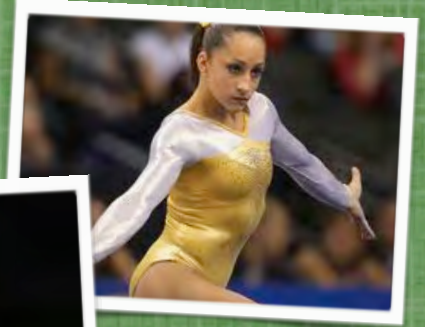
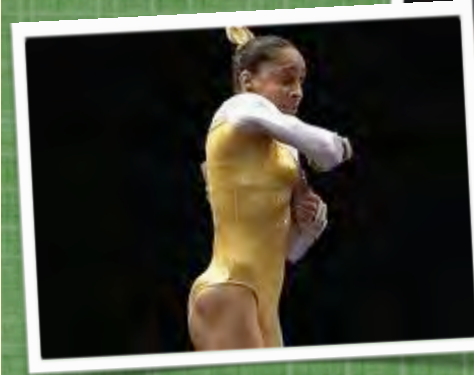


NATIONAL CHAMPION!

JORDYN WIEBER CROWNED NATIONS BEST



*GOLDEN
GIRL FOR
SURE*

EXCEPTIONAL PERFORMANCE EARNS RESPECTED TITLE

Jordyn Wieber ... USA Champion

Capitalizing on opportunities is a motivational textbook cliché. Sure it sounds great, but making it happen is not quite as easy as it sounds. Jordyn knows this all too well. After winning the Junior National AA title in 2008 seemingly there were going to be “opportunities” to repeat that accomplishment. Well 2 consecutive years of untimely injuries and the opportunity simply never presented itself.

If it knocks, answer it

We used this as motivation for the 2011 Senior National Championships. Yes we have bigger goals to achieve in the coming months, but the chance to be named the Nations Best is something that few could look past.

Jordyn combined gutty determination during day one (where she fought hard to save a couple of routines from disaster), with confidence and style

during day two’s record setting performance. When the scores were tabulated she outdistanced the entire field by nearly 6 points. A phenomenal display of precision and talent.

Twistar Proud

Along with the All Around GOLD, Jordyn also added national championship titles on Uneven Bars and Floor Exercise. She also earned the bronze medal on Balance Beam. You would think that would be enough for the weekend but to top it all off she was named USA GYMNASTICS’ ATHLETE OF THE YEAR.

I know I can speak for Kathryn when I say we are both numb from the excitement. If Twistars USA wasn’t on the map before ... it certainly is now! 30 some years of coaching and we are still adding first time notches in the belt.

Thanks to all for the support, well wishes, emails, texts, cards and letters. We

felt the energy from the entire Twistars family as the week progressed. The welcome home gathering at the Lansing Airport said volumes about the support

*A phenomenal display
of precision,
determination and
talent... We are all so
very proud of Jordyn!*

that we have here at Twistars and I have to say that I know Jordyn appreciated the recognition. This is a tough road to travel by yourself, so the cheers and hugs, and congrats really go a long way to motivate and inspire. Thanks to all again!

Now it is onward and upward as the preparation continues for the quest for a spot on the World Championship Team. I hear opportunity knocking again ...

TWISTARS USA

AUGUST 2011

GYMNASTICS NEWS

SUMMER



*Daniel
McCarty*

CHANGING OF THE GUARD

Change Is Inevitable

On July 18th Twistars USA was informed that Daniel McCarty had decided that it was time to move onward. Needless to say I was stunned. 11 years of growth, and contributions were coming to an end. Daniel's service to Twistars USA, said to be tumultuous at times, certainly has to be considered significant. He is a passionate coach with a desire to put his own stamp on the athletes he produces and thus the decision to move onward with his coaching career. Understandable and commendable.

We not only wish Daniel continued success but sincerely thank him for the impact that he has had on our program. I have witnessed few coaches over the years with the innate ability to create the quality results that Daniel has. His efforts have been noted..

Timing is everything

With the state of our program and the rapidly approaching excitement of our run at the 2012 Olympics, losing a key staff member could be devastating. It is like gearing up for the Super Bowl, only to lose your team captain and star running back down the home stretch. Good teams would falter; Great Teams will find a way to fulfill their goals. We are a great team.

Fortune shines on Twistars USA

Using our network of contacts we immediately had names of several quality leads. Coaches looking to grow in a program known for growing good coaches. Within 1 week we had our top prospect in house to observe and train a bit. He loved the program, the philosophy and the opportunity that would come with the job. We hired him.

Daniel has a remarkably innate ability to create quality gymnastics results... he will be missed at Twistars.

