

TWISTARS

GYMNASTICS NEWS

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BRINGING IN A NEW YEAR

The beginning of a new year seems to inspire the need to create new goals, affirmations, and resolutions designed to etch a path toward a better, more productive US.

I am lost as to why it takes a new year to kindle this enlightened thought process as it seems to me that April, August, November (or any month for that matter) are equally good times for self improvement. BUT HECK... since it is a new year, a new decade, lets all take advantage of it. Set those goals, set the course for achievement, monitor the progress, adjust the effort as needed and BAM you are there! Sounds simple I know, but at the core of every self motivation, self improvement program, is some form of the aforementioned steps.

SAYING GOODBYE TO 2000

Gymnastically speaking the past decade has been an incredible experience for Twistars USA. The achievements have been remarkable but the relationships built are even more memorable. It seems like I just blinked and the decade was gone. In 2000 we hosted the J.O National Championships, crowned several national champions including Brandy Killian (AA/Floor) who just got married this fall. In 2002 we set national records for the most national qualifiers from one club (24), and the most national champions in one year (15) which earned our entire staff coach of the year honors (the only time an entire staff has been recognized). In 2005 we topped the 1500 mark in student enrollment. In 2006 we placed 6 members on the national team for USA Gymnastics and launched the elite career of one of the best athletes this country has ever seen (Jordyn Wieber). Throughout the decade coaching awards and recognition marked the success of our program with 2007 being highlighted with the presentation of the first ever J.O. National Coaches of the Year and 2009 being capped off with a humbling hall of fame induction. The decade produced 65 State Championship Teams including our first ever boys titles, 21 full ride athletic scholarships, numerous international medals and the 2008 American Cup Champion! We truly have been blessed!



TWISTAR TOP 10

- for the 2000s (in no particular order)
- 1- Over 65 State Championship Teams.
 - 2- 21- Full Ride Athletic Scholarships
 - 3- Record number of national qualifiers in 2002.
 - 4- 9 state and/or regional coaching awards
 - 5- Over 50 Level 9-10- Elite National Champions.
 - 6- 2009 Hall of Fame Induction.
 - 7- 2007 First Ever National J.O. Coaches of the Year
 - 8- 2009- American Cup Champion
 - 9- Over 30 International Medals representing the USA
 - 10- 2002 Coaching Staff of the Year in Region 5.

MORE STUFF

INVITATIONAL REMINDERS

FROM WADE CUTLER- INV CHAIR

PLEASE NOTE:

Invitational reminders:

1. Invitational hour sign up ends this Wednesday night (Dec. 30th) at 8pm. We still have several open time slots, so please make sure you've sign up for your required 21 hours. As a reminder, ALL booster club, including Silverstars and 1st year level boys families (group B3) are required to work the Invitational...No exceptions! If you have not signed up for your 21 hours after Wednesday night, a position and time slot will be assigned to you and you will be responsible for manning that position. The booster club will issue fines for any families not completing the required 21 hours of work plus clean up on Sunday night.

For the record, we do not like issuing fines but in all fairness to the entire hard working booster club, past experience has shown that every so often a few members try to skate by without contributing their equal share. We want to be fair to all.

2. Please plan on arriving at least 15 min. prior to your start time. This will ensure that we have all positions covered in the event we are running early on some sessions. This will also give you time to be trained on your position. When arriving at the Summit, please sign in at the "Info-table" before reporting to your position.

3. EVERYONE is required to participate in the clean up and tear down process on Sunday evening. You will need to sign in AND out even if you've already signed in for your working position that day. If you do not sign in and out, you will not get credit for clean up. Clean up will work just like last year, as we get further into the clean up process, we will release members in phases. We are asking that everyone report to clean up beginning at 6:30 pm on Sunday.

HOME SECURITY SYSTEM

HOW TO INSTALL A HOME SECURITY SYSTEM

1. Go to a secondhand store and buy a pair of men's used size 14-16 work boots.
2. Place them on your front porch, along with a copy of Guns & Ammo Magazine..
3. Put a few giant dog dishes next to the boots and magazines.
- 4 Leave a note on your door that reads:

Bubba,

Big'un, Duke, Slim, & I went for more ammo and beer. Back in an hour. Don't mess with the pit bulls - they attacked the mailman this morning And messed him up bad. I don't think Killer took part, but it was hard To tell from all the blood. Anyway, I locked all four of 'em in the House. Better wait outside.

