

J A N U A R Y 2 0 1 1

TWISTARS NEWS

YET ANOTHER YEAR BEGINS



✘ SUPER THANKS ✘

Thanks to all for the wonderful Holiday Season. We were showered with countless gifts, cards, candy, cookies, and more. Your thoughtfulness is very much appreciated and we thank you from the bottom of our now "overweight" hearts.

2011 THE YEAR OF THE TWISTAR

The Chinese may have officially named this the year of the rabbit, but let me proclaim 2011 the year of the Twistar.

As we enter into the competitive season we have to feel good about where we stand. YES there is still much work to do. YES there is still some fine tuning that needs to be accomplished, but the core of talent is ready, willing and able.

Our battle cry this season (as seen on the backs of our team t-shirts) is ABSOLUTE DESIRE, PURE DETERMINATION, LAZER SHARP FOCUS and UNDENIABLE SUCCESS. Although simple words, the meaning can propel our team to UNSTOPPABLE GOALS.

Desire- is the want, the dream of the initial goal. It is the starting point for any journey as any thousand mile venture starts

with a single step. ABSOLUTE DESIRE is wanting something more than anything.

Determination is the willingness to follow through with whatever it takes to fulfill the desired goal. Most are willing to talk the talk, but the PURELY DETERMINED are willing to walk the walk thus persevering through the tough days to as to realize their goals.

Many are willing to be successful yet few actually achieve true success. This is usually do to the missing element of action. Desire is a dream but does not guarantee success unless you take action. Determination as being willing is wonderful yet fruitless if there is not an accompanied action.

Lazer Sharp Focus is the action. It is the consistent application of maximum effort. It is the concentration to make corrections. Focused Training is what most of the unsuccessful are missing. Focused Training is what eventually leads to UNDENIABLE SUCCESS.

WHAT TO PACK WHEN TRAVELING

With the competition season upon us here is some sound advise concerning what to pack for our travel trips.

1- All essential competitive attire should be packed in your Twistars Rolly Back Pack CARRY ON. (in case luggage is lost).

2- Essential attire includes competitive leo/step in/shorts etc, grips, wrist guards, tape, floor music, and vital hair fixins.

3- Homework



Preparing for a Competition

Newcomers to the sports world often ask how to prepare best for an upcoming competition. Here is some advise and/or rules to consider.

1- It is never a good idea to spend 3-4-5 hours in a car prior to competing that very day. Trips that include traveling 3 or more hours should be planned with a local overnight stay the eve of the competition. There is far too much at stake to risk having a tired, unfocused athlete.

2- 2 Weeks prior to the competition should be a consistent and efficient training period. Missed training days, vacations etc are ill advised during this period.

3- Eating habits should not drastically change from what is ordinary for the athlete. Hopefully

the norm is a routine of following sound nutritional eating habits but the day before a competition is not the time to start any new rituals.

4- Sometimes we get the opportunity to travel to some FUN PLACES for gymnastics competitions. It is important to remember that the gymnastics competition is the priority and not the after meet FUN activities. Maintain your focus and then celebrate like champions afterward.

5- Arriving on time is extremely important for setting the table for a great competition. Nothing adds to the anxiety more than arriving late, missing a good warm up, rushing through pre-meet rituals etc. All athletes should be at the competition venue a minimum of 15 minutes prior to the stated check in time.

Cold and Flu Season

It is that time of year again when a simple cold or a bout with the flu can start a domino effect of problems. Missed training time, inconsistencies, weakness, fatigue, injury and

the circle grows due to illnesses.

Lets do our best this season in trying to stay as healthy as possible.

1- **STAY HOME** when sick so as not to spread the YUK.

2- **WASH** and sanitize your hands regularly, especially after blowing your nose or using the restrooms.

3- **STOP** sharing water bottles and or drinking out of the chalk box squirters (yes they do).

4- **SNEEZE** into your arm rather than hands.

5- **EAT** well ; **REST** well.





BIG MISCONCEPTION

After a recent conversation with one of the dads, I thought it may be a good idea to scare the daylight out of our competitive team parents. Actually I thought it would be a great idea to clear up any misconceptions that may exist out there as related to safety and the sport of gymnastics (all sports for that matter).

Let it be known that sports are dangerous. Plain and simple. Most involve some form of speed, or height, or complicate maneuvers, flying objects, immovable objects etc.

