up next. Jake Moore continued improving an already strong season, winning FX, SR, and V and placing 2nd in the All Around. Ryan Dayton and Kevin Johnson finished 1 and 2 on PB, respectively, and Kevin ended up 3rd AA. Ryan put together his best meet of the season and had a huge scoring breakthrough with a 78.9 to take the top spot in the AA! Sunday was started off by the Level 5s. Luke Huisken got a huge 15.5 on Rings to earn 2nd there, while Noah Adams put up the biggest High Bar score of the year for 1st on that event. Luke Lathrop won Rings with a 15.7 on his way to scoring his first 90+ AA score. Ethan Guthrie

and Judah Pemble took multiple event titles each and both won AA in their age groups. As a team, the Level 5s took 1st by almost an entire point. It was up to the Level 6s to finish off the weekend as strong as everyone else, and they did just that. Dylan Weiss and Tyler Baron finished 1st and 2nd AA in the youngest age group, while Jake Proper won his first ever All Around title in his age group. Along with Ryan Mefford, Mike Bigelow, and Sam Parks, the Level 6s won the meet by 9 points! Needless to say, everyone was very excited for State Championships the next weekend.

The Twistars Boys were started off by the Level 6 and 7s at State. The 6s seemed a little off here, but still came away with good results. Tyler was 4th on FX, 3rd on V, and 7th AA. Dylan can now say he is the best Level 6 in Michigan on Rings and P-Bars, and he was also 2nd on FX, PH, and All Around with his first 90 as a Level 6. As a team, the 6s were just 0.1 out of the award stand, taking 4th. The Level 7s were ready to go in the early morning. Josh finished 4th on PB, 2nd on HB, and 7th AA in the youngest age group there. Doug had his best meet of the year, finishing 4th on FX, 2nd on Rings, and 6th AA. Luc finished 3rd on V and PB, 2nd on PH and HB, and took 2nd AA with his highest score of the year. Despite having to count all three scores on every event, the 7s came a long way this season to finish 3rd in the state! The optional boys were up next. Jake rose to the competition again, finishing 2nd on FX and earning state titles on PH, PB, HB, and the AA by over 2 points! The Level 10s came to play too. Kevin finished 5th on FX

and 7th AA in just his first year of optional gymnastics. Ryan went 2 in a row for good meets, taking 3rd on HB, 2nd on PB, 1st on FX, and 3rd AA with another 78.9. With Rob Wilson's scores, these three earned the 3rd place Level 10 Team Award! Rob's consistent meet also earned him a trip to Regionals to join the rest of the 9s, 10s, 7s, and Dylan, Tyler, and "Little" Ryan of the 6s. For the Level 5s, this was their last meet of the year. Luke Huisken returned to form taking 5th on Rings, 6th on PB, and counting for the team on 4 events. Judah is the State Champion on PH and also took 4th on FX and 5th AA. Ethan is the State Champion on HB, while also earning 3rd on PH and 3rd AA. In probably the toughest age group, Noah finished 3rd on PH, SR, and the All Around, while Luke Lathrop was 2nd on PH, SR, V, PB, and AA. The Level 5s placed the best of any Twistars Team that weekend, improving from 10th last year all the way to 2nd in the State!

With three different levels placing in the top 3 in the state, Coach Tom now has to live up to his end of the agreement and throw a team sleepover! Be on the lookout for more info, but this will be after JO Nationals.

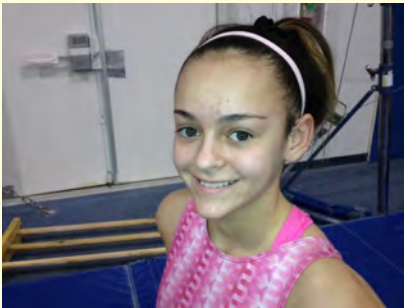
Now the boys are training hard for Regionals in Kalamazoo, April 14th and 15th. Things will be interesting as everyone is showing improvement and readiness already in just the one week after State. At Regionals, Jake Moore, Ryan Dayton, and Kevin Johnson will attempt to qualify for Nationals, with Jake and Ryan competing for a spot on the very strong Region 5 Team.

Meet Me

Madilyn Dion

Sometimes it take a while for things to click. Madilyn's state meet performance is proof positive that perseverance and determination pay off.

Madi place 5th AA including a State Championship title on the uneven bars at the Level 7 State Meet. Great Job Madilyn!



Mariah Gleeson

Good kids deserve good things! Hard working kids deserve even more especially when things have not always been that easy. I love to see hard work pay off and for Mariah Gleeson it certainly has.

