

# TWISTARS USA

## GYMNASTICS NEWS

### SUMMER 2010 OFF TO A GREAT START

#### TWISTARS SUMMER CAMP SETS THE STAGE

It is becoming apparent that we must be doing something right. This years enrollment at the Twistars USA Summer camp was staggering! It was a complete sell out. Our guests seemed to be buying into the idea of going to a camp that really stresses the importance of teaching and learning while having fun.

We had a fantastic staff on hand that featured several collegiate coaches representing WMU, MSU, and Northern Illinois, past and present national team coaches and some of the best coaches that Michigan/Region 5 has to offer. The theme of our camp this year was "Working Will Win When Wishing Won't" and hopefully that message will ring true throughout the summer training.

The goal of our camp is to kick off the summer with a bang. Getting new and fresh ideas, meeting new friends, and changing up the normal training

regiment always seems to be motivational.

We would like to thanks the Twistars members for their participation in this event and especially those that assisted with the set up and tear down of camp. Your efforts were desperately needed and very much appreciated. THANKS for pitching in.



#### REGION 5 ALL STAR TEAM NAMED

##### WILLIAMS AND HILL ARE NAMED TO THE 2010 SELECT TEAM

Congratulations are in order for 2 Twistars standouts as both Grace Williams and Anna Hill qualified for the prestigious 2010 Region 5 All Star Team.

This is an honor that recognizes the TOP 8 Junior Olympic (Level 10) athletes within our 5 state region using a specific criterion that includes averaging your best 4 performances of the year. This average scores is submitted and a rank established. Grace ranked 3rd and Anna 8th in this, what many consider the nations

toughest and talented laden region. This accomplishment is something that every 10 dreams of. WHY?

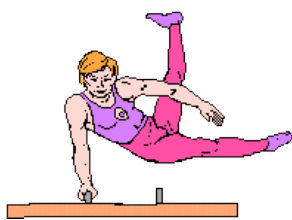
Qualifying to the All-Star Team is accompanied with an annual international assignment. This years assignment will be a trip to Ljubljana, Slovenia by way of Venice, Italy. The attending coaches and athletes will participate in a training camp/clinic in Ljubljana, Slovenia ( with some of our friends that visited us here at Twistars last summer) and then spend 2 days in Venice Italy for a little cultural exchange. The trip will take place September 21-28.

These 2 talented Twistars will also be guests of honor at the Region 5 Coaches Congress Awards Banquet in Chicago this coming September.

Hey Level 10s, set your sights on the All Star team for 2011. The reward is worth the effort!

##### CONGRATS GRACE AND ANNA





# BOYS REPORT

by Tom Buese

## The Next Step

The summer schedule is under way and in my eyes it marks another step towards making the Twistars Boy's Team a nationally recognized program. The higher level groups have started a much more demanding schedule than they have had in quite a while, with the groups doing 20 and 16 hours for Group 1 and 2, respectively. I would like to talk about the commitments that these changes requires from both the boys and their families in terms of making the next step on the way to upper level men's gymnastics.

Gymnastics is a sport that requires an extreme amount of coordination, body awareness, flexibility, power, and strength. In order to develop these physical characteristics, as well as many mental characteristics, a significant commitment is required. My expectation for each group is for them to compete a level higher than they did the previous season. This means that with Group 1 being the most advanced group, they will be competing in Levels 7-10 next season, while Group 2 will primarily be moving up to Level 6. The amount of hours I have assigned each group is consistent with the majority of top programs throughout the country (and in some cases is less than is required elsewhere). The talent level that is in the Twistars Boy's Team is as strong as anywhere else, and training the hours that they now have will help them reach their potential.

With that said, the boys are doing really well so far this summer. Camp went really well! The boys progressed tremendously, learning a ton of new skills and having a lot of fun. Camp coaches Jon and Ben enjoyed working with the boys, and we felt the entire camp was a success! It was a perfect way to pump the boys up for the summer.

# RIDDLE OF THE DAY

**I am sending this only to my smart friends. See if you can figure it out what these words have in common. HINT: don't settle for the easy answer!**

1. Banana
2. Dresser
3. Grammar
4. Potato
5. Revive
  
6. Uneven
7. Assess

**Are you peeking or have you already given up? Give it another try.....**

**Look at each word carefully. You'll kick yourself when you discover the answer. This is so cool.....**

## TEAM CAMPING TRIP

DO NOT MISS THIS!

Each year the booster club's special events committee organizes a team bonding experience in the form of a camping trip. This is a family event and all boys and girls team members are encouraged/invited to attend.

There is something about a camping trip that just works when it comes to creating new friends and a common bond.

This years event will take us 3 hours northeast to the shores of Lake Huron and the famous AuSable river and the small town of Oscoda. The address for your GPS is 3591 Forest Rd, Oscoda, Michigan, 48750. The phone number of the campgrounds is 989-739-5115. We will depart the gym at 12:00 on Thursday August 19 and return Sunday the 22nd.

We will be staying at a very nice KOA campground that is perfect for kids and adults of all ages. There is a good chance that a canoe trip will also be a part of the weekend agenda but if not you can still bet on plenty of campfires, card games, volleyball and more.

Your price of XXX includes your camp site for 3 nights and Breakfast, Lunch and Dinner on Friday and Saturday. Who knows you might even catch some of the coaches doubling as the CHEF DU JOUR.

Don't be shy, even if you are new to the club, this serves as a wonderful way to meet booster club members.

