



TWISTARS USA GYMNASTICS NEWS

Gedderts' Twistars USA Gymnastics Club

Happy Holidays

December 2007

PAN AMERICAN GOLD

Pan American Gold

I have always been a subscriber to the notion that opportunities for success present themselves incessantly. Each day there are situations that we can avoid or choose to conquer, occasions to rest or insist on progress. Each and everyday we are given the opportunities for success. THEN there comes the rare occasions that can be deemed defining moments or opportunities of a lifetime.

It is interesting how the approach to handling daily challenges correlates with the potential for success when the big moments present themselves. If someone tackles daily opportunities there is a significant increase in their defining moment successes. Evidence of this is clear as we look at Jordyn Wieber's Junior Pan American Games accolades.

In the USA Elite system having talent is one thing but putting it to use is another. Working hard is requisite, but enduring the gauntlet that the USA National Team program presents requires a special mind set. To say that the international assignment process is grueling is an understatement. Phase 1 encompasses the in 6-8 week in gym training necessary to prepare for verification. Phase 2 is the 4 day verification process at the National Team Training Center in Houston. Verification is basically a show of readiness where the athletes

compete for spots on the USA team (in this case 4 spots were available for the Junior Pan American Games). If you are fortunate enough to earn a spot you enter Phase 3 which is additional training (those that don't make the team go home). Phase 4 is the "2 a day" training sessions at the actual meet site



designed to get used to the competition equipment and impress the judges from other countries (all training sessions are scrutinized by the judges looking for any flaw in your performances that they can exploit to give athletes from their country an advantage). Phase 5 is the prestigious team competition, (this is the number one priority) which also serves to determine the All Around Champion and qualifiers to individual event finals. Phase 6 is the individual event finals split into 2 days of competition with vault/bars being day 1 and beam/floor being day 2. Oh yeh, just because you have competition on any certain day does not mean you

don't train in the morning. The USA team trains everyday regardless!

If you can handle 2 straight weeks of 2 a day training sessions, with nothing on the itinerary but GYMNASTICS you then can tackle the competition. I have to admit that I was

concerned about Jordyn's stamina in her first ever international event. She amazed me daily. It was very apparent that in her mind the destination was worth the journey.

It seemed as if the day of competition would never arrive in Guatemala. After the first event most would have questioned if all the "extra" training was necessary as the USA faltered on Balance Beam. 2 falls, and some major wobbles had other countries dreaming of an upset. A sign of maturity is putting bad events behind you and digging down of a little extra on



FROM TWISTARS USA

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Jordyn Rocks Pan Ams

those to come. Jordyn didn't like falling on her first event BUT used a mistake to motivate better performances on the remaining events (As it turned out she still made beam finals even with the fall in prelims.).

Floor was next and a strong floor routine earned Jordyn a spot in floor finals. The problem was that the USA team struggled on this event too which meant the door was still open for Canada and Brazil.

The door was slammed shut on Vault as 3 of 4 USA team members blasted double twists (the only 3 in the competition). Jordyn earned a career high 15.05 (2nd highest score of the meet on this event). Strategically the USA juniors do not participate in vault finals as it requires 2 different family vaults which would detract from training time to master one major vault.

Bars were equally as impressive as the USA posted 3 scores averaging 15. Jordyn's score of 15.0 earned her another spot in the event finals
Within the team competition is the AA competition. Going into the last event Jordyn had a .1 lead over teammate Mattie Larson whose best event happened to be BARS. Jordyn was very aware that every tenth would count as she performed the best bar routine she had ever done but finished .05 short of the all around title. I could not have been more proud of her performances. A 12 year old vs. a 15 year old and only .05 short, we'll take a SILVER MEDAL (2nd place) any day.



Day one of event finals created the same bar scenario. Mattie Larson was the favorite and Jordyn would have to duplicate her prelim performance if she was to have any shot at the gold medal. Mattie performed a strong routine but took a step on her dismount for a very respectable 14.95. Jordyn followed a couple routines later and just as if it were scripted, she rocked handstand after handstand and dismounted like a dart hitting a bulls eye. BAM 15.0 and the gold medal!

Having one of your athletes on the top of the awards stand, hand across heart, mouthing the words to the national anthem is truly an amazing feeling

Side thought: Having one of your athletes stand on the top of the awards stand, hand across the heart, mouthing the words to the national anthem, is an

incredible feeling.

