

TWISTARS USA GYMNASTICS NEWS



Special points of interest:

- * Jordyn Wieber and Kameran Moore qualify to Championships of USA
- * Booster Club Information
- * Boys Report
- * Rule Review

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DYNAMIC DUO QUALIFY TO CHAMPIONSHIPS OF THE USA!

Performing in front of an enthusiastic crowd filled with loyal Twistars fans, Jordyn Wieber and Kameran Moore advanced to the nation's ultimate gymnastics competition ... THE CHAMPIONSHIPS OF THE USA!

The US Classics held in Battle Creek provided a rare opportunity for Mid-Michigan, and Twistars to witness ELITE gymnastics up close and personal. It also provided Kam and Jo Jo a perfect stage to showcase their talents. As luck would have it they both tied for 5th place all around with a respectable 55.5 but more importantly they attained the qualification score to advance to the CHAMPIONSHIPS OF THE USA.

Those who attended have to know how much the crowd support, and Twistar TEAM SPIRIT meant to Kameran, Jordyn and the coaching staff. We realize that the ticket prices were steep and that weekends are

valuable in the summer months, yet still you came! Signs were flying, cheers were heart felt, and the energy was just what we needed. Thanks to all who attended. You really made a difference.

I am sure if you talk to Jordyn she would express some disappointment in some of her performances. (nobody is perfect at every meet). I would like to stress the positive points... 2 second place finishes (Vault and Beam), 2 personal best scores, and a determined finish to a meet that didn't go the way she would have liked. She never gave up and that showed great maturity. Placing 5th on a "bad day" only illustrates Jordyn's true talent level. The better news is that Championships is the meet that really counts and knowing Jordyn, I am quite positive that her "A game" will be packed and ready for San Jose.

Performing in a sudden death quali-

fication system has to be as tough on the nerves as anything can be. One mistake and BAM your season could be done. Well judging by Kameran's 4 for 4 performance including a rock solid (3rd place) last event beam routine, and a razor sharp (3rd place) floor set, Kami must love the pressure situations. She was simply amazing and was the highest placing "first year" elite at this meet.

Now it's off to San Jose, California where they both will be vying for spots on the USA National Team and potential USA international assignments. Good luck Kami and JoJo!



GYM CLEANING HELP WANTED

The pay isn't much, the hours are terrible, the work isn't easy but the job still needs to be done. If you are looking to off set some of your monthly tuition, we are currently looking to supplement our gym cleaning staff.

Weekends and after training hours are available. The job entails vacuuming, sweeping, mopping and straightening the gym so that it is presentable each day.

We are looking for productive, hard

working, reliable and dependable people that understand the importance of a CLEAN GYM.

See John if interested.

BOOSTER CLUB CORNER



TEAM WORK
AT IT'S BEST

Here are answers to commonly asked questions regarding the Booster Club volunteer requirement.

How many committees do I need to be on for the year?

Two. One *standing* committee that you will participate in throughout the year, and one *invitational* committee for our annual gymnastics meet in January.

How many hours do I need to work at the Invitational this year?

The exact amount of hours you will need to work on the actual weekend of the invitational will be announced in December but is *usually* between 20 and 25 hours per family not including clean up (Sunday night) for any family who is not a chair or ACTIVE co-chair of a committee.

Hours worked on your invitational committee prior to the event weekend do not count towards the 20-25 hours for the weekend. We also hope to host one or two state/regional meets in late spring

which usually require between 10-15 hours of work per family/per meet.

Isn't that a lot of work?

Yes, it is a lot of work, and also a lot of fun. Our invitational is our top fund raiser for the booster club which ultimately saves money in annual commitment fees. The invitational also provides a chance for our gymnasts to compete in front of a home crowd.

How will I know what to do for my committees?

Every committee has a chair person who should contact you with information on responsibilities. If you have not heard from your *standing* committee chair in the next month or two, please let Dan Sump know. If you have not heard from your *invitational* committee chair by mid-September, please let Rita Wieber know.

Who do I contact if I have questions?

The best people to start with is a booster club board member. Dan Sump,

communications chair: Rita Wieber

President, Shari Margraves, VP, Kristin Moore, Treasurer, Candice Rodriguez, Fundraising, Rita Wieber, communications, Michelle Hill, membership, Michelle Bass, special events, Ann Allison sponsorship, and Christy Lemke, travel.

What does Booster Club pay for?

Twistars Booster Club is one of the most productive and efficient gymnastics support organizations anywhere. They pay for all competition entry fees (\$500-\$700 per athlete per year), all team entry fees, all coaching fees related to competition or training camp events (diem, meals, mileage, lodging, parking etc), year end banquet and related awards, booster club administration costs, 50% of competition airfares, on site transportation (rentals cars etc), selected training camps, and 1 week of the Twistars Summer camp. WOW!

ONE LINERS



Guy: Hey haven't I seen you somewhere before?

Girl: Yep, that is why I don't go there anymore.

Guy: Hey What's your sign?

Girl: Wrong way... turn around!

Guy: You know I would go to the end of the world for you...

GIRL: Yeh ... but would you stay there?

Guy: Hey is this seat empty?

GIRL: Yes and so will mine be if you sit down.

GUY: Just one date with you and I would die happy...

GIRL: Just one date with you and I would die laughing...

GENERAL MEMBERSHIP MEETING

One of the most important meetings of the year will take place this Thursday August 2nd at 6:00. The meeting will be held upstairs at the SUMMIT.