Cooter

TEAM SPIRIT

By Ken Lorencen

I wanted to take a moment to write an appeal to all parents who have a daughter or son that is on team and will be competing this upcoming season.

As you all know Twistars has been named the number one ranked women's gymnastics club in the USA. This recognition is a direct result of our great coaching and all the hard work and discipline our girls and boys put in each and every day they enter the gym for practice and competition. This is an honor that both coaches and the gymnasts do not take lightly.

My appeal is to you the parents of these gymnasts to show that we are the number one parents in the USA also.

As a parent here at Twistars for many years I have found it depressing that it seems that with many of our levels of competition we seem to be quiet and unorganized when it comes to cheering for our club at meets. Often we are out cheered by rival gyms as they have elaborate cheers and louder parents than we have. It is embarrassing to say the least and we are not to be outdone this year.

It is okay to be loud at these meets and I know for a fact that the gymnasts love to hear a consolidated effort to cheer them on. Sayings like **"Let's go Twistars" or the popular "Twistars Rocks"** are two good chants that could be used before, during and after the meets. These chants will motivate them to do better and makes them feel a part of a larger organization. It's okay to yell the gymnasts name as they prepare to compete or finish an event. And signs with slogans and gymnasts names are also highly encouraged. This cheering has also been known to motivate the coaches to work harder and who knows maybe even has a positive effect on the judges to give an extra tenth for a performance.

Another thing to consider is when we go to meets we need to sit together and wear our "Twistars Blue" so we can show the gymnasts a "sea of turquoise" This helps ease the tension you may be feeling during the competition and can become a great support arm for you as you sit with your parent group and watch your son or daughter compete.

To conclude as many of you know Gymnastics is a very tough sport and the meets can be long and mentally trying. A good way to relive a lot of this stress is to let it out with loud cheers and chants. So I challenge each and everyone one of you parents as we enter into the heart of the competitive season to Be Proud and Get Loud for our gym we can be number one along with our gymnasts.

ROCK AND ROLL INVITATIONAL

INVITATIONAL TIMES

The following are the times for the Twistar Competitors in the upcoming invitational.

FRIDAY JANUARY 8

Level 8s- Check in at 11:40- GYM A

Level 6s- Check in at 1:45- GYM C

Level 4s- Check in at 2:28- GYM B- Carapelluci, Pike, Pike, Hawkins, Pemble, Quoss, Decker.

Level 9s- Check in 4:20- GYM A- Amor, Fischer, Franck, Higgins, Hutchins, LaBrie, Overlund, Wilson

SATURDAY JANUARY 9

Level 10s- Check in at 10:58- GYM A- Aben, Cutler, Hill, A. Moore, Pickel, Lorenzen, Wobma

Level 10s- Check in at 3:38- GYM A- Freier, Holmes, Ketner, Williams, Hogan, Lemke, MacDonald, Sump, Seidowski

Level 5s- Check in at 10:31- GYM C- Al-Ashari, Bond, Bremmer, Harkness, Hutchins, Jendritz, Johnson, Klein, Knop, podsedly, Swinehart, Taylor, Uschuck, Madelyn Johnson (?).

SUNDAY JANUARY 10

Level 5s Check in at 1:46- GYM C- Alacontra, T Brown, L Clarizio, Darling, Dechatelets, Hylek, Jackard, Samson, Motts, Murphy, Parks, Valley, Young, Mealy, Byam,

Level 4 FUN MEET- Check in 8:00 AM - GYM B

Level 7s Check in at 3:50 GYM A

Level 5 BOYS- 9:00 AM

Level 4 and 6-10 BOYS- 2:00 PM

OUR TIME TO SHINE

Make sure you spread the word about our annual showcase. Besides being a wonderful fundraising event for our booster club, our annual invitational also provides an opportunity for mid michigan to witness some of the best gymnastics in the country. Our athletes travel quite a bit, especially at the upper levels. The Invitational allows our kids to show the local

community exactly why we are one of the best clubs in the nation. Invite your friends, invite the relatives, lets pack the house and make this years event ROCK!