Newest Twistar Staff Member- Brett Worgo

Brett is a former collegiate gymnast from James Madison University. He hales from Chicago and although a devout Bear Fan (and Cubs if you can believe that), we seemed to click when it came to philosophy of coaching, program direction and the role he will play in it's continued success. Brett is a great find!

THANK YOU DANIEL

BRETT WORG

Personal Info

Brett is 28 years old. Home Town- Hinsdale, Illinois. Latest Residence- Ft Lauderdale, Florida (you know he must be serious about gymnastics if he is moving from Ft. L to Lansing Michigan).



College Info

Brett attended James Madison University where he was a member of the Men's Gymnastics Team for 5 years. He was captain of that team for his final 3 years. His best event was High Bar (which indicates he must be somewhat CRAZY). He qualified to NCAA Nationals on High Bar in 2003.

Club Coaching

He has been coaching at Park Avenue Gymnastics for the past 5 years. During his stint the program has progressed to the point of being nationally successful. Park Avenue graduated 7 seniors this year and Brett was instrumental in the development of 2 Level 10 National Qualifiers this year. He was mostly responsible for Bars and Vault and has developed several state, regional champions.

Future Aspirations

Although proud of the progress that Park Avenue has made during his years there, Brett really looks forward to joining and contributing to a storied program with the history and tradition found at Twistars USA. He is passionate about proper progressions and instilling positive motivation. He believes in working hard, encouraging his athletes to do the same and always pursuing ways to become a better coach.

UNIVERSITY SHOPPING CENTER

SHOP TWISTARS

This summer Twistars USA has been a revolving door for collegiate coaches who are actively shopping for prospect SCHOLARSHIP ATHLETES.

We have seen some of the best universities in the USA (or should I say they have seen us). Schools like UCLA, Alabama, Utah, Florida, Michigan, Oklahoma, Washington, LSU, Pitt,

Maryland, Minnesota, U of Denver, Western Michigan, Ohio State, Iowa State, MSU, Penn State, Southern Utah, North Carolina, Arizona, and more have visited Twistars. We love the attention and appreciate the respect given to our athletes and program. It seems that the girls are always on their best behavior and in "show off" mode when the different schools visit. It makes for a great workout atmosphere.

NOW THAT IS CLASS



Sports teaches many life lessons, hopefully conducting yourself with class is one of them

Class Acts

It was the league championship game between Western Oregon and Central Washington. The winner to advance to the NCAA Tournament.

Down by 2 runs in the bottom of the 7th inning, WOU's Sara Tucholsky came to the plate. There were 2 outs. As the tension of the situation mounted, Sara blasted a drive to deep center field. She was not a power hitter, in fact she had never hit a home run. She sprinted towards first as fast as she could. As she rounded first the umpires signaled HOME RUN! In her excitement she missed the bag and as she turned back to tag it, she severely wrenched her knee.

ONLY ABLE TO CRAWL

Sara managed to retag first base but was in far too much pain to continue around the bases. As her teammates

approached the umpires warned that she would be called out if they assisted her running efforts. A pinch runner could be inserted but then the Home Run, by rule, would be reduced to a single.

Then, Mallory Holtman, the conference all time home run leader, asked the umpires if there were any rules that prevented the opposing team players from assisting an injured player. There was not.

So Mallory, and short stop Liz Wallace picked Sara up and carried her from base to base. This of course meant that they would lose the game but that didn't matter. It also meant that Central Washington would lose the conference championship and fail to reach the NCAA post season playoffs. That did not matter either. What mattered was that a girl was injured and in need of help.

NOW THAT IS CLASS

TIFFANY IS BACK

Former Twistar Standout

I have always said that I love having former Twistars athletes join our coaching staff. They have lived the program, they understand the standards and expectations and hopefully they remember some pretty good technical gymnastics. Tiffany Heuhs will be joining our staff (Developmental and Compulsory). Tiffany has a K-12 teaching degree from Central Michigan University and just finished her student teaching requirement at Grand Ledge High School where she assisted Duane Haring with the 3 time defending High School State Champion gymnastics team.



Energy

One thing is for certain, Tiffany will bring a positive and energetic approach to teaching. Always upbeat, smiling and funny, I am sure she will be an immediate hit with the girls she teaches.

Replacing Nicole Curler

Career choices have to be made. Nicole stumbled on the opportunity to take over at the 2nd assistant coach at MSU. Nic has always wanted to coach at the collegiate level, and although in my humble opinion, club coaching may have served her better in terms of preparing to coach at the university level, nonetheless the opportunity appeared and she took advantage of it.

We certainly wish Nicole all the best in her new role and hopefully she can revived the MSU gymnastics spirit.

TOO BUSY TO NOTICE?

