

TWISTAR

FROM THE TWISTARS STAFF AND MANAGEMENT: MAY YOUR HOLIDAY SEASON BE FILLED WITH THE BEST OF FRIENDS FAMILY AND FUN FILLED MEMORIES. ENJOY!

LEVEL 10 WISH LIST

DEAR SANTA

MAYA KETNER

Dear Santa,
Please return my Jaeger and my tumbling passes to their original form... as I do not want to spend my senior year playing stunt woman or crash survivor. My body and my coach would certainly appreciate this gift.

JODI AND AMY

Dear Santa
If you know of anyone in need of a slightly used back brace... We would be more than willing to donate ours! In return how about a speedy recovery for Christmas. Our team is depending on us.

GRACE WILLIAMS

Dear Santa,
Could you please bring me a GPS designed especially for gymnasts. I sometimes loose my bearings in the air and the resultant body slams are making my coach somewhat uncomfortable.



LEVEL 10 CHRISTMAS WISH LIST

KRISTEN SEIDOWSKI

Dear Santa
Like the lion in the wizzard of oz I would like the gift of courage for with it I am surely going to master the elusive beam series and fulfill my dream of being the national balance beam champion.

OTHERS

Jordyn Wieber- The ability to give a 2 arm hug.

Kamerin Moore- A better memory so as to remember to give hugs.

Rachel Cutler- A bottle of Johns Cologne.

BRI HOGAN ACCEPTS PITT OFFER



The recruiting game has evolved into a battle of who can sign the prospects the earliest. Just a few short years ago it was unheard of for athletes in their junior year of high school to be offered full ride scholarships. Now it has become the norm.

Junior Twistar standout, Brianna Hogan, is not complaining. The recruiting process for her was basically painless. No waiting, no wondering, no

games just a full ride offer from her school of choice. Sure she considered others (MSU, Ohio State, and University of Denver to name a few) but after an unofficial visit to the University of Pittsburgh she knew where she wanted to go.

Pittsburgh (who has signed Twistar athletes in 3 consecutive years now) is so very fortunate. Bri combines the rare combination of talent with the

desire to train hard and the personality of a saint. She is simply a million dollar child.

The draw to Pittsburgh (where former Twistar coach Mike Rowe is now the assistant) was location (close enough to drive home, and for mom and dad to attend home meets), the training facility (one of the nations best), the current team members (very kind and supportive) and of course the coaching staff.

THERE IS BETTER NEWS:

From the perspective of the Twistar coaching staff and team members, the better news is that we still have Bri for 2 more years. YES we are thrilled for Bri for achieving her lifetime goal and dream. We are thrilled for her family (Brian and Tammy Hogan of Hudsonville) as they now have one less college tuition to worry about. BUT we are equally thrilled knowing that Pitt cant have her until the Fall of 2011.

IN THE MEAN TIME:

In the mean time, knowing Bri, she will hone her skills and focus of personal gymnastics goals. It is not her style to rest of past accomplishments.

CONGRATULATIONS BRI!

THE CUP

The Cup Schedule is posted. If you want to print out your personal copy go to <http://gym-nation.com/thecup.htm>.

The Competition will be on Saturday and Sunday December 19 and 20. Session times break down as follows:

Saturday December 19:

Level 5- 8:00 AM Check In- Competition begins at 8:45. Awards at 12:20. All Level 5s are in this session but divided into 2 groups.

Level 8- 8:00 AM Check In- Competition begins at 8:45. Awards at 12:20. All Level 8s.

Level 6- 5:00 Check In- Competition begins at 5:45. Awards at 9:20. All Level 6s.

Level 9- 12:30 Check In- Competition begins at 1:15. Awards at 4:50. All assigned Level 9s- Final Competitors will be names next week.

Sunday December 20:

Level 4- 8:00 AM Check In- Competition begins at 8:45. Awards at 12:20.

Level 7- 8:00 AM Check In- Competition begins at 8:45. Awards at 12:20. Assigned level 7s based on St. Nick Scores.

Level 10- 12:30 Check In- Competition begins at 1:15. Awards at 4:50.

Athletes should plan on traveling the day prior to competition as traveling 5 hours the day of competition seldom meets with good results. Families can plan departures immediately following the respective awards sessions but if you are going to be around for subsequent sessions we encourage fan support for the other Twistar levels.

Training- Compulsory levels will train normal days and times. Optional levels should plan training the day prior to departure (Level 8s and 9s on Thursday and level 10s on Friday).

MONDAY DECEMBER 21- Being a national holiday and the date for our annual holiday party, practice for December 21 is cancelled for both boys and girls TEAM members.

HODGE PODGE INFORMATION

1- Holiday Training-

The gym will be closed for Holiday Break on December 24-25-26 and Dec 31, January 1.

