

# TWISTARS USA

GYMNASTICS NEWS

## NOW THAT IS IMPRESSIVE

Twistars USA girls teams recently competed at the WORLDS LARGEST Gymnastics competition. It was IGI's Chicago Style Classic which played host to well over 4,000 athletes from around the USA and surrounding countries.

It takes a lot to impress in these days of World Championship titles, USA National Titles, Nastia Cup Titles, endorsements, magazine covers, commercials and more. BUT the results of this meet impressed our coaching staff greatly.

When the dust settled Twistars had claimed the top overall score at Levels 5-6-8-9-and 10. Add a 5th place finish by half of our level 4 team and a quality showing by our level 7s and you have a weekend to be proud of. To do this in any meet is great but to accomplish this at the largest meet in the world, it is simply amazing!

GREAT JOB LADIES- FANTASTIC



## LEVEL 8 NATIONALS ?

Yep you heard me right! USA Gymnastics will be hosting what can be deemed as the National Championships for Level 8s. The official name is USA Gymnastics Level 8 National Team Challenge.

The Top 8 All Around scores from our Regional Championships will qualify to move on. The competition will be held at Disney Worlds ESPN Wide World of Sports venue. Each athlete will have their entry fee paid for by the region as well as be

outfitted with a team leotard and t-shirt. This is sure to add a little motivation for the end of the year blahs!

As of now this is not a budgeted event for booster club. We will need to discuss the financial options and lay out a plan but I wanted you to have the information sooner rather than later.

Train hard Level 8s!



**TERESA CICHOSZ** - Certainly in contention for one of our MOST IMPROVED awards this season she won a Level 5 SMQ and placed 2nd AA at the Chicago Style Meet. Way to Go T!



**BAILEY GARDNER**- Bay is coming on strong having posted scores above 38 AA this season. She has some new stuff coming soon too. She will be a great recruit for a major university.



**KAMERIN MOORE**- With her injury rehab behind her, the true Kamerin is being to reappear. A 38.475 performance has college coaches taking notice.

# Boys Rocking in 2012

by **Tom Buese**

head coach



The Twistars Boys are having a great year so far! The boys are really starting to pick up the pace during workouts, and the results are there to prove it.

At the Twistars Invitational, the boys looked comfortable and confident, just as they should at home. At Level 7, Luc Velasquez picked up 3 event titles and the highest All Around score for any age group, while Josh Moore added 2 event titles also. These two boys and Doug Dean combined for a 2<sup>nd</sup> place team finish. The optional boys, though not quite big enough for a team score, had great results too. Rob Wilson took 3<sup>rd</sup> on Rings in his first optional competition at Level 8, while Kevin Johnson took 2<sup>nd</sup> All Around at his first meet at Level 10. Jake Moore picked things up where he left off last season, winning Floor and the All Around. Ryan Dayton won 3 events and the All Around for the Level 10 Juniors. At Level 5, four out of the five members finished within the top 2 All Around spots, with Ethan Guthrie and Luke Lathrop taking first and Luke Huisken and Noah Adams in second. Judah Pemble added some needed scores for the team to help the Level 5 Boys win the meet with a huge 264.3! The Level 6 boys finished off the strong weekend. Dylan Weiss won two events and took 3<sup>rd</sup> All Around, and together with Tyler Baron, Ryan Mefford, Mike Bigelow, Jake Proper, and Sam Parks, the Level 6s were the 3<sup>rd</sup> place team.

The next weekend was the real eye opener, as the boys took

on the best Region 5 has to offer at the Windy City Invitational. The optionals were the first to compete in Chicago. With some tough competition, Ryan Dayton and Jake Moore earned 15<sup>th</sup> All Around, with Jake also placing 5<sup>th</sup> on Floor and 3<sup>rd</sup> on P-Bars. At Level 7, Doug Dean took on 4<sup>th</sup> on Floor and Rings. The Level 6s started the last day of competition. Dylan took 3<sup>rd</sup> on Pommel Horse and 4<sup>th</sup> on P-Bars on his way to 9<sup>th</sup> All Around, and Jake Proper placed 4<sup>th</sup> on Vault. The Level 5s finished off the meet well. Huisken finished 2<sup>nd</sup> on Rings and 1<sup>st</sup> on Vault in the 8 year old division, while Ethan was 1<sup>st</sup> on Floor and Rings and took 2<sup>nd</sup> All Around. Luke Lathrop and Noah finished back to back again, this time with Lathrop 2<sup>nd</sup> and Noah 3<sup>rd</sup> All Around. Judah Pemble stepped it up and earned one of his highest ever placing, with 2<sup>nd</sup> All Around in the older age group.

