

TWISTARs

GYMNASTICS
NEWS

Maya Ketner will be spending some time having some fun in the sun on the beautiful island of Grand Caman.



AUGUST 2009

MAYA KETNER IS AN ALL STAR

Ketner qualifies for the prestigious Region 5 All-Star Team.

Some things are worth waiting for. Some things are worth working for. A qualification to the Region 5 All Star Team is certainly one of them.

Region 5 Gymnastics has set the standard for rewarding and providing extraordinary opportunities for its top athletes. One of the reward systems is the annual ALL-STAR TEAM which consists of the top 8 Junior Olympic and Top 4+ Elite athletes from our 5 state region in rank order based on a predetermined criterion. This criterion averages the top 4 performances for each athlete to determine the rank order and

the eventual members to be named to the team. Maya ranked 5th on this year's team that is loaded with talent.

The actual reward consists of being honored at the annual Region 5 Coaches Congress AND an international experience funded by the region. Past international assignments have placed our athletes in countries like China, Japan, France, El Salvador, Costa Rica, England, Sweden, Scotland and Jamaica. This year's trip will be tough to take as the team travels to the beautiful Grand Caman Island. The trip itself will take place October 14-19 and will feature a cultural exchange and training with a local gymnastics club. Of course there will also be time to enjoy the sites and sounds of this magnificent Island.

Some things are simply worth the wait!

Congratulations Maya. Enjoy this well deserved reward for all of your years of hard work. You deserve it! Sorry Mom.... you can't go.

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FALL SCHEDULE



2009

The official FALL SCHEDULE will begin August 31. Summer training hours will continue through the week of August 28. This starting date is a week earlier than our normal starting time but due to the lateness of Labor Day we need to start on the 31st in order to fit in 2 8 week sessions prior to Christmas.



INJURIES HURT

Injuries hurt dah! But I am not just talking about the physical pain. More often the emotional pain of missing out on opportunities, having to deal with mounting a comeback or the disappointment of dealing with what could/would/should have been is more significant.

No matter how hard we try in this sport (or any sport for that matter) we can not eliminate the ever present lurking shadow of ugly injury. We can plan, we can rest, we can condition until finely tuned would be considered an understatement. Still we can't always dodge the bullet of impairment. We are not bullet proof.

As coaches our hearts ache for those that suffer the untimely misfortune. We fully realize the disappointment and the feeling of helplessness as we too are helpless. We wish we could make things better, we wish all your dreams could be realized NOW instead of having to wait until the dreaded cliché ... "next time." We suffer the disappointment along side of you and know ... without a doubt... we too feel the pain your disappointment. We feel yours, hers, theirs all at the same time. Then we feel ours for without a healthy and productive YOU, WE ourselves fall short of our goals as coaches.

Our 2 extremely talented and deserving elite athletes, Kameran Moore and Jordyn Wieber have been struck with that misfortune. Their moments in the sun have been many this year and for that we are grateful, but for now we will rest, plan and train for "next time." It is all we can do. Keep your chins up ladies as I am fully confident that this is simply a minor

set back on a path that is destined for eventual greatness.

VISITORS COMING

One of the perks of international travel is getting to meet people from all corners of the world. The World really is a small place.

From August 18 through September 2nd we have the honor and privilege of hosting a team from Slovenia.

I am looking forward to providing some cultural experiences for them. A Lugnuts or tigers game, a bar-be-que, camping on the team trip, bowling etc. I would also like to have the girls host a pool party for the visiting athletes OR a trip to Lake Lansing.

We are still looking for a host family or 2 for 2 of the athletes. I would like to house them together if at all possible to make their stay more enjoyable BUT since 2 weeks is a lot to ask of any one family, perhaps 2 families could split the duties. They are 14 years old and I am sure well behaved. ANY TAKERS?

Additionally I have 2 male chaperons staying at my condo (also being used by Tom our boys coach). The only problem here is the lack of BEDS. SO I am looking for 2 large cots/rolls always that can be used during their stay. IF ANYONE has access to a couple beds, and are willing to donate them for a couple weeks, please see John this week.

CAMPING TRIP

Our annual team camping trip is scheduled for Aug 20-23.

1. WHERE

At the White River Campground in Montague, 15 miles north of Muskegon. The campground has a pool, wading creek, and virtually every camping activity available.

2. WHO

Twistars team members and their families. This is a great bonding experience for new and old Twistars Team families. Don't miss the fun.

3. HOW MUCH

The Camping committee cooks the meals, breakfast, lunch and dinner for Friday and Saturday- \$15 per person. The camp sites themselves run \$90 for the 3 night for rustic and \$115 for those with water and electricity.

4. WHEN

The caravan will depart from the gym after practice on Thursday Aug. 20th, you can either join us then or meet us up at the campground. We have sites reserved for Th-Fr and Sat nights.

5. THOSE WHO ARE INTERESTED

If interested please respond to Michelle Klein at Klein-5@comcast.net asap. Space is limited and going fast.

DONT MISS THE CAMPING TRIP



NEW PARENTS

Some helpful guidelines for our new parents.

1. Arrive on Time

Arriving on time sets a standard of discipline and respect for the program. It also insures that our athletes receive a proper warm up prior to training.

2. Seating Upstairs

Team parents are required to sit upstairs for viewing. This allows ample seating for our recreational parents who can not view the tot area from above.

3. Refrain from Coaching

There is always a natural tendency to "coach", give hand signals and gestures while viewing. This is distracting for the athletes AND disrespectful to the coaching staff.