Day 2 set the stage for redemption. Falling on beam (her best event) did not sit well with Jordyn. This coupled with the buzz about this Canadian kid, Pang Pang Lee whose beam was supposedly incredible (and it was) really added drama. You could sense the competitive blood boiling in both of these athletes. Jordyn set the pace with a solid 15.1 which meant not much room for error for the Canadian. Seemingly the pressure was too great as Pang Pang fell twice. USA teammate, Chelsea Davis, was still to come and was very strong on beam also. Chelsea did a great routine for a 14.85. BAM Gold Medal number 2!

Floor finals were a concern. 2 weeks straight without a day off and the legs will start to beg for rest. Again Jordyn found another gear knowing it was just one more routine until it was all over. She did a self proclaimed "ok" routine that was strong enough to earn a bronze medal (3rd place). Under the circumstances I thought it was a fantastic effort.

Team Gold, Bar Gold, Beam Gold, All Around Silver and Floor Bronze made Jordyn the most decorated participant in the entire 2007 Junior Pan American Games. At 12 years old Jordyn was the 3rd youngest competitor in a competition that featured athletes as old as 15. Simply amazing! Congratulations Jordyn, you should be so proud of yourself and no you don't have to read my mind anymore... I am so very proud of you.

TWISTARS TEAM HOLIDAY PARTY
Monday December 17th
Grand Ledge Opera House- 5:00
Gift Exchange (\$10-\$15 max), Music, Food, Fun
Silverstars- Level 4/5-6-7-8-9-10 and Elite



HAPPY HOLIDAYS



LEVEL 5-6 STATE CHAMPIONS

Congratulations to the Twistars Level 5 and 6 squads who recently captured the state championship crowns at their respective levels.

The Level 5s posted a season high 112.125 and edged out a strong American Flames team from Port Huron.

Sara Peltier led the way with a 37.25 (1st AA), Anna Dayton captured every event in the 8 year old division and posted a 36.725 AA score. Mamie Rodriguez won Beam and Floor, Hailey French won Floor, and Rebecca Grant won vault and Beam.

We had 3 team members earn 2nd places in the AA, Mamie, Hailey and Rebecca. Madison Hoover was 2nd on Bars, Sara 2nd on bars, beam and floor, Lena Shuptar was 2nd on beam as was Cara Clarizio and Hailey 2nd on bars.

2 members placed 3rd in the AA, Rachel Hogan and Lena Shuptar.

Other competing members of the state championship team were Claire Pfifer, Sarah Stine, Jade Brown, Abby Mealy, Kierstyn Lyon and Samantha Loomis.

Our level 6s posted a team score of 112.425 which bested Olympia at 110.675.



Rachel Cutler dominated her age group by winning every event (37.9 AA). Natalia Milashus, Hannah Miller and Megan Kline place 2nd AA in their age groups and Shannon Wood Placed 3rd.

Event champions included Cassidy Robinson on bars, Megan Kline on

floor. Earning 2nd place spots were Hannah on Vault and Beam, Megan on vault, Samantha Daniels on Bars, Natalia on Vault, Beam and Floor, and Shannon on Bars and Beam.

3rd place medals were awarded to Shannon and Hannah on floor, and Madelyn Nagel on beam.

Other members contributing to the state championship team effort were Kelli Hoffman (7th AA), Janet Kolk (9th AA), Lauren Sanford (4th Vault), Chandler Kirnovic, Hayley Smith (7th AA), Cassie Dunsmore, Makayla Thrush (5th AA), Kristen Morgan (4th Vault), Olivai Gosselin (7th Floor) and Elissa Silverthorn. Congratulations ladies for the fine effort!

LEVEL 5 and 6 STATE CHAMPS

THE CUP

The competition schedule is now on line for the CUP. As usual we have had our larger squads broken into 2 groups. Please note the following session assignments.

FRIDAY- 10:AM LEVEL 6: Daniels, Silverthorn, Anderson, Nagel, Hoffman, Kolk, Kirnovic, Gosselin, Dunsmore, Sanford.

FRIDAY- 2:30PM LEVEL 6: Cutler, McDowell, Milashus, Wood, Morgan, Thrush, Miller, Robinson, Smith, Kline.

FIRDAY-10AM- LEVEL 8: Fischer, Overlund, Wilson, Todd.

FRIDAY 2:30- LEVEL 8: Lemke, Labrie, Hill and Wobma.

SATURDAY 12:30 LEVEL 9- Talcott, Talcott, Aben, Mackenzie

SATURDAY 5:00 LEVEL 9- Seidowski, Ketner, Sump, Holmes.

SATURDAY 5:00 LEVEL 5- ALL ASSIGNED.