The boys had a few weeks off until their next meet. The Group 1 boys took a team trip to Iowa, where they had a great gymnastics weekend. First, the boys got to practice in the same gym as the University of Iowa Men's Gymnastics Team. Next up was the actual competition. At Level 7, Doug had another good Floor finish at 3<sup>rd</sup>, and Luc won Rings on his way to 2<sup>nd</sup> All Around. Rob as the sole Level 8 finished 1<sup>st</sup> on 4 events and All Around! Jake took a huge step up with his All Around score to a 74.9, which earned him a tie for 4<sup>th</sup> All Around. Ryan had a slow start, but woke up for a big 13.4 and 3<sup>rd</sup> place finish on Rings and he successfully added in a double tuck off P-Bars. Kevin also put in a new skill, with a double back off High Bar! Together, the optional boys

combined for 1<sup>st</sup> place Team in the Open Team Division. Check out the sweet Hawk Trophy on the cubbies when you get into the gym.

Most recently, the boys competed at the Cereal City Classic. As a fun fact, the boys competed at Kellogg Arena in Battle Creek, which is where Coach Tom had his first JO Nationals back in 1998! The Level 6 and 7s competed together here, and it was a great start. At 7, Josh Moore won Floor and High Bar, while Doug was 1<sup>st</sup> on Floor. Luc lead the way, finishing 1<sup>st</sup> on Vault and 1<sup>st</sup> All Around! Unfortunately, Doug has some shoulder issues, otherwise it would be an easy victory for these boys as a team. The Level 6s rocked out too. Mike Bigelow placed 2<sup>nd</sup> on Vault and Proper placed 2<sup>nd</sup> on High Bar with a set that included giants both directions! Dylan, Ryan, and Tyler all had their best meets of the year to finish 1,3, and 4 in the youngest Level 6 age group, respectively. Together the Level 6s won the meet, earning their first win over rival AGI! Jake Moore came in strong again, winning 5 events and upping his AA score by a tenth to win the All Around. He also scored a 13.5 on Horse, to earn the all time optional record on the event! Ryan pulled out a first place finish on Rings and High Bar to get 2<sup>nd</sup> All Around. Rob made the move to Level 10 to combine with Ryan and Kevin for team where they finished 2<sup>nd</sup>!

The boys have another break until Whitfield, then immediately State Championships in March. I can't wait for the thrilling finish to the season!

## WILL IT NEVER END

I go away hoping to return to a gym full of happy smiling faces. My wish is granted when I walk into the gym and see the glow of excitement on the faces of the athletes.

Then I get the gossip update. This parent is upset about what she perceives to be favoritism. Another (or perhaps the same) parent is conducting lessons on the significance of a line up draw and how some kids get unearned scores due to this phenomenon. Still another (or perhaps the same) continues to brow beat and or signal her child from the parents area or stands.

**FAVORITISM-** The state of being held in special favor. If there is such a thing in the gym perhaps one might look at the root cause. Do parents actually think constant complaining and ridicule will put their child in the state of "special favor", OR would it be more accurate to assume that a state of special favor (if it occurs) is earned by the athlete through responding to corrections, displaying a pleasant attitude and putting forth consistent effort? My advise to my child would be "seek special favor" through exemplary work ethic, attitude, and

Having just caught up on my emails received over the past couple weeks I stumbled on one that served as a reminder.

THANKS to the chaperons who volunteered for this years team trips to Chicago and Iowa. Knowing full well what is involved and what has to be endured, I want you to know your efforts were certainly appreciated.

It is not an easy job balancing the individual needs and habits of a group

## REMEMBER US

*Complaining about favoritism - Really? didn't your kid just get a one on one private lesson while having issues with her flight series? Really?*

*\* Still complaining about the quality of coaching- really? Didn't your daughter just score her highest AA ever?*

performance. I am quite sure this is a great life lesson. Again I am not admitting to nor condoning an atmosphere of favoritism. In fact that is a topic of conversation at most staff training sessions, but if you feel it is occurring, perhaps taking a pro active approach might change your perception.

Signaling from the parents area or from the stands at a competition is something we want to avoid. Athletes should be focused on what coaches are saying and not worrying about what mom/dad wants done.