DONT BE SHY!

The theme for this years invitational is ROCK THE HOUSE. We encourage parents and siblings to dress up for the show. Get out those rock and roll wigs and don't be afraid to use your imagination. The more people that dress up the better. It really does add to the atmosphere of the meet.



REMEMBER

- Rock and Roll Dress is encouraged
- Arrive early for your assigned jobs
- Parking may be difficult so allow enough time



PRE -TEAM

Some of you may be participating in your first competition ever. Here are some helpful hints when preparing

FINAL TOUCHES

Use your training time wisely. Put those finishing touches on your routines.

ARRIVE EARLY

Make sure you allow enough time to arrive on time. Nothing stresses out the athlete more than being a little late for warm up.

RELAX AND ENJOY

Competitions are fun. Try your hardest but remember it is early in the season so some routines may need more attention. There is plenty of time for progress but the most important thing is to HAVE FUN!

GENERAL INFORMATION

HOLIDAY THANKS

Our 2009 Holiday season was enhanced greatly by the thoughtfulness of the parents, athletes, and staff members at Twistars USA. Thanks to the many for the cards, candy, goodies, and gifts galore. It is simply wonderful to be remembered during the holidays and your kindness and generosity is truly appreciated. May 2010 be all that you and yours hope it will be.

Outside of the individual gifts, we received a very nice Holiday gift from the Booster Club. On behalf of the entire coaching staff here at Twistars USA thanks to Booster Club board for keeping the coaching staff in your thoughts.

NEW COACH IN TOWN

What's that mom doing out on the floor? Well although she is a mom of a team member, she is also one of my former gymnasts who earned a full ride scholarship to Ohio State University back in the early 90s. And although we wont hold her school of choice against her, she does have some great gymnastics knowledge that can benefit our program.

Who are we talking about? Jeni Pickel. She will be filling the gaps while Jeni Bailey takes maternity leave and contemplates her future. Jen has coached with US Airborne in the past and having trained under our program she understands the goals and standards. Welcome aboard Jen!



PICK UP YOUR APPAREL

Above you will find a map that will lead you to the office at Twistars. Here you can find various apparel items that were ordered for you OR that you ordered for the Holidays.

Team tank leotards, gym bags, sweatshirts, and other items are currently covering the floor of our office. We do need the space, so venture out on a little treasure finding expedition and claim your goods!




THE CUP CHAMPIONS- 9th year in a row

THE CUP

The 2009-2010 season opener found us in familiar surroundings as we invaded Cincinnati for the 9th Annual Region 5 Cup. The results were familiar also with Twistars USA successfully defending the Over All Team Title for the 8th time.

The coaching staff was very pleased with the results and although we still have some work to do, the season is certainly off to a fantastic start.

Our teams at Level 4-7-8-9- and 10 All captured the team titles. Our level 5s and 6s placed 2nd and now have a formidable goal to put their sights on for the upcoming season.... i.e. Splitz Gymnastics who edged them out at both levels.

A little recognition to our top all around scores for the weekend: Natalie Woodland (37.25- L4), Alexa Alacantha (L5-37.475), Cara Clarizio (37.3- L6), Olivia Dopkiss (L7-37.475), Lauren Bancroft (L8- 36.65), Bailey Lorenen (L9- 37.75) and Maya Ketner (110-37.6). For complete results check our Website or the booster club bulletin board.

MORE GENERAL INFORMATION



INVITATIONAL IS COMING!

The Booster Club's pride and joy is just around the corner. Committee Chairs and members are putting the finishing touches on all the details that helps separate our event from the ordinary invitationals.

Now the general membership needs to start gearing up for their part in the operation ... customer service!

Plan ahead, dress the part (rock and roll theme) and be prepared to impress our guests. The success of every Invitational totally rests on the shoulders of booster club members.

SCHEDULE CHANGES

Group N- which consists of our new Level 4/5 that trained at the OUTLET on Mondays, will now train at the SUMMIT on Mondays from 5:30-9. The consolidation of group G freed up space which allowed for this change. This schedule change will take place January 4th.