I heard this story the other day... A young super star executive was driving his new Corvette way too fast down a busy street. All of a sudden a brick was thrown into the side of this shiny new car. Steaming mad, the hot headed executive got out of his car and grabbed the nearest boy to the scene. The boy appeared to be 7 or 8 years old. He shook him violently, screaming at him, "how could you do such a thing, don't you know how much a car like this costs?"

The little boy replied, "I'm really sorry but I couldn't get anyone else's attention. My brother is in a wheelchair. It started rolling out

of control down this hill and now he has fallen into the street (which was populated with a steady stream of traffic). He is lying over there and is far to big for me to lift. Can you help me please? The boy was panic stricken.

The executive, with a lump in his throat, acted immediately. After securing brothers safety, he took out his white linen handkerchief and dabbed at the boys cuts and scrapes. The wheelchair brother was visibly shaken so he reassured him that everything would be alright. After calming the duo, he pushed the boys wheelchair to side street and prescribed a safer, less traveled route back home.



It was a long slow walk back to his car. Upon reaching it he noticed that the damage caused by the brick was significant. He inspected it carefully. Smiling he pledged then and there never to have it fixed. He wanted it to serve as an important life lesson reminder to not live life so fast that someone has to throw a brick at you to get your attention.

Are you too busy to notice the important stuff?

TAKE A HAPPY YOU WITH YOU WHERE EVER YOU GO

I'll Live In My Heart

I recently read this account of an motivational author and inspirational taxi ride.

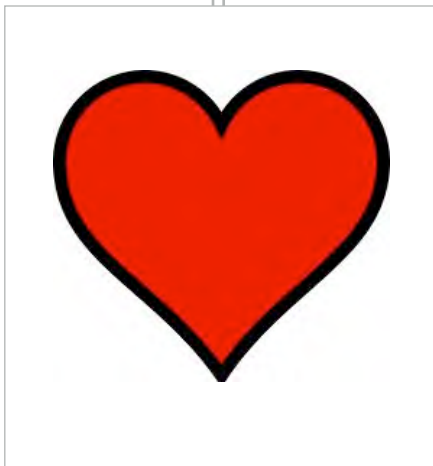
On a trip about 10 years ago, I was making conversation with the taxi driver, asking him my usual questions about where he was from, local hot spots, eating places etc. Then out of the blue I asked a hypothetical question: "If you could live anywhere in the world and money was not an issue, where would you live?"

Without hesitating even for a second, he replied, "I live in my heart, so it really does not matter where my

body lives. If I am happy on the inside, I live in paradise, no matter where my official residence may be."

I felt humbled and a little foolish for my question. Of course he was right, happiness is an INSIDE JOB. He had reminded me of something that I already knew, but perhaps had placed on the back burner of my hectic life. If you can

not find happiness within, you will never find it in the outside world ... no matter where you call home. Wherever you go, there you are. You always take yourself with you. If this is true, then it only makes perfect sense to take a happy YOU!



NUTRITION REMINDER

A funny letter from a parent sparked the idea to remind our team members of our nutritional guidelines and the related definition.

Having healthy eating habits does not confine oneself to eating like a rabbit. Yes you can eat more than just fruits and vegetables, in fact it is a good idea to hit the 4 major food groups each day. Limiting junk food, pops, fried and greasy foods, cream sauces, and food high in fat content (more than 20% of the calories) is a good place to start. My best advice is simply make good choices, and when presented with 2 bad choices ... choose the lesser of the 2 evils.

New team members should jump on the nutrition train immediately. When in doubt as to what a good choice is... simply ask. This is an educational process that may take a while. Parents can certainly help by providing situations where GOOD CHOICES are easy.

We all know that sound nutrition is important, but in the life of an aspiring athlete, it is essential. It is the catalyst that sets progress in motion. Good nutrition helps to build and repair muscles, helps us to fight off fatigue and illness, and provides us with the energy needed to effectively endure the rigors of training. Eat well, make good choices!

WHAT'S HAPPENING IN THE GYM

1- Drivers beware! I like to give ample warning when it comes to community safety issues. Bayle Pickel is taking drivers ed!!! Are you kidding me! Is there not some law that says you have to be able to see over the steering wheel prior to operating a motor vehicle? I did warn Bayle that IF I saw her driving down the road that I would have to immediately call the police and report that some 12 year old had stolen her parents car. It is bad enough the Jordyn is now driving, but at least she can reach the pedals.

2- Senior departures. The gym takes on a new face as each summer approaches it's finale. Seniors departing for college leaves us all with a heavy heart. Bri Hogan, Amber Wobma, Alexis Moore, Cici Talcott, Kim Wilson and Maci Sump have closed the final chapters of their club careers. We will miss them all!