## BIG THANKS

of athletes let alone adhering to rules and policies as set forth by a coaching staff. The easy thing to do would be to allow everyone to do what they wanted, eat how they wanted, act and sleep as they wanted. Responsible chaperons combine the discipline of following rules with the enjoyment needed to make each trip rewarding. I have to say this years groups seems to have balanced both well. Discipline and enjoyment.

Likewise signally scores from the stands is also distracting. We want athletes focused on performance and not on the score they have zero control over.

Demeaning other teammates scores as unearned or "gifts"- Come on "adults" really? I am pretty sure that there is not judging conspiracy against your daughter or son. Lets try to be good sports here at Twistars USA. I am sure that is also a good life lesson.

What does surface each year is how much education we need to do in the area of nutrition. It seems the policy of "make a good choice" is simply foreign to athletes and parents alike. We will investigate this further as to how to help with this situation, but in the mean time parents should be aware that eating like an "athlete" is essential to progress, health and fitness.

BUT AGAIN- Thanks Chaperons! The kids had a wonderful time.

## ABOUT ME



**NAME:** Luciano Velasquez

**Age:** 13

**Grade:** 8th

**Gym Results:** Recently captured the AA title at the Cereal City Classic

**Level :** 7

**Description:** Intense

**Goals:** marry a sugar momma, win states, qualify to regionals

## ABOUT ME



**NAME:** Cheyenne Jones

**Age:** 7 **Grade:** 2nd

**Gym Results:** Recently captured the AA title at the Cereal City Classic and Chicago Style

**Level :** 5

**Description:** Talented

**Goals:** Win level 5 state meet

# CONFIDENCE

by Kimberly Lannon USECA

- \* Do you have confidence when you practice or perform?
- \* Can you only perform when you have your favorite stuffed animal or lucky socks?
- \* Does your confidence fall apart when the bars are facing the wrong direction or the judges make you wait too long?
- \* Do you need rituals to help boost your confidence?



Confidence is the skill that is probably the most important mental tool a gymnast can have. It is even more important than the skills on any given event because without it your chances of performing the skills well is greatly reduced.

Contrary to popular belief there isn't any magic pill for confidence. If you think your rituals are the secret you are basically fooling yourself.

Confidence comes from quality practice, good coaching and positive parenting. However, the main ingredient for self confidence is within each gymnast as an individual. The stuffed animal and the lucky socks is not the secret to confidence.

Self confidence is the belief in your own ability. This belief is fortified with daily successes within practice but can be self sabotaged by negative thoughts, self doubt, irrational thinking (also called stinkin thinkin). Gymnasts must train their minds to eliminate the unproductive thoughts that interfere with developing confidence. Parents and coaches too have to be mindful of the impact that negative comments can have.

Self confidence needs training as much as the skills you will perform. It starts with self efficacy (the belief in your own ability to achieve the goals YOU yourself have set.) If your goals are unrealistic it will not be long before the mind stops believing that they are achievable and thus self confidence will suffer. Set realistic and set attainable goals.

The most confident gymnasts rely on a combination of confidence, skill, talent and practice. These components create a snowball effect. Using your talent in practice creates skill, consistent practice creates confidence, confidence creates good competitive results which fuels the motivation to practice further and perhaps harder.

Having confidence will not guarantee mistake free gymnastics but it will help you to learn and grow from mistakes rather to wallow in the misery. Confidence helps us strengthen our vulnerabilities. Those lacking in confidence use mistakes as excuses and thus fight a losing battle ... I made a mistake, I am no good, I feel bad, I train less, I make less progress.

All being said, confidence begins with believing in yourself, and then using that belief in training to enhance performances.

7-8-9-10  
STATES

March 30-31-April 1

30 Days

Twistars USA Plays  
Host

4 Levels

State championships

# WHAT MAKES A GREAT TWISTAR PARENT?

THE FOLLOWING IS A EXCERPT FROM AN ARTICLE BASED ON RESEARCH (INTERVIEWING POST CAREER ATHLETES) FROM BRUCE BROWN AND ROB MILLER AND WRITTEN BY STEVEN HENSEN.

## FIVE SIGNS OF AN IDEAL SPORTS PARENT

Let's hear it for the parents who do it right. In many respects, Brown and Miller say, it's easier to be an ideal sports parent than a nightmare. "It takes less effort," Miller says. "Sit back and enjoy." Here's what to do:

- **Cheer everybody on the team, not just your child or your friends child:** Parents should attend as many games as possible and be supportive, yet allow young athletes to find their own solutions. Don't feel the need to come to their rescue at every crisis. Continue to make positive comments even when the team is struggling.



