

# TWISTARS USA GYMNASTICS NEWS

February 2009

## TWISTARS USA GYMNASTICS CLUB

### HAVE A PLAN

We often read of people who stumble upon greatness blindly. An idea pops in their head, they discover something special, or trip over an opportunity of a life time. Gymnastics doesn't work that way!

Simply walking through the doors at Twistars will not insure success. Merely showing up at training really doesn't even guarantee progress.

Athletes need to have a plan. Parents/coaches can certainly help outline the plan but the actual implementation solely rests on the shoulders of gymnast.

With the season rapidly approaching the point of final level decisions, a plan designed now might be a too little too late. BUT then again a late plan certainly beats the alternative.

Have you asked yourself the serious questions of where you want to be by years end, what skills do you want to have mastered and installed into your routines, what score range would you be satisfied with, what is the goal for the culminating competition? These are questions that

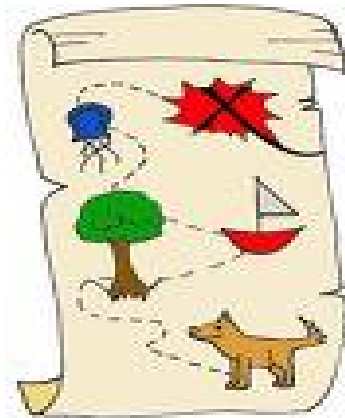
can be used to develop the plan. These are questions used to establish phase ONE (the goals).

Once the goals are established next you may want to out search advise as to a) whether the goals are realistic and attainable and b) how to set a path toward the goal productively, and efficiently.

Phase 3 is implementation of the plan. Know the steps that you need to take in order to realize success. Take those steps with conviction and determination. Many goals center around skill acquisition. Know the skills you need to reach your goals and **ATTACK THEM** not **AVOID THEM**. Procrastination (putting off what we need to do today until tomorrow) will delays goal achievement.

Ask yourself "do I know what I need to accomplish in practice today?" If the answer is **NO**, then your plan is incomplete. If the answer is **NO** seek advise from your coaches as to what needs to be done.

Phase 4 is assessment and evaluation of the path you are on. Are you headed in the right



#### **A Plan is the MAP to your destination**

direction? Are you going to get there within the allotted time line? Assess, evaluate and read-just your plan where needed. If your goals have been met then this phase would include setting new and more challenging goals thus starting the entire planning process over again. It is a continuous circle.

Seriously consider the ideas presented here. Try to incorporate a **PLAN** into your daily training regiment. **IT works!**

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#### Special points of interest:

- Formula for choosing a role model.
- New Team Agreement Forms coming
- Twistars experiencing great meet results
- Pre Teams introduced to competition.
- Caitlyn accepts full ride scholarship offer
- Boys News/ Jordyn on NBC



Nastia Liukin

## WHO IS YOUR ROLE MODEL?

Sometimes it is difficult for children to choose an adequate role model in their lives.

What example should a role model present for our up and coming generations? Research has shown the honesty, intelligence, charm, wit, humor, and the ability to always know what is right are the characteristics of the most desirable role models.

Research has even come up with a formula for children to use in finding the proper role model. FOLLOW THIS FORMULA and YOU CANT MISS!

- 1- Pick you favorite number between 1-9.
- 2- Multiply that number by 3
- 3- Add 3 to that number.

4- Now multiply that number by 3 again (use a calculator if needed).

5- This will give you a 2 or 3 digit number. Add the digits together.

6- This number will correspond to the perfect match for each child in regards to the best possible role model.

See the back page for your list of choices. If your number is 1- then #1 is your perfect role model.

NEW TEAM AGREEMENT FORMS SHOULD BE IN YOUR MAILBOXES SOON.

## NEW TEAM AGREEMENT FORMS

After recent battles in collection courts we have been advised by the judge to more explicity define our team agreement form.

It seems it may not be quite good enough to place tuition policies in a handbook, and expect people to read and understand them. At least this was the cry of one low life that skipped out owing Twistars over \$4,000. They apparently didn't know that they had to pay

tuition monthly, that there was a late fee, and interest added after a certain grace period.

So now we will put together a new team agreement form that basically spells out all of the tuition policies outlined in the team handbook. These will need to be signed and returned to the office.

Additionally we will be adding the "collection expenses" that are incurred when we have to chase down payment for

overdue accounts. It only seems fair that we recoup any costs for court time, small claims fees, staff times, servicing fees. Etc.

Luckily we have this under control now in that accounts are not allowed to get out of control. But just to protect our interests as a business we will need this new documentation.

Look for these new forms in your mailbox and ONLINE soon. Thanks for understanding.

## CAITLYN ACCEPTS KENTUCKY OFFER



Congratulations are in order as Junior (or should I say senior) Caitlyn Cio-kajlo as accepted a full ride scholarship to the University of Kentucky.

The BAD NEWS is that Caitlyn will be joining the wildcats this coming Fall. Being home schooled and way ahead of schedule

for her 2010 graduation... she'll be graduating early. When opportunity knocks... ANSWER! And opportunity knocked for this outstanding gymnast.

"Cujo" was a 2009 Level 10 national qualifier and medalist. She also qualified for the 09 Region 5 All Star Team that

traveled to Costa Rica this past October.

Known as one of the hardest working and most determined Twistars ever, it is great to see the effort paying off in terms of this scholarship offer. Kentucky is a great fit for Caitlyn and we wish her the very best.