Several topics will be discussed but the main thrust of the meeting will be the approval of the 2007-08 budget. Related to the budget is the important issue of how many fundraisers (meets) to host. We have been awarded the level 8-9-10 state meet, now the question is do we want to bid on a regional meet to help supplement the fundraising. IF we decide to host a 3rd meet, the booster club would be

divided in half with half working the state meet and the other half working the regional meet. The later seems like a more effective use of the available manpower and will help keep the financial commitment in check.

Also to be discussed are some other fundraising ideas, invitational updates, script information and more.

This years board is working very hard to open the lines of communication and to provide ample opportunity for our membership to learn the ropes, receive information and feel

informed. We hope that you take a serious interest in booster club as YOU are a vital spoke in the wheel. Everyone is important, everyone has something to offer.

Join us THIS THURSDAY at 6:00.



**IMPORTANT
BOOSTER CLUB
MEETING:
THURSDAY
AUGUST 2nd at
6:00- BUDGET
APPROVAL**

SUPER CAMP INFORMATION

SUPER CAMP will be held this coming weekend. Being that it is being held in SOUTHGATE at Mills Gymnastics we have made this a NON CHAPERONED travel event. This means each family is responsible for making sure the athlete has transportation to and from camp as well as lodging.

As regional camps go this one is probably the smallest ever (Michigan

teams seemed to drop the ball this year). With this being said the small numbers should provide for a great learning experience. There should be less standing in line and more attention from the clinicians.

The Twistar squad should report with a blue collar attitude ready to get the most out of this camp. Check in on Friday is 9:30, Saturday and Sunday

are 8:00. Camp will be dismissed at 12:30 on Sunday. Friday and Saturday training will include a 30 minute break for a small lunch or snack. Plan accordingly.

Those attending SUPER CAMP may take Thursday Aug. 2nd off to avoid training 7+ straight days.

Dana and Natalie will be the Twistars coaches on hand.

RULE REVIEW... AGAIN

I like to repeat myself over and over again and thus the sole purpose for this reminder.

1) Although we do not require make ups on team, members should realize that they are expected to train the MINIMUM number of days required on a regular basis. Progress is linked to training so missing 1-2 practices every week will undoubtedly have an effect on your progress and TEAM progress.

2) Missing training due to injuries is not condoned. There is always something productive that can be accomplished in practice. Simply deciding NOT TO SHOW due to an injury is considered disrespectful

3) Missing training should be communicated to the coaching staff regardless of the reason. Never assume that the coaching staff knows your reasons as we have 100+ athletes to keep track of. We do not require attendance

BUT we do require to know why you are not here so that we can adjust training objectives for the day or week. Communication is simple respect for the program/staff/policies etc.

4) 30 Day Notices require payment for that period of time. Athletes may certainly train for the 30 days in question as this will give us a chance to find and fix any problems.



CHECK US OUT ON THE
WEB AT TwistarsUSA.com

9:00 AM Monday Morning

Dear College Coach

Here is the athlete review report you asked me for regarding Sharon Smith

1. Sharon Smith, senior gymnast, can always be found
2. hard at work at Twistars. Sharon works independently, without
3. wasting gym time talking to friends in the chalk box. Sharon never
4. thinks twice about assisting her teammates in need, and she always
5. finishes her requirements on time. Often she takes extended
6. measures to complete her work, sometimes skipping vacation
7. breaks. Sharon is a dedicated individual who has absolutely no
8. vanity in spite of her high accomplishments and profound
9. knowledge in this sport. I firmly believe that Sharon can be
10. classed as a high caliber athlete, the type which cannot be
11. dispensed with. Consequently, I duly recommend that Sharon be
12. given a full ride scholarship and that the appropriate paper work be
13. executed as soon as possible.

10:00 AM Monday Morning

URGENT!

ADENDUM TO ATHLETE REVIEW

Dear Coach

That idiot Sharon was looking over my shoulder as I was writing my review earlier this morning. Kindly re-read using only the odd numbered lines.



BOYS REPORT

by Blaize Geddert

Summer is almost over and the boys team has plenty to show for their added hours of training. New skills have been achieved. Splits that once looked like mountains are now either down to the floor or really close. Dips, pull ups and rope? No problem! They really have improved a lot. **GOOD WORK GUYS!**

Some new skills worth a mention are : Josh getting his 2nd circle on mushroom and learning a back hand-spring the very first day he worked on it. Connor making his kip on high bar! Kevin making his "muscle up" on rings! The skills just keep coming.

We do still have a problem from time

to time with regards to listening and directional skills as well as maturity and disciplined behavior. I know ... "they are boys", but practice could be much more productive if we spent less time pushing, shoving, hitting, and fooling around. These areas have improved **BUT** they still need work if we are to be one of the stronger teams in the state of Michigan.

Up until now the emphasis this summer has been on individual skills ... new and old. I am sure the boys will be happy to know that it is just about time to start putting these skills into combinations and eventually full routines. Then it's routines, routines and more routines. It should be fun!

In addition to the 6 boys going level 5 and 4 returning level 4s we have a solid group of seven brand new level 4s. I am very excited about what these guys have shown so far in the short time they have been practicing. By the time competition season rolls around they will be primed and ready to go. The **NEW** 4s include Collin Sznerski, David Jackson, Mitchell Dahlstrom, Issac Smith, Michael Bigelow and Douglas Dean.

Stay tuned for information on a planned road trip for our upper level boys. We are looking into traveling to GTC or MEGA for a training session. In the mean time **TRAIN HARD!**