Mariah made lots of people proud this past weekend but most of all her wonderful grandmother Joan Boyer (former gymnastics judge and mother of former WMU head gymnastics coach Bridgette Boyer) who passed away last year. Joan was smiling down as Mariah captured the AA title at the Level 8 State Championships and no title has ever been more deserving. Congrats Mariah!

TWISTARS PARENTS

ROCK!



TEAM SPIRIT AWARD WINNER- Thank Andrew, your energy and enthusiasm at our state meet was inspiring and much appreciated

Super Thanks

Level 8-9-10 State Championships 'A great success'

From all accounts (minus the unfortunate power outage) the Level 8-9-10 State Championships was a total success. Congratulations to the booster club for a job very well done.

The pre meet organization, and the on site administration of all aspects of the competition was first rate. Thanks to Wade Cutler, Michelle Hill, Kristin Moore and the other committee chairs for tackling this task with purpose. It is a wonderful feeling knowing that we can turn an event over to our booster club and know that quality will be delivered.

The Set up and tear down went smoothly, the scores were faster than a 5 minute oil change, the food was incredible, decorations on point, and the awards ceremony

well planned. A SUPER THANKS to all committee members for putting forth such great effort. Sincerely... Thanks!

Additional thanks has to go to our fans in the stands. The energy at this meet was inspiring to our athletes (and coaches). Yes there were other parent groups that thought they would rule our roost, but soon found out differently. It is obvious that the inner competitive spirit that is engrained in our athletes was inherited. The Twistars fans rose to the occasion and provided that much needed energy and spark. The cheers, the chants, and the signs were all much appreciated.

Capturing the State Team Titles at Levels 8-9-10 is not an easy undertaking. It requires effort from many people. It is nice to know that our parents are willing to do their share.

SUPER THANKS!

COACHES HAVE HEARTS TOO

More than just a kid who flips

I strongly believe that one of the factors that sets our program apart from others is the genuine concern that we have for our athletes and the relationships that are fostered. We care about more than the flip or the score.

Invested

There comes a point where the relationships evolve into something special. It is impossible not to feel a special bond with kids that you spend 20 plus hours a week with. We naturally become invested in the relationship.

Not for everyone

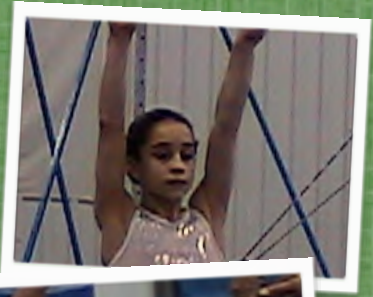
We get the fact that sometimes situations change and decisions need to be based on what is thought to be best for the child. We understand that we may not be the

perfect fit for every child or family but this still does not change the fact that their is a bonded relationship in place.

Teach a valuable lesson

If there comes a time when moving on is deemed the right move, at least do so with the relationships in mind. Teach your children that relationships are important, and people that have invested their time and love deserve respect and consideration. Depart with class. Discuss the issues and the decision up front and in person and if a solution can not be found you have at least taught a valuable lesson.

Making a life decision does not make anyone a bad person... treating others poorly ... well that is a different story.



JORDYN WATCH

**Kellogg Appearance - Battle Creek- April 18*

**National Team Camp- April 28- May 2*

**Secret Classic- Chicago (formerly Cover Girl Classic)- May 26-27*

**Visa Championships- St Louis- June 4-10*

**Olympic Trials- San Jose June 25-30*

**Olympic Selection Camp Houston, July 12*

GENERAL INFO

Twistars Camp HOUSING NEEDED

Gotta love the problem- Sessions are filling fast. Session 2 June 21-24 is full so we have had to shuffle some of our kids to session 3. No need to worry, all sessions are very well staffed. With the increased numbers comes more requests for housing. If you have interested in housing guest campers (\$90 per athlete, per session) See PJ at the office.

Gym Clean Day- Camp Set Up

Saturday June 16 has been set as our annual gym clean day. We are looking forward to a great turn out so as to get the gym in tip top shape for camp and the upcoming summer sessions. Mark you calendars.

State TOP Testing

Twistars has agreed to host one of the state TOP testing events. It will be held at the Summit on July 28. More details to follow. Those interested in testing should UP THEIR GAME now... get on those physical abilities testing skills.

Summit Changes- Personal Chairs

Due to management requests personal chairs must be removed from the premises each day. We are working on a new supply of chairs for the viewing area. This is effective immediately according to Summit management.