Group B3- Due to a staffing conflict we have to move this group from Monday nights to Friday Nights. Gavin has school class conflicts and can not possibly alter his schedule in order to teach on Mondays. We realize that this may conflict with some travel dates and will attempt to provide make up dates to cover for missed training time. This schedule change will begin Friday January 8th.



HOLIDAY TRAINING

Just as a reminder the training times for the remainder of the Holiday Break time will be as follows. We will use the SATURDAY training time schedule for December 28-29-30 and Jan 2. We will be closed December 31 and Jan 1. The normal training schedule will resume January 4th.

INVITATIONAL ORIENTATION

As is tradition we will conduct a couple separate Invitational orientation sessions in order to explain the general operations for the upcoming event January 7-10. It is imperative that at least one member from each family attend one of the sessions. The session will take place on Tuesday and Wednesday evenings at the Summit around 7:00. All questions are welcome as we want this to serve as our learning curve reduction session.

BATTLE OF CHAMPIONS

The Battle of Champions meet will be held in Toledo the weekend following our Invitational. Being that it is only 2 hours away parents may choose to drive if they would rather not stay at a hotel near the meet site. Please check the weather reports prior to making final travel arrangements as I do not want "bad roads" getting in the way of competing at this event.

The meet information and schedule of events is posted on line at Battleofchamps.com.

Friday January 15-
Level 8s- Check in at 8:00 AM- 8:55 Comp.

Level 7s- Check in at 11:30- 12:35 Comp.

Level 9s- Check in at 3:30- 4:20 Comp.

Saturday January 16-

Level 5s- Check in 11:15- 12:00 Comp.

Level 6s- 2:45 Check In- 3:30- Comp.

Level 10s- 6:00 Check In- 6:55 Comp.

Sunday January 17-

Level 4s- (Same group as THE CUP)

Check in 8:00 am- 8:50 Comp.

This competition is modified Capital Cup thus warm up leotards are not needed.

THANKS

Great accomplishments are the bi-product of the entire organization. Our achievements could never be possible were it not for the unbending support and superior effort put forth by our athletes and their wonderful parents. The Twistars USA Booster Club should take great pride in the roll they have played in the success of our gymnastics club.

TWISTARS GYMNASTICS NEWS

JANUARY 2009B

ROCK THE HOUSE

ISSUE 2



With guest appearances from Elvis, Tina, Ace, and Slash the 2010 Invitational had it all

A ROCKING INVITATIONAL

Twistars USA Booster Club does it again!

Sometimes you just have to live them to fully appreciate the significance of worth while ventures. Each year we battle to skepticism of some who fail to grasp the reasoning behind all the required work that goes into preparing a quality event like our annual invitational. When it is over.... most fully understand.

WHAT A GREAT EVENT

Coaches, parents and athletes alike could not help but be impressed with the 2010 Invitational. The atmosphere was electric, and every detail was impeccable. From the incredible decorations (Annalie Hogan and Lisa Dopkiss and committee of work-aholics), to coaches hospitality (Kim Darling and Rick Knop committee), to set up and tear down

(Wade Cutler, Dave Al-Ashari and Bob Wilson) everyone seemed committed to excellence.

THE BUS DRIVERS

Needless to say but there is zero chance of success without organized direction. Every bus needs a driver and Wade Cutler (Ken Lorencen co chair) logged countless hours in order to insure a quality product. Outstanding job Wade and Ken!

MORE SUPPORTING CAST

Details make the difference and committee chairs/co chairs insure that every detail is covered. Keeping the judges well fed was the task for Tara Kolk/Venessa Wobma/Michelle Feckovic). Making sure our scores are

delivered accurately and efficiently is a daunting task. This years score table was flawless. Thanks to Tim Hogan/Art Amor and committee. Our program book

HOW DO THEY DO IT?
THEY CARE ENOUGH TO DO THE WORK

is without a doubt one of the best you'll see thanks to the efforts of Carol Sanford. . Registration is one of the most time consuming jobs, handling scratches, level changes, schedules and data entry is a monstrous undertaking.

CHAPERON MEETING
Jan 20th- 7:30

BOOSTER CLUB MEETING
Jan 21- 6:00



BIG SISTERS MEETING-
Jan 23rd- 1:00 Communications Skills, Honesty Integrity

Important DATE!