SATURDAY 5:00 LEVEL 7- Al-Alashari, Callaghan, Bonofiglio, Lorencen, Allison, Wilson.

SUNDAY 12:30 LEVEL 4- 8 to be named soon.

Parents please be sure to arrange your travel schedule with the best interest of

competing well in mind. Travel should be the day prior to competition and not the day of. Athletes should be at the meet site 15-30 minutes prior to check the posted check in time.

Twistar is the 5 time defending CUP champions so you know there will be clubs aiming to knock us off. Lets be ready to defend our title.





PROUD PARENT

I love to brag about my kids, but generally that refers to my athletes in the gym, their abilities, their achievements, their wonderful character.

I love that.

Now I am going to brag about one of my "real kids". I don't do that often (not that they don't deserve it) due to this being a gymnastics newsletter and not a family report. But some things warrant a boasting father.

My oldest daughter Brittnei, who basi-

cally lived in a gym for the first 12 years of her life, recently concluded her college education with a degree in criminal justice.

No big deal?

Ok, she graduated magna cum something or other (which means TOP OF HER CLASS).

No big deal?

She insisted on paying for it herself. Well that was after I paid for the first 4 years (requiring her to go to college) which reaped little since she really didn't know what she wanted to study. Once she

found an area of interest it was nothing but 4.0s from that point on (There is a lesson for parents in there somewhere).

Anyway, for the record ... I am extremely proud of Brittnei and her accomplishment. She set her mind to something and let nothing serve as an obstacle.

Just thought I would brag a little.

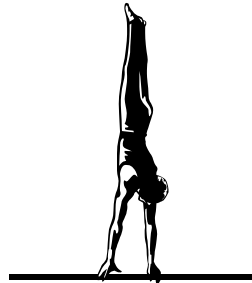


BOYS REPORT

November 11th the boys team had their first meet of the season. To some this was their first meet at a new level, to others it was their first meet EVER. There was a lot of excitement and a little nervousness. They all had fun and were reminded why they practiced all those hours. I saw lots of smiling faces and cheering for teammates (much improved from previous years). I also saw something that happens every single year... someone forgets their floor routine. My guess is this is because they are nervous and rush things a bit. Make sure to take your time and think about what is next. It's not a race to see who can finish the fastest.



by **Blaize Geddert**



LEVEL 5

Arthur, Connor, Jake, Keven, Raymond and Rob make up this years level 5 team. With some very strict judging they still all managed to score pretty well. 4 of the 6 were in the 46-48 range which is not bad considering that this was the first meet at this level for most. Without a costly (crazy) 1 point deduction on vault Kevin would have scored a 50 at his first meet. His hard work in the off season has really paid off. The privilege of having our top score goes to Jake Moore with a 52. Good job all around guys! I have already seen a renewed energy a recent practices so that the next meet will be even better. This is a talented group that should have a very good season this year.

LEVEL 4

Collin, Doug, Michell, (First season) Luciano, Brennan, Josh, and Sammy (2nd season) make up this years level 4 team. This group is amazing! I walk in to the meet and instead of finding them running around crazy, wrestling and climbing on things that they shouldn't be, I find them all sitting down. Not only are they sitting, but they all have their uniforms on correctly and they are doing an organized stretch (without being told!). These are 6-12 year old boys so to see this kind of maturity is rare. Nice job guys!

As for the meet, the first year guys had a very good showing. Not one person forgot his routines and there were only a few LARGE mistakes. This group of first season guys will add the much needed depth to our team. Our second year guys made some big improvements from the past year. Brennan and Luc were really close to a 9.0 average. Josh and Sammy also had their routines looking sharp. All things consider, I was very pleased with the results.

Out next meet is December 9th at MEGA (Juha's gym). I am very excited to see how our team does compared to some of the other Michigan teams. Get ready guys!



HOLIDAY FOOD FOR THOUGHT

“gratitude is a quality similar to electricity: it must be produced and discharged and used up in order to exist at all.”

“Gratitude consists of being more aware of what you have than what you don't.”

“feeling gratitude and not expressing it is like wrapping a present and not giving it.”

“if the only prayer you said in your whole life was ‘thank you’, that would suffice.”

“We often take for granted the very things that most deserve our gratitude.”

“Hem your blessings with thankfulness so they don't unravel.”

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”

“Courtesies of a small and trivial character are the ones which strike deepest in the grateful and appreciating heart.”

“Gratitude is not only the greatest of all virtues, but the parent to all others.”

“To speak gratitude is courteous and pleasant, to enact gratitude is generous and noble, but to live gratitude is to touch heaven.”