Gymnastics complicates things further by adding the most complicated maneuvers, significant speed, intimidating height, and immovable objects. **THUS** injuries will occur... guaranteed. Thankfully the only flying objects our athletes have to worry about is the occasional flying foam piece launched in their direction as a reminder to move a bit faster or to get out of the chalk box.

Our job, and one we take very seriously is to limit the exposure to injury by preparing the athletes well physically and mentally, providing the safest of training environments and related training aids, and by providing experienced and educated coaches so as to make proper training and competitive decisions.

All of this being said, and no matter how hard we try to limit the exposure to injuries they are still bound to occur. **NO** training aid, whether it be a spot, a skill cushion, a sting mat, a safety zone, a beam pad, or a landing pit is failsafe in protecting the athlete from potential injury. **NONE**. They are all great inventions designed to lessen the frequency of injury **OR** even the severity should something go astray, but again, **NONE** are fool proof safety features.

Just thought you would like to know.

I had a request to handout some ideas for how to care for the gymnasts hands so here are some thoughts:

HAND CARE HELP

- 1- Shave or file down the built up calluses so as to keep the hands smooth for less friction. (a corn file works well).
- 2- Ripped skin should be cut off, hands washed and sanitized. Add skin treatment like Joshua Tree Ointment (specifically for gymnasts hands) (available in the office).
- 3- Keep rips covered (socks work well at night) and moist.
- 4- Use tape grips in training if needed. Major rips should be rested for a day or two.
- 5- Stop holding hands in school!

JAN 4 OR 5

Invitational
Orientation
Meetings- 7:00.

JAN 7-9

Twistars
Invitaional
Dress in the spirit

JAN 9

Invitational Clean
Up- All Families
less Chairs/Co
Chairs.

JAN 13-17

Girls Team Trip to
Tampa. Wear
travel outfit to the
airport.

FEB 3-6

Boys Team Trip to
Florida

CHEATERS NEVER PROSPER

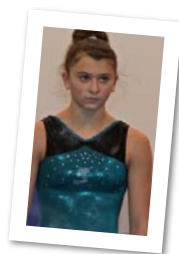
I know that most parents frown on any behavior that represents their family poorly. Even with the best upbringing we still seem to periodically run into bouts of bad decisions on the part of some athletes. Parents, coaches, and team leaders can only do so much to emphasize honesty and integrity in the gym. The rest has to come from the athletes themselves. Being honest and battling to urge to cut corners (cheat) has to be important to any athlete, child, person that expects to prosper in relationships, jobs, school or sports.

It has been said that “cheaters only hurt themselves”. Well I don’t know who coined that phrase but in my opinion it is as far from reality as a statement can get. Cheaters hurt themselves certainly, but they also hurt their team, their teammates, the gym atmosphere, the gym standards, their parents and their coaches. Can you imagine if cheating became the norm at Twistars? Would we continue to be a national power in gymnastics? I think not.

Parents and athletes can be assured that the coaching staff will be consistent and decisive when dealing with reoccurring bouts of dishonesty. Hopefully we have the full support of the parents on this as I feel we would be doing the athletes a long term injustice if we simply “let it slide”. Character building is one of the most important LIFE SKILLS that we can attain from participation in a sports program, and needless to say BEING HONEST is an vital building block in the character foundation.

The best way to avoid any problems in this area are to a) make sure you count correctly, keep track of your numbers to be sure you are fulfilling requirements as stated. b) be sure you are not counting attempts that you know would not count IF a coach was watching, c) be sure you only count attempts that meet the criterion for acceptance (for instance if you are supposed to make 10 series on high beam then low beam attempts would not fulfill the requirements), d) when struggling to meet requirements it is important to communicate with the coaches so they can decide whether or not to adjust the assignments. Do not simply “adjust” it on your own, and e) NEVER I repeat, NEVER lie about fulfilling your requirements as it is bad enough to be caught cheating, but add on top of that LYING and I am sure you will have a significant problem on your hands.

ABSOLUTE DESIRE* PURE DETERMINATION*



BOYS REPORT

by Tom Buese

First a recap...

The month of December brought the first meet of the year for the upper level boys and served as a motivational period for the rest of the boys to refine their skills and learn some of the bonus skills.