LOOK HERE

GYMNAST OF THE YEAR

I have been waiting to make this announcement for a couple months now. I was waiting until it was officially posted on the web site and come to find out I was looking in the wrong place. So better late than never!



Meetscoresonline.com as named Jordyn Wieber as their 2009 athlete of the year. They base their selection on academic as well as athletic

excellence. You can read the entire write up on their web site at Meetscoresonline.com. Congrats JoJo!

DONT DO THAT

Competitions can bring out the worst in us. This is especially true for the competitive, passionate, intense personalities. This is understood. With this being said however it is very important to understand that my coaching staff will never play the role of whipping post. Parents certainly may discuss concerns with the coaches but venting frustrations, placing blame, and insulting their coaching knowledge or ability simply cant or wont be tolerated. We have an exceptional staff that has the best intentions for all or our team members SO when you get caught up in the heat of battle, take a breath, and CHILL.



MOCK MEETS

Sometimes the process of meeting our minimum standards for competitions takes more time. Remember a minimum 32 AA is required prior to being entered into any away competition. (Our Invitational is considered in gym). Be prepared to Mock if applicable.

TWISTARS ROCKS



THE 2010 INVITATIONAL WAS ONE OF THE BEST EVER!

CONTINUED FROM PAGE ONE

Allison Franck, Michelle Hill and company handled the job with the patience and professionalism required. Our awards presentation was fabulous this year and the medals were some of the best ever thanks to Tonya Smith and Wendy Anderson. Handling other important details were Janice Hoffman- Sponsorship, Karla Holmes-Gifts (athletes very cool water bottle and hand sanitizer) and Kathryn Geddert (coaches party gifts), Carrie Bonofiglio- Vendors (contracts and contacts), Dave Wieber and Tom Seidowski Score system maintenance, Margi Dayton- Floor operations (director training and information, scripts, timing requirements and more), Kristin Moore- Admissions and countless behind the scenes details and Alex Walker/ Lisa Samsom/ Michelle Feckovi coaches table.

THANKS TO ALL

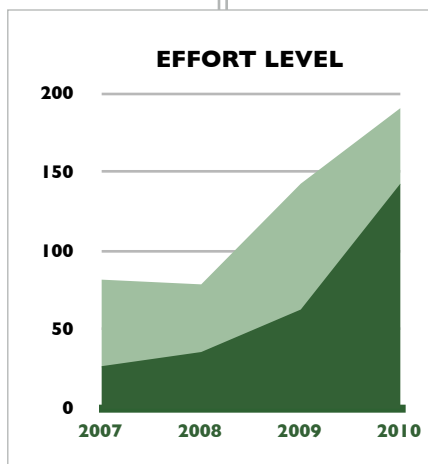
Although this is a booster club event that Twistars

Inc. has little to do with, the success of the event and the image it presents to our guests reflects on the name TWISTARS regardless. It is a great feeling to know that we have a group of parents that are willing to do whatever it takes to make sure that image is sparkling.

Throughout the weekend I receive a constant stream of compliments on the organization, the atmosphere, and the quality of your gymnastics invitational. Coaches, visiting parents, and the athletes appreciate the effort that you put into making this a special experience. I appreciate your efforts in making Twistars USA stand alone, stand tall, stand out.

One of the most frequent questions is HOW DO YOUR PARENTS DO IT??? I simply respond they care enough to justify doing the work.

**T H A N K S
BOOSTER CLUB!**



MORE INFORMATION

NEW GRIPS ARE IN

We just received a new shipment of grips. They are available in the office. Optional level athletes should be sure to have 2 pair at all times. One for competition and one in case they get lost or break. Having a second pair of grips ready to go really cuts down on the stress level should something happen to pair number one.

INVITATIONAL T-SHIRTS ON SALE

Our Invitational T-shirt vendor overstocked for our event thus leaving a large supply of t-shirts left over. They are now on sale at the office for \$5. Get your souvenir now!

LEVEL 5 STATE MEET HOTEL INFORMATION

The 2010 Level 5 state meet will be held in Traverse City this year. Parents will want to book their rooms soon.