The first deadline has passed. ACT



## NEW FAMILIES WELCOME WAGON MEETING

*The in's and out's of the booster club operations inherently comes with a significant learning curve. In order to assist our new families with this educational process we annually host what is called a WELCOME WAGON MEETING designed to explain all the details. This is an important meeting for all new families, in that it helps eliminate the inevitable "I didn't know that" or the "nobody told me that" communication problems.*

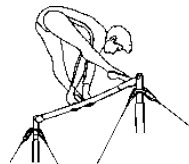
*This years Welcome Wagon will be held July 22nd at 5:00 PM. New families should make every attempt to attend this informative meeting.*

## GRIPS

*Progressing to grips is something that every gymnast looks forward to. This is a process that takes time however. Due to the expense and the time sacrifice that comes with putting grips on .... we do not encourage grip use prior to Level 6.*

*Once the time has come to get your first set of grips there are a few important reminders to be aware of. 1- Have a coach fit you for the proper size. Grips that are either too big or too small are very ineffective.*

*2- Most grips will have to have the width cut down so that the smaller hands can "feel the bar". One of your coaches will be more than happy to do this for you.*



*3- Be aware that although water on grips seems to be a trend, water on leather definitely shortens their life expectancy and will cause them to wear out sooner.*

*4- All Optional level athletes should have a spare pair broken in as grips always seem to fail/break/wear out at the worst possible moment. Having a spare set insures that you wont miss a beat during training or more importantly a major competition.*

*5- Twistars USA uses BUCKLE GRIPS and discourages VELCRO STRAPS. Velcro wears out quickly and these types of grips have been know to come undone .... again at the worst possible times. Buckles are the safest.*

## WELCOME NEW TEAM MEMBERS

*We are busting at the seams with talent at Twistars and the addition of our newest members insures that we will have talent for years to come. Welcome to the newest team members:*

*Level 4/5 Melissa Harvey, Liz Zunker, Natalie Helmuth, Adair Cutler, Paige Miller, Katie French, Kayla Sadler, Angelica Turrbiates, Natalie Hamp, Laura Harvey, Cacia Kaupp, Miranda Spees, Olivia Roragen, Ashley St John, Teresa Cichosz, Myah Kelly. Level 5- Avery Murry.*

*Welcome*

*Silver Stars- Amanda Croff, Mya Milliken, Makayla Alston, Sophia Lettau, Cheyenne Jones, Kiana Martens, Elizabeth Maurer, Karly Kim and Madison Dagen.*

*Boys- Noah Adams, Ethan Guthrie, Luke Huisken, Judah Pemble, Ryan Mefford, and Luke Lathrop.*





## CHARACTER IN SPORT

Sports is a metaphor for life. With proper guidance and example, Sports can deliver life altering lessons that can serve to enrich the character of all participants. Conversely, participation without the underlying base of true sportsmanship, can teach lessons that in turn pollute the minds of our youth.

I recently read an article from Dr Eddie O'Connor which emphasized the need for Character in Sport. I am in full agreement.

Hall of fame coach Marv Levy said "Ability without character will fail". This remarkable teacher understood the relationship between integrity, responsibility, sportsmanship and winning. I'd like to think our staff at Twistars USA uses gymnastics as a vehicle to deliver this message.

But we seem to be constantly bombarded with "bad examples" that send the wrong messages. LIKE: 1994 when Tonya Harding tried to eliminate her competition by having her attacked with a baseball bat. (Lesson- If you can't beat em.... "BEAT" em). 1997 When a beaten Mike Tyson tried to even the score in the boxing ring by chewing off his opponents ear. (Lesson- If you can't beat em.... eat em?). 2000- When it was discovered that 10 of the 12 Paralympic Basketball team for Spain WERE NOT disabled, of 2001 when it was uncovered that a dominating pitcher in the little league world series



was actually 2 years over the age limit. (Lesson- Cheating is ok as long as you win.)

And in our own sport of gymnastics where it was recently discovered that the 2000 Chinese Olympic team used members younger than the rules allowed. YES they were stripped of their Bronze Medal title 10 years later but the trickle down impact is still immeasurable. Australian national team coordinator Peggy Liddick commented on the impact on their national program saying that in the 2000 Sydney Olympics it was vitally important for the Australians to make a good showing at home. The actions of the Chinese cost the Australians from making the final round of competition and therefore a significant loss of television exposure and corporate sponsorship that could have propelled their program for years to follow. Instead they had to simply start over from scratch. The Chinese cheated on the world stage at the Olympic Games which are supposedly sacred ground for sportsmanship. I guess not.

## CHARACTER HELPS YOU WIN

Honesty, integrity and character in sports will help you win in life regardless of the results in competition.

Athletes should always remember to respect their chosen sport and its related intricacies. Performing athletic feats is not easy and should be admired.



Respecting this fact will motivate you to train with intention and thus create better results.

Athletes, coaches and parents should always remember to do the right thing. This in turn will gain unlimited trust and respect.

Obey the rules of the game and display ultimate sportsmanship regardless of the results of the game. One only needs to look to Armondo Galarraga's handling of the "bad call" that cost him one of baseball's most elusive and prestigious accomplishments ... "pitching the perfect game". As devastating as that call was on what would have been the final play of the game... he simply smiled and moved on. He offered zero criticism or belittlement of the umpire who obviously had made a human mistake. This was an example of pure sportsmanship and an act that forever places Armondo in the highest of classes of character.

Work hard for your accomplishments and refuse to succumb to the temptations of the easy road. Winning the wrong way undoubtedly lessons the feeling of accomplishment. Winning the right way fuels the self esteem. Protect your legacy and reputation by doing things the right way.

Remember - sports is a metaphor for life ... Do it right!