“We can only be said to be alive in the moments when our hearts are conscious of our treasures.”

WATCH THAT KID

Did you ever watch Madison Hoover train. I have and she just has this sparkle about her. She is always smiling, enjoying her teammates and working as hard as she can. Some things don't come easy, but that doesn't limit her willingness to keep trying. Well that work attitude earned her a 2nd place on bars and 4th on beam at the recent state meet.

The same can be said for her buddy Madelyn Nagel. Pleasant, thoughtful and determined, she is another kid to watch in

our gym. She too earned a well deserved 3rd place beam medal at the state championships.

Sometimes it is the work ethic, the joy of training, the inner desire that gets noticed

Smiling is nice but some kids are a bit more reserved. This doesn't make their efforts any less noticeable. Shannon Wood is certainly quiet (at least in the gym), but she gets as much out of a practice as anyone. (she definitely isn't wasting time talking). It is good to see hard work pay off in the form of success in competition. Shannon had an excellent state meet placing 3rd AA.



How about little Jake Moore. Watch him train and you immediately see talent. Watch a little longer and you will notice a mature desire to use that talent. YES he is 100% BOY, rambunctious at times, yet he knows when it is time to work.

Let it be known that coaches do see the little things in training. It isn't always the BIGGEST TRICK that gets the attention. Sometimes it is the pure joy of training, the work ethic, or the character that gets noticed.

BRE TALCOTT EARNS SCHOLARSHIP

If good news travels fast then GREAT news should break the sound barrier.

We have just learned that Senior Bre Talcott has earned a 4 year \$15,000 academic scholarship to Hamline University in St. Paul, Minnesota. She is also being considered for an additional \$7,000 in scholarship funding.

Bre attends Kentwood High School in Grand Rapids and is a level 9 here at Twistars. Obviously she works as hard in

school as she does in the gym. She is the daughter of Joe and Sherri Talcott and sister of Cici who is also a level 9 here at Twistars.

It is always good to hear when good things happen to good people. Bre has been an excellent role model in our gym, she works hard, is always kind and considerate, and is simply a sweetheart of a young lady.

It is her intention to continue her gym-

nastics career at Hamline also.

Congratulations to Bre and the Talcott family. I am assuming that NOW Christmas will be very affordable this year. Great job BRE!





During this Holiday Season we do have a lot to be thankful for!

Written by an Australian Dentist...

To Kill an American

You probably missed this in the rush of news, but there was actually a report that someone in Pakistan had published in a newspaper, an offer of a reward to anyone who killed an American, any American.

So an Australian dentist wrote an editorial the following day to let everyone know what an American is . So they would know when they found one. (Good one, mate!!!!)

An American is English, or French, or Italian, Irish, German, Spanish, Polish, Russian or Greek. An American may also be Canadian, Mexican, African, Indian, Chinese, Japanese, Korean, Australian, Iranian, Asian, or Arab, or Pakistani or Afghan. An American may also be a Comanche, Cherokee, Osage, Blackfoot, Navaho, Apache, Seminole or one of the many other tribes known as native Americans. An American is Christian, or he could be Jewish, or Buddhist, or Muslim. In fact, there are more Muslims in America than in Afghanistan The only difference is that in America they are free to worship as each of them chooses.

An American is also free to believe in no religion. For that he will answer only to God, not to the government, or to armed thugs claiming to speak for the government and for God. The root of that prosperity can be found in the Declaration of Independence , which recognizes the God given right of each person to the pursuit of happiness.

An American is generous. Americans have helped out just about every other nation in the world in their time of need, never asking a thing in return. When Afghanistan was over-run by the Soviet army 20 years ago, Americans came with arms and supplies to enable the people to win back their country!

As of the morning of September 11, Americans had given more than any other nation to the poor in Afghanistan. Americans welcome the best of everything...the best products, the best books, the best music, the best food, the best services. But they also welcome the least. The national symbol of America , The Statue of Liberty , welcomes your tired and your poor, the wretched refuse of your teeming shores, the homeless, tempest tossed. These in fact are the people who built America

Some of them were working in the Twin Towers the morning of September 11, 2001 earning a better life for their families. It's been told that the World Trade Center victims were from at least 30 different countries, cultures, and first languages, including those that aided and abetted the terrorists.

So you can try to kill an American if you must. Hitler did. So did General Tojo, and Stalin, and Mao Tse-Tung, and other blood-thirsty tyrants in the world. But, in doing so you would just be killing yourself . Because Americans are not a particular people from a particular place. They are the embodiment of the human spirit of freedom. Everyone who holds to that spirit, everywhere, is an American.