The meet will take place at Traverse City West Senior High School May 8th and 9th. The host hotel for the event will be the Great Wolf Lodge. The rooms will cost \$139+ taxes per night which includes 4 passes to their indoor water park. This is \$140 off their regular rate. To reserve these rooms families can call 1-866-478-WOLF or reserve online at www.greatwolf.com. To get the meet rate people must use the code 1005WATE. This rate will only be available for reservations made by April 7th. GWL has a 72 hour cancellation policy.

POLICY REMINDER

In an attempt to be as budget conscious as possible, booster club would like to remind all parents that once an athlete is entered into a competition, and the deadline for refund passes, withdrawing from that competition means reimbursing boosters club for the lost registration fee. We realize that things come up but in all fairness across the board we want to make sure we are not wasting the hard earned money raised by booster club.



*DID YOU SEE THAT?
Many great things happen at the Invitational each year but watching the newest members excitement creates some of the best memories.
Great job to our pre-team members, silver stars, level 4/5 boys and girls. It was a pleasure seeing you tackle competition like little champions. We hope you enjoyed the experience*

MISINFORMATION

Most misinformation results from not attending orientation meetings, not reading the team handbook, not attending welcome wagon events, not using your resources to get questions answered, or listening to parents that really don't know what they are talking about.

Let me clear up some misinformation that has been unfortunately distributed recently. It involves the entry level obligations for team members.

The entry level obligations have been well communicated. The obligations for team members are well outlined in our orientation meetings each year, as well as our team handbook. Silverstars and Level 4 Boys have a related time commitment (working the invitational) as their entry level obligation for being a member of team (not booster club). This is an INC requirement and not a Boosters requirement since entry level members are not Booster Club Members. NO BC can't force you to work your hours, No BC cant force you to pay fines BUT Twistars Inc. can. If you want to be a member of our team you must adhere to the obligations that you agreed to upon entering team. Kicking up dust after the fact is basically irresponsible and certainly lacking in character.

There is significant benefit for working the time commitment. SS and Level 4 boys will become full BC members next year. The invitational is budgeted to make \$40,000 each year, any overage is carried over to next years budget the past 5 years has averaged \$35,000 being carried over) and thus the benefit as this keeps next years financial obligation in check. So the grumblings that entry level members receive zero benefit is false.

We tried to make this easier on new families. This entry level obligation idea is new, in the past all members had full (including financial and committee) BC obligations. We felt that most families would appreciate the gradual approach to full membership requirements.

GREAT RESULTS

The effort put forth by the boosters club was matched only by the effort from our competitive boys and girls teams. ANYTIME you can capture multiple team championships in a meet the size and caliber of the Twistars Invitational, you have done good work.

It is early in the season so there is still much work to be done, BUT WOW what a weekend for the Twistars teams.

With team titles at Levels 6-7-8-9 and 10 for the girls and Level 6 for the boys, the trophy case is overflowing. Levels 4 and 5 Girls placed 2nd and 3rd respectively in tightly contested battles. The Level 5 Boys placed 3rd in a great showing.

Outstanding performances were numerous and included Grace Williams with a 38.35 as the highest score in the entire meet. Olivia Dopkiss 38.125 (L7), Payton Young 37.55 (L 5), Carly Preston 37.25 (L8), Allie Piper 36.975 (L4) and Cara Clarizio 36.975 (L6)

Our boys teams kicked off their season with some very promising results. The Level 6s won the team title while the 5s placed 3rd. Kevin Johnson led the scoring at L6 with a 89.3, Drew Urbaniak 83.5 (L5), Jacob Moore 83.4 (L7) and Ryan Dayton 70.2 (L9).

Total results can be found on line at TwistarsUSA.com Invitational tab, click on results.

BOYS AND GIRLS SUPER TEAM CHAMPIONS



TEAM LEVEL	SCORE	PLACE
LEVEL 4	148.05	2nd
LEVEL 5	144.13	3rd
LEVEL 6	145.50	1st
LEVEL 7		1st
LEVEL 8	111.03	1st
LEVEL 9	111.80	1st
LEVEL 10	112.95	1st
BOYS LEVEL 4	\$230	DNP
BOYS LEVEL 5	\$257	3rd
BOYS LEVEL 6	\$259	1st

GREAT JOB TWISTARS



Let us not ever forget the sacrifices of our Military.