4. Never enter the training area

Personal conversations with the coaching staff can happen before or after training, BUT NOT during. For safety reasons parents should not enter the training area.

5. Be Positive

The buzz in the peanut gallery has a tendency to gravitate toward the sensational or negative. The old saying goes ... If you don't have something nice to say... don't say anything at all. Concerns can certainly be addressed with the coaching staff but definitely not in the viewing area.

NEW PARENTS - We realize you are trusting us with your most prized possession BUT we promise we will give them back.... right after practice.



GROUP GRIPES

This coming fall should be very interesting. Not only have we added another boys team column 3 days per week, added one more full group of girls team 3-4 days per week but also 3 groups have added a 5th day of training. The gym will be packed!

Trying to create a grouping situation that fits 100+ families needs is simply impossible. I thought I could do it BUT I can not. Car pools, siblings, boys team, girls team, different levels, friends, number of training days preferred, work schedules and personal preferences just make it impossible. Hopefully everyone understands this and the fact that "Gymnastics training" has to be the backbone of the decision making process.

The good news is that regardless of the group assignment you can be rest assured that our staff is capable of handling the depth of talent that we currently have in house. In fact the only thing that matches the depth of gymnastics talent is the depth that we have on our coaching staff. Your kids will get great training! I know that some parents get hung up one group letter being perceived as being more favorable than another. Let me assure you that many of the groups are considered interchangeable ... A-B, C-D, E-F, etc. In fact we would mix the groups up daily if it weren't for coaching consistency, group bonding and training efficiency.

I hesitate in distributing the fall group assignments 1 month early. I normally put them out at the last minute possible and then head for the hills, fortifying my home, hiring body guards and of course will change my email address and phone numbers. I am willing to risk it this year cause I know our parents are all level headed and support oriented type people.... none of which would ever come unglued over a group assignment.

HONORED AND HUMBLD

I recently received a notice via email from the Region 5 Hall of Fame Selection Committee. I assumed it was an FYI informing me of this years additions to the newly formed Region 5 Gymnastics Hall of Fame (I don't think there is an actual Hall). Well I was correct as the letter informed me that I was being inducted as the lone member of the 2009 class. The inaugural year of 2008 inducted 6 members.

I'm not old enough to be in a hall of fame I thought. I am certainly not done coaching. Why not Dick Mulvahill (coach of 16 Olympians), Bill Sands (Olympic coach and research extraordinaire), Steve Whitlock (god father of Michigan gymnastics and educational wizard) Perhaps this is a mistake. These are some initial thoughts I had before feeling downright good about myself (if it weren't for a severe lack of shoulder flexibility I would have patted me on the back). WOW what an honor.

The induction ceremony will take place in Chicago at the 2009 Region 5 Coaches Congress. I have to say I am thrilled and honored, numb and humbled. It is a great feeling knowing that your peers recognize your efforts through the years.

AMERICAN
& PROUD!



FROM THE OFFICE	TUITION	ACCOUNTS	MISC.
<p>Our office staff would like to ask all team members to be aware of the following.</p>	<p>1st Tuition payments are due the 1st of each month.</p> <p>8th Tuition is unfortunately considered late as of the 8th and \$10 late fee assessed.</p> <p>16th Finance charges of 1.5% are assessed as of the 16th of each month on all outstanding tuition.</p>	<p>USAG Numbers USAG Numbers have been renewed. Please remember to take care of the \$54 charge on you account.</p> <p>Credits Some account balances are showing credits. Please check your account to see if this applies to you.</p> <p>Membership Annual membership fees are due September 1. The new fee is \$95.</p>	<p>Leotard Sizing We will be sizing the girls team members this week for our new competitive team leotards. The final price will be available soon.</p> <p>Service Customers should feel free to contact management should you feel that the service offered by our office staff is less than satisfactory.</p> <p>Office Please refrain from sitting beyond the office desk while viewing upstairs. We want to limit the activity in that area.</p>

WOMAN TALK

Here are nine words or phrases that woman frequently use and there associated yet hidden meanings.

1- FINE. This is a word used to end an argument when they are certain that they are right and you need to yield way. For your own safety and mental well being simply SHUT UP immediately.

2- FIVE MINUTES- If she is getting dressed this really means a half hour. 5 minutes is only 5 minutes if that is all the time she has given you to finish watching the game before cleaning the house.

3- NOTHING- this is the calm before the storm. This means something, and you must discover what it means through careful tip toeing and clue gathering. Arguments that begin with "nothing" usually end with "fine." (see #1)

4- GO AHEAD- this is a dare and not permission. What ever it is referring to ... Don't do it!

5- LOUD SIGH- This is actually a word and a non-verbal statement that is often misunderstood by men. A "loud sigh" means that she thinks you are an idiot and wonders why she is wasting her time debating with

someone that is so clearly lacking in superior intellectual capacity.

6- THAT'S OK- This is one of the most dangerous statements a woman can make to a man. "That's OK" means she wants you to sweat about how and when you want to pay for the mistake that she has said was "OK."

7- THANKS- If a woman thanks you ... do not question it or faint. Simply say you are welcome and quickly move on. This of course is negated if she says THANK YOU VERY MUCH. This is pure sarcasm. Never respond with "You're Welcome to this as it will inevitably bring about word #8.

8- WHATEVER- This basically means "kiss off" or more colorful expressions of disdain.

9-DON'T WORRY, I GOT IT- This is another dangerous statement in that it probably refers to her doing something that she has already asked the man to do countless times. This will later result in the man asking "what's wrong" for which the woman would respond using word #3 and eventually word #8.