We will use SATURDAY TRAINING TIMES for December 23-28-29-30 and January 2. We will also host training on Sunday Dec 27 with Groups A-B-C-D-E-L training 12-4:30 and Groups F-G-H-I-J-K-N. 4:30- 9:00. Group M- Silverstars will not train.



Normal times resume January 4th.

2- Holiday Party-

Don't forget the annual Holiday Party on December 21. This is an event for Twistars Team members and their families. This years event will be hosted at the Radisson and the festivities begin at 5:00 and should run until approximately 9:00. We encourage all booster club families to participate in the Holiday spirit.

3- Warm Up Leotards

My office looks like a typhoon went through it without mercy. It would help if those yet to claim their warm up leotards would do so soon. Remember payment of \$42.40 is due when you pick them up (unless you are on auto pay in which case the leotard will be added directly to your account).



4- Switch em Up-

Anyone wishing to exchange a Child Medium warm up leotard for a Child Large (if you think it is too small) we have that option available (in fact we are looking for a child medium to pass on). See the office if interested in this exchange.

5- Booster Club Attire-

With the Invitational and the competition season rapidly approaching, booster club members may want to surprise their spouse with the ever popular Twistars Booster Polo as a holiday gift. We like to see the stands filled with enthusiastic fans adorned in bright turquoise. What a great holiday gift idea! (\$35) Get yours now at the office and proudly display your true Twistar colors!

6- Holiday Orders

Some of you may have missed the deadline to guarantee delivery of holiday orders in time for Christmas but RELAX. You can still place orders that will be delivered slightly after the holidays. If this slipped your mind we will be submitting a second order December 11th.

7- Private Lessons Available

With the slight reduction in recreational class enrollment, we have some salaried staff in need of working hours. If you would like some individual attention to work on honing and fine tuning your skills, we have private lesson times available. Both Kristin Merrit and Tom Buese are available to assist your needs. Private lessons are \$30 per hour and can be schedule through the office.



8- New Team Members

Twistars USA would like to welcome our newest team members Kaleigh Carlone from Novi (Level 6), and Olivia Byam (Level 5) from Grand Rapids. It is a pleasure having you join our team. Welcome!

HAPPY HOLIDAYS FROM TWISTARS



Holiday Eating Tips

by Beth Kleiman- USECA Newsletter

The best possible advise for the holidays is to remember that Holidays are about the people you are spending time with and not about the food you get to eat! Sometimes athletes loose sight of this. With this being said here are some fun and helpful hints for the holidays.

Don't skip meals just so you can eat extra at a "special meal". This will cause over eating and lead to making bad nutritional choices.

Eat fruits and vegetables first (this of course is good advise year round).

Promise yourself only one trip to the buffet line... or one helping at the dinner table.

Smaller plates= smaller portions.

Eat slowly and enjoy every bite. This allows the brain time to realize you are full.

Maintain your normal eating patterns (assuming they are well established and healthy) and don't succumb to eating just because food is readily available at every turn.

Enjoy the healthy holiday favorites. Don't waste calories on junk food or the ordinary every day selections. Enjoy the healthy holiday treats.

Plan the meals with a realization that athletes are in the house. There are many healthy choices that can satisfy the masses.



QUICK FIX?

"It is about time that we collectively arrive at the conclusion that there really isn't any quick fix"

There have been countless books, videos, literature and other materials that claim the discovery of the Quick Fix. Media advertising promotes the constant message of achieving goals with next to no effort. Weight loss pills (shed those pounds for the holidays), miracle body building machines (develop abs of steel in 5 minutes a day), easy money schemes (Make \$10,000 per day right from your home). It is amazing how many people are drawn to the "no effort" mentality.

Our success at Twistars has been built on the life lesson (one I hope becomes etched in the DNA of every team member) that success, achievement, and reward are preceded by effort. Pure and simple! If you want it ... work for it and although we generally are referring to gymnastics skill acquisition or competition performances, this mantra can certainly serve all aspects of life.

Some of the Quick Fix solutions may even have some value had they added the ingredient of ACTION. Action is key. Set the goal, obtain the knowledge, and apply the action. Then of course there are degrees of action, degrees of effort and undoubtedly there is a distinct correlation between EXTRAORDINARY ACTION and EXTRA ORDINARY ACHIEVEMENT.

footnote: reference: 212 Degrees



RISK OR COMFORT?

Comfort or Risk. Both are seemingly enjoyable at times.

We try hard to create comfort (countless numbers of routines so that we feel comfortable in competition). Most often we try to minimize risk (take that extra skill out of the routine to play it safe).

Although comfort is good and certainly desirable, overdosing on comfort can make us lazy and content. Likewise although risk is RISKY it can (in the correct dosages) make us stronger.

When was the last time you risked failure? Without the risk of failure there is seldom progress. You have to miss (risk) that release move on bars 1000 times before it becomes learned (comfortable). You have to RISK casting higher to get the best score... but what if you fall? That's the risk.