ONE FOR DEAN

Dean Rodriguez (father of Level 6 Mamie Rodriguez) is home on leave from military duty in Iraq. Here is a little food for thought when thinking of the men and women serving our country.

It's the Veteran, not the reporter, who has given us the freedom of press.

It's the Veteran, not the poet, that has given us the freedom of speech.

It's the Veteran, not the hip magazines, that give us the freedom of expression.

It is the military that salutes the flag, serves the flag and whose coffin is draped by the flag, who have given the idiots the right to burn the flag.

We live in the land of the free only because it is the home of the brave.

Welcome home Dean!

The Rodriguez family will be hosting a welcome home "Holiday Party" for Dean on Saturday January 23rd, 1-5:00 at the Charlotte VFW.

RSVP to Annette Davis at BrianDavis2050@Att.net.

SWEATSHIRT ORDERS

Everyone loves the new sweatshirt! We have had several requests to place another order. IF we hurry we can get them back in time for the girls team trip. DEADLINE THIS FRIDAY. Payment due upon ordering \$33.92 tax included.

These are the heavy weight Turquoise Hoody with TWISTARS USA GYMNASTICS CLUB on the front. You can have your name added on the back for an additional \$6.

DONT DELAY ORDER TODAY!

TRAVEL SHIRT ORDERS

It never fails ... once the travel shirts come out everyone wants one. Moms want em, Pre teamers want em (sorry Dad they really wouldnt look good on you).

We will be placing a travel T-shirt order for those that missed them the last round. These are the capped Ts with the wrap around star arrangement. They are very sharp and although not "required" this is what the mass majority of our team members will be using to travel to the various competitions.

DEADLINE FRIDAY (same as the sweatshirts). Cost is \$21.20 including tax.

RECRUITING REPORT

Securing a college scholarship is getting to be tougher each year. Back in the good ole days, colleges recruited seniors, invited them on an all expense paid visit during the fall of the senior year, and then made the offers prior to the November signing deadline.

Now Colleges are making non-official offers as early as possible. This may sound wonderful but what it means

to the families is that visits to the various campus' falls on their dime. NCAA rules prohibit paying for visits prior to the start of the senior year (usually September for most schools). In order to be prepared to make an educated decision should an offer come their way, many juniors (and even sophomores) are making unofficial campus visits to schools that they are potentially interested in.

With this in mind, parents may want to plan ahead. If you happen to be traveling to a city of a university that your son or daughter may be interested in attending, you may want to set aside some time to visit the campus, meet the coaches, check out the training gym, classrooms etc.

SELF MARKETING is also an important part of the recruiting process. Coaches can't be interested in someone they know nothing about. Beginning with your sophomore year you should be obtaining training and competition footage, compiling it is nice presentable package, and posting it on YOUTUBE (usually at the end of your sophomore year). Then you write your initial letter of introduction, outlining who you are, your academic interests, and a request for program information. In this letter you include the link to your YOUTUBE footage.

Periodic updates, emails, and letters keep your name in their minds. Updating your progress with YOUTUBE footage will also be very important as college coaches like to recruit athletes that are still progressing and not at the end of their skill development.

WINTER GIGGLES

65 Above Zero:

Floridians turn on the heat,
Michiganders plant gardens.

60 Above Zero:

Californians shiver uncontrollably,
People in Michigan sunbathe.

50 Above Zero:

Ohio people put their vets up for storage, Michigan people drive with the windows down.

40 Above Zero:

Georgians put on their coats,
thermal underwear, gloves and scarfs,
People in Michigan put the tank tops away.

20 Above Zero:

People in Miami all die,
Michiganders invite friends over for the last bar-be-que before it gets cold.

Zero:

Californians fly to Mexico,
Michiganders decide to close the windows.

10 Below Zero:

Hollywood is a deserted wasteland,
Girl scouts in Michigan sell cookies door to door.

20 Below Zero:

Washington D.C. runs out of hot air,
We let our dogs sleep inside.

30 Below Zeor:

Santa abandons the north pole.
Michiganians become angered when their snowmobiles won't start.

40 Below Zero:

All Atomic motion stops in all living matter, People in Michigan greet you by saying "cold enough fer ya yet?"

50 BELOW ZERO:

Hell freezes over and in Michigan
the LIONS WIN THE SUPERBOWL.