3- Make life easier on our office staff. We are attempting to streamline our office staff to get a little more productivity and consistency in the application of policies and procedures. Please help them out by responding to requests for paper work etc in a timely manner. Don't shoot these messengers (first of all they don't get paid enough to take a bullet) as they are only trying to make things run a little smoother at Twistars.

4- National Gymnastics Day/Twistars Annual Golf Outing will be September 17th. If you are interested in putting together an afternoon of golf with friends be sure to check out the information posted on our web site (booster club tab) or contact Carrie Hylek 242-6081 or Jenny Young 281-8033.

5- All Star Team update: Some special circumstances allowed us to invite more athletes to be a part of the 2011 Region 5 All Star Team Trip to Brazil. 3 additional Twistars team members reaped the benefit. Joining Grace Williams, Rachel Haines, and Lindsey Lemke (who were all previously named to the squad) will be Kamerin Moore, Bailey Gardner and Nicolle Eastman. Congrats Ladies and get fired up for an experience of a lifetime.

6- With all of the college coaches visiting our gym lately, some of our juniors are getting favorable looks and attention. Lena Franck and Rachel Haines have received scholarship offers already and are continuing to weigh their options. Brittany Aragon is rumored to have an offer waiting upon arranging an unofficial visit to the school (probably more coming). Anna Hill has been shopping the country so that she is ready to make an informed decision once the inevitable scholarship comes her way. Then of course there is Jordyn Wieber who will basically have her choice of schools if and when she decides to go that router. Go Twistars!



TAMARA MISSES US- So much that she will be assisting on Friday nights this fall. WELCOME BACK TAMARA

NEW GROUPS- TUITION

Tuition Increase

Members will notice a slight tuition increase in the fall. As always our increases are simply an attempt to keep up with the rising cost of EVERYTHING.

New Team List- Document

A new team list will be distributed with the associated rates listed for each group. We will need this document signed and returned to the office. This ridiculous paper work is due to a litigation rule that we ran into when trying to collect a 4 figure sum from a deadbeat. The judge

ruled he didn't have to pay us the owed tuition because we did not have any document that told him how much he was supposed to pay per month (even though he had been paying that amount for years).

Additionally our annual membership fee will also be increased \$10. The new membership fee for team and pre team members will be \$105 and assessed the first of September.

BOYS NEWS

By Tom Buese

GREAT SUMMER

Summer practices are quickly coming to an end, and the boys are flying like peacocks! I was becoming a more cultured individual in Europe at the start of summer (as you can tell by the lumberjack beard), so it was up to the boys to follow the plan with our new boys team coach Ryan Rodriguez. Ryan is doing a great job so far, and has shown more desire to learn than any other coach that has worked with the boy's team. The boys and I are happy to have him working with us.

It might be happening a little more slowly than we'd hoped, but the summer skill board for the boys is starting to fill up. Their goal is to achieve 100 skills as a team by the end of summer practices. If they do, they will earn themselves a team sleepover. And here, as usual, a few of the highlights from the skill board...

- The back handsprings are racking up for a lot of the Group 3 boys, while Josh Moore is

doing a whip back in combination

- Jake Moore has 2 different D level skills on PH, as well as the only E skill by any guy on team! Jake is also leading the team with 8 new skills this summer, a step in the right direction towards his first Level 9 season!
- The older boys caught up quick with some back flips off P-bars and the beginnings of peach basket skills
- On the board for High bar are blind changes for Doug Dean, Kevin Johnson, and Luc Velasquez and a major release for Ryan Dayton with a tkachev.
- Finally, although this isn't a skill he can compete, a huge way to go to Ryan Dayton for working hard



BOYS
ROCK!

while I was on my vacation. I hope the other boys were watching because Ryan was setting a great example.

Another fun contest the boys have been having this summer is a weekly flexibility contest. The boys go through the Future Stars flexibility routine, and whoever has the best presentation on top of the stretching wins a package of gummy bears! So far the winners have been Kevin, Luc, Luke Lathrop, and Dylan Weiss. Let's have a strong finish to the summer boys!



It has been a great summer. The staff has been extremely pleased with not only the effort but some of the outstanding leadership being displayed

FOOD FOR THOUGHT

"Management is doing things right. Leadership is doing the right things"

"None of us is as smart as all of us."

"A leader has the vision and conviction that a dream can be achieved. He inspires the power and energy to get it done."

"Leaders must come close enough to relate to others, but sprint far enough ahead to motivate them."

"Kind words are short and easy to speak, but their echoes are truly endless."

"The difference between success and failure is not a lack of strength, not a lack of knowledge, but rather a lack of will to gain strength and knowledge."