Risking something means leaving your comfort zone. You may feel comfortable releasing the bar at the same spot on every turn but if the result is an unsuccessful attempt, then you must RISK stepping out of that comfort zone. Yes you risk feeling uncomfortable, yes you risk crashing. BUT the comfortable alternative is FAILURE too. The difference is that one choice is proactive and will lead to eventual success and the other will simply keep you stuck in the same place forever. RISK IT!

HOLIDAY WISHES

BAILEY PICKEL

Dear Santa,
In looking forward to my future and my financial security rather than useless trinket gifts, I'd like to ask for preferred stock options in the FACEBOOK company. I thought this would be a good gift for me since I spend every waking moment of my available free time glued to the intoxicating lure of someone posting some trivial verbiage on line. I would make a phenomenal stock holder in that I know this company inside and out.

GROUP L

Dear Santa,
All we want for Christmas is our 2 FRONT TEETH. As a group we look like the invasion of the toothless midgets. We have some very important awards stand

appearances coming soon and it would be nice if our smiles were adorned with a complete set of teeth.

SHELBY MACDONALD

Dear Santa,
Just letting you know that I will be home for Christmas and since we are practically neighbors perhaps you could stop by my house first prior to visiting all those American kids.

Oh yeh, All I am asking for this year is a Canadian History book (if there is such a thing). I really need to brush up on my Canadian history so that when my coach John asks me about famous Canadians I can name someone else besides Wayne Gretzky, Dudley Do Right and Bullwinkle the Moose.

LEVEL 5s and 6s

Dear Santa,
We are not quite sure if you have any control over this or not but we thought we would ask. Is there anyway you can do something about the new compulsory floor music? It is hard enough performing our routines let alone having to deal with the jingle from BORING ANONYMOUS. The new music is quite painful and we fear that our parents may simply boycott our competitions rather than subject themselves to 4 hours of repetitive torture.

LEVEL 8s

Dear Santa,
HELP! We need some teammates in a hurry. Could you please see what you can do to assist our level 7s with their skill upgrades as we are

in desperate need of numbers.

BOYS TEAM

Dear Santa,
Being that we are blessed with parents that graciously pay for our gymnastics lessons we have decided to forgo any gifts from you this year. Gymnastics is gift enough! We would however ask that you look after our coach Tom who seemingly does not get paid well enough to be able to afford a comb, brush or a razor to shave. See what you can do for this poor sole.

TWISTARS STAFF

Dear Santa,
In addition to the diamonds, new cars, and lavish vacations we already requested (lord

know we have earned them), could you please be sure to take care of all of our wonderful team members here at Twistars. They have been exceptionally well behaved this year and are a picture of honesty, commitment, integrity, compassion, and huggable goodness.... well minus that kid or two that cheated on their conditioning..... you can bring them a lump of coal.... but the rest were simply outstanding throughout the year. We love them all and want to make sure their holiday season is the best ever. Thanks for your help... and hey.... lay off the cookies this year... you are looking a little "plump".

BOYS REPORT

by Tom Buese

The boys are in the middle of a 2 month break between competitions, as we await the Twistars Rock the House Invitational. So far, our time has been well spent further improving our routines by focusing on form, increasing consistency, and getting bonus skills into the routines. The Twistars Invitational is the first meet that there will be awards, and we are looking to use the opportunity to make a big statement like we did at the meet last year.

The preteam boys continue to improve, and there is a new point game champion, Sebastian Hilleary! Their basics are looking a lot better, and they are even learning some new skills on every event. These boys are also starting to show some real strength and flexibility that rivals the competitive team members!

This coming weekend is the boys Dodgeball Tournament and Sleepover at

the Outlet location. In past sleepovers, dodgeball has been the main event of the night, so this year the sleepover will determine who is the ultimate Twistars dodgeballer! There will be a prize for the winning teams of the tournament and the other games we will be playing throughout the night. We are also going to be watching a movie or two and enjoying some pizza and donuts! This isn't just for team members, so be sure to invite your brothers and friends!

Other practice highlights...

- Noah Adams muscled through 20 pull-ups on rings

- Sebastian Hilleary made a press handstand on floor called a stalder roll, a bonus skill for level 6!
- Luke Huisken made a straddle-L press handstand on parallel bars
- Sammy Parks figured out his kip on high bar and is successfully making it in his routine.
- All of the Group 1 boys are working on giants in both directions on high bar
- Jake Moore and Kevin Johnson made a moore on pommel horse, bonus for level 7
- Ryan Dayton is continuing to up his difficulty, this time with a Yamawaki on rings (double front flip while holding on to rings). He also joined the mushroom century club with 103 circles!
- Max Lashbrook is building his strength up, now making multiple sets of chin ups
- Jacob Yost and Drew Urbaniak are on track to get into the mushroom century club also, as Jake is up to 45 and Drew is up to 66!

Keep up the great work guys, it looks like things are shaping up for a very productive and successful season. Happy Holidays to all the boys team families.