- **Model appropriate behavior:** Contrary to the old saying, children do as you do, not as you say. When a parent projects poise, control and confidence, the young athlete is likely to do the same. And when a parent doesn't dwell on a tough loss, the young athlete will be enormously appreciative.

- **Know what is suitable to discuss with the coach:** The mental and physical treatment of your child is absolutely appropriate. So is seeking advice on ways to help your child improve. And if you are concerned about your child's behavior in the team setting, bring that up with the coach. Taboo topics: Playing time, team strategy, and discussing team members other than your child.

- **Know your role:** Everyone at a game is either a player, a coach, an official or a spectator. "It's wise to choose only one of those roles at a time," Brown says. "Some adults have the false impression that by being in a crowd, they become anonymous. People behaving poorly cannot hide." Here's a clue: If your child seems embarrassed by you, clean up your act.

- **Be a good listener and a great encourager:** When your child is ready to talk about a game or has a question about the sport, be all ears. Then provide answers while being mindful of avoiding becoming a nightmare sports parent. Above all, be positive. Be your child's biggest fan. "Good athletes learn better when they seek their own answers," Brown says.

## NASTIA CUP

Twistars USA will be well represented at Madison Square Garden on the weekend of March 2-3. Besides having Jordyn schedule to compete at defend her American Cup Title, we will have 2 members participating in the 3rd Annual Nastia Liukin Cup.

The Nastia Cup is a prestigious event that caters to the best Junior Olympic athletes in the USA. Last years champion, Twistars own Grace Williams, will be back to defend her title in the senior age division.

New comer, Lauren Bancroft, who is in her very first season as a level 10 gymnast, qualified to represent the junior ranks.

This event has rank as one of the most exciting for our J.O. athletes. Not only is it conducted on a podium, a prelude to the American Cup, but it is also televised on Universal Sports. Most level 10 athletes never see opportunities like this. Congrats to Grace and Lauren as they set out to represent Twistars, Michigan, and Region 5 in the highlight event of the year.

# WHAT MAKES A BAD TWISTAR PARENT?

- **Overemphasizing sports at the expense of sportsmanship:**

The best athletes keep their emotions in check and perform at an even keel, win or lose. Parents demonstrative in showing displeasure during a contest are sending the wrong message. Encouragement is crucial -- especially when things aren't going well on the field. Encouraging nastiness towards teammates or opponents so as to gain a "psychological advantage" is short lived at best. Sportsmanship is the ultimate lesson engrained by participation.



- **Having different goals than your child:** Brown and Miller suggest jotting down a list of what you want for your child during their sport season. Your son or daughter can do the same. Vastly different lists are a red flag. Kids generally want to have fun, enjoy time with their friends, improve their skills and win. Parents who write down "getting a scholarship" or

"making the All-Star team" probably need to adjust their goals. "Athletes say their parents believe their role on the team is larger than what the athlete knows it to be," Miller says.

- **Treating your child differently after a loss than a win:** Almost all parents love their children the same regardless of the outcome of a game. Yet often their behavior conveys something else. "Many young athletes indicate that conversations with their parents after a game somehow make them feel as if their value as a person was tied to playing time or winning," Brown says.

- **Undermining the coach:** Young athletes need a single instructional voice during games. That voice has to be the coach. Kids who listen to their parents yelling instruction from the stands or even glancing at their parents for approval from the field are distracted and can't perform at a peak level. Second-guessing the coach on the ride home is just as insidious. (Likewise providing the child with excuses for their performances like the coach doesn't like you, you didn't get a fair shake serves zero constructive purpose.)

- **Living your own athletic dream through your child:** A sure sign is the parent taking credit when the child has done well. "We worked on that shot for weeks in the driveway," or "You did it just like I showed you" Another symptom is when the outcome of a game means more to a parent than to the child. If you as a parent are still depressed by a loss when the

child is already off playing with friends, remind yourself that it's not your career and you have zero control over the outcome.

## JORDYN WATCH

February 13-17 National Team Camp- Houston Texas- Prep for American Cup

Feb 28-29- American Cup Verification- Show readiness. Houston Texas

March 1-2 American Cup Training- Madison Square Garden- New York City

March 3 - American Cup- Televised on NBC

March 12-13- Pacific Rim Training Camp (Pac Rim is a competitive involving all countries that border the Pacific Ocean)

March 14-18 Pacific Rim Championships vs China, Japan, Russia, Canada and other. Seattle, Washington. This is a 6 member team with 3 juniors and 3 seniors.