Michigan Academy of Gymnastics hosted the Christmas in the Motor City Classic at the beginning of the month. Ryan Dayton, Kevin Johnson, Jake and Josh Moore all had a good showing with some high scores that will hard to beat throughout the rest of the season. Josh had a short preparation time for his Level 6 routines but made the most of it and came out with 3rd place AA for all age groups combined! Kevin had to fight through a few routines, but still handled it well and had a huge 15.5 for 1st on Rings! Jake was solid everywhere and finished with an 89.4 to take 1st AA by two and a half points! Ryan had his first go with new, more difficult routines on every event (adding 2.7 from skill values alone from last year)! His floor and vault were his best of the night, with his vaults earning him 1st on the event.

The rest of the boys were back in the gym during 2 months of downtime in between Judges Cup and the Twistars

Invitational. There were a few new skills learned...

- The Level 5s are getting better at flairs on mushroom,
- Luke Huisken got his kip on low bar,
- On Pommel Horse, Jake Proper made the bonus dismount, Doug Dean made 11 circles, Jake Moore made a back moore up
- Kevin figured out how to get rise on his inlocates on Rings
- Ryan began doing tkachevs on high bar without spot!
- Josh is only a few skills away from having the bonus on each event

The majority of the improvement made was the form and execution of the skills. We're looking to see a big bump in scores from the Level 5 and 6s, especially. They will need it too, as the Invitational has the strongest competition from other gyms since I've been here and the next weekend at the Windy City will most likely be their hardest meet of the year.

The Boy's Team has a few resolutions for 2011...

- At the top of the list is to continue to strive for a

motivational workout atmosphere where the boys are focused and supportive of each other, so they will have both a strong skill level and team bond that will benefit them in competition and their lives outside of the gym.

- We are looking to see the entire Boys Program grow, including the Starboys, Developmental, Compulsory Levels, Future Stars Athletes, Optional Levels (we will finally be past 1 next year!), and hopefully National Qualifiers.
- Continued improvement in our Form, Strength, and Flexibility as they are the fundamentals to everything we do in gymnastics.
- And finally, enjoy another year with our Twistars Family!



GENERAL INFO

RED WHITE AND BLUE

The invitational is just a week away. Time to start thinking about your invitational apparel. As is tradition we encourage our booster club members to participate in creating a festive atmosphere at our annual event. SO don't be shy, show your team spirit and dress the part.

This years theme is RED, WHITE and BLUE, PARTY IN THE USA. The gym will be adorned accordingly but the added ingredient to maximize the effect is the number of boosters members playing their role and dressing the part. Flags, Statue of Liberty costumes, Uncle Sam, Abe Lincoln, George Washington, Barrack Obama ... use your imagination. Our guests love it (no matter how silly it makes you feel).

In preparation for the weekend we will be having SPIRIT WEEK in the gym. Staff and Athletes are encouraged to wear RED/WHITE or BLUE all week long. Don't be a party pooper!

INVITATIONAL WORK OUT SCHEDULE

Sunday January 2- Groups A-B-C-D-E and G train from 2-6:30.

Monday we will resume normal training hours and days with the exception of needing to alter Group As off day (Wednesday instead of Thursday).

Tuesday and Wednesday Jan. 4th and 5th we will be conducting an Invitational Orientation Meeting for all booster club members. This is an important meeting to discuss the invitational layout, operation details, job

descriptions and to answer all questions prior to the event. Each family should try to have a representative (preferably the family member who is working the hours) attend one of the meetings. They will be held at 7:00 upstairs at the SUMMIT.

Thursday Jan 6th- Invitational Set up which if all goes well provides our team members with an opportunity to train on the competitive equipment.

Friday January 7th we will be hosting an ELITE COMPULSORY QUALIFICATION with check in scheduled for 4:30. Depending on the number of entries we may or may not be able to train on FRIDAY. We will try but we have to wait until the final count is in. Hang Loose. In any case a Friday training session would be an IN and OUT quickie.

Saturday January 8th will be the set up for the boys portion of our Invitational. This will begin at 1:00 after our recreational classes have finished.

Sunday January 9th- Invitational Clean Up begins around 7:00 PM. All booster families must be represented (less all Invitational Chairs and Co-Chairs.) This is a must and members must sign in and sign out to fulfill this obligation.

FAN PAGE REMINDER

Twistars has a great communication tool called a Facebook Fan Page. We use this to send out information on various events and activities so it is a great way to stay up to speed with the happenings at Twistars.

Simply log on to our website at TwistarsUSA.com, and click on the icon that says BECOME A FRIEND OF TWISTARS.

Share with your friends TOO!