## GREAT RESULTS

Both our girls team and pre teams as well as our boys team have been posting some fantastic results in recent competitions.

The Annual Twisters Invitational was hyped as the battle of #1 ranked Byers Gymnastics of Sacramento California and the #4 ranked Twisters. Well although Byers was a tough opponent we bested them at the 4 top levels.

Our boys were also impressive at our invitational winning level 5 and placing second at level 4.

The Invitational marked the introduction to competition for most of our pre team members. The results were right on target, especially considering that this was a high level competition with teams with very experienced level 4s. We are happy with how our pre team members performed and

look forward to their progress.

Our Girls team trip was equally as successful as we defended our BATTLE OF CHAMPIONS title in Sarasota Florida. We were team champions at levels 6-8-9-10 and placed second at level 5 and 7 thus making us the OVERAL CLUB CHAMPIONS for the 5th time at this competition.

Great Results!



### GREAT TEAM RESULTS

## Pre-Team News

Our pre-teamers are really showing off their stuff! Midnight Madness and The Snowfest were the first gymnastics meets for most of the pre-team girls. Twenty-three kids from Twisters competed and represented us very well, bringing home lots of blue and red ribbons. Typically bars prove to be one of the toughest events at Level 4 and the girls posted at least five scores of 8.00 or better.

Way to go girls!

Kudos to Kaitlyn Hunsberger with a 9.20 on Floor for 1<sup>st</sup> place. The girls made a fine showing on BB as well with four kids with 8's. Let's talk vault – those girls were hitting nines everywhere. I am very proud of how well they performed and hope they enjoyed every minute. This was a great way to get the first meet jitters out of the way!

## Kristin Lolli

Congratulations to Natalie Woodland – 1<sup>st</sup> place AA - 7 & under with a score of 34.45 and Allie Piper – 3<sup>rd</sup> place AA – 9 yrs with a score of 32.825.

Next meet is scheduled for February 14-15<sup>th</sup> in Holland – watch out Twisters gymnasts are coming!

FUN MEETS are a participation emphasis level. Sanctioned events will feature much more experienced athletes

## WELCOME NEW STAFFERS

We have 2 new additions to staff which really solidify an already strong core.

Kristin Armbruster is filling the holes wherever needed. She is one of my former gymnasts who coached for us back in the Lansing Ice Arena days. She was a MSU gymnasts and holds a

degree in child development. There is no guarantee how long we get to keep her as she is currently job hunting but in the mean time I know she will contribute strongly.

Erin Leece is a great find. A former Canadian athlete, club director, coach with an extensive dance back ground, Erin

will also be filling holes until we can assign her to a more consistent role. I have been very impressed with her organization of rotations, implementation of drills and techniques. She is going to be a great addition to our staff.

Welcome ladies!



NEW STAFF

TWISTARS USA GYMNASTICS CLUB

**TwistarsUSA.com**

- 1- President Obama
- 2- Michelle Obama
- 3- Kobe Bryant
- 4- Albert Einstein
- 5- Nastia Liukin
- 6- Martin Luther King
- 7- Taylor Swift
- 8- Brad Pitt
- 9- Mom and Dad

Now review the characteristics of a great role model.

DONT MISS TWISTARS OWN JORDYN WIEBER ON NBC ON SATURDAY FEBRUARY 21 WHEN SHE COMPETES AT THE MOST PRESTIGIOUS INVITATIONAL COMPETITION IN AMERICA .... **THE AMERICAN CUP!**  
GOOD LUCK JORDYN

## BOYS NEWS

The boys are now in the middle of their season and are doing well so far. The Twistars Invitational was a huge success. We had the second place Level 4 team and the FIRST place Level 5 team. The Level 5s as a team won every event and beat the second place team by almost 7 points! Individually, Collin Czerneski and Kevin Johnson won the all around in their level and Connor Feckovic, Rob Wilson, and Mike Bigelow were second place in their divisions. The Hill twins won medals on each event and finished 4<sup>th</sup> and 5<sup>th</sup> in the all around. Mitch Dahlstom also finished 4<sup>th</sup> all around. Twistars Invitational was also the first time competing at the next level for many of the boys. Mike Bigelow, Doug Dean, and Drew Urbaniak competed as Level 5s for the first time and Jake Moore and Luc Velasquez did Level 6.

Crowder Cup was the next meet for the boys. The results were not as outstanding as the previous meet, but there were still some impressive high-lights. The Level 4s all showed marked improvement from three weeks before. Collin Czerneski and Dylan Weiss were 1<sup>st</sup> and 2<sup>nd</sup> in the 6 year old age group, while Sammy Parks was 3<sup>rd</sup> all around in his age group. In the level 5 competition, Rob Wilson won the all around in his age group and Arthur Hill put together a good meet and finally made his kip on high bar. The Level 6 team grew to four with Kevin Johnson and Connor Feckovic joining Jake and Luc.

The next two meets for the boys are national level competitions. First, they travel to Las Vegas for the BlackJack Invitational where

they will also get to see some big time gymnastics from the Junior and Senior National Team Members. Two weeks after that they go to Indianapolis for Circle of Stars.

The boys have learned a few new skills in the past few weeks. Both Connor and Josh made back uprisers on rings and Sammy added a back handspring to his floor routine.

The boys Pre-team is also coming along. They are all getting good at their floor basics and showing some impressive strength that even beats out the team boys. The future of the team program looks good with this group.