

# Twistars USA Gymnastics News

## THE STARS WERE SHINING

The stars have been shining. The Twistar Stars that is!

2009 Ranks as one of the most productive Twistars competitive seasons ever. 2002 set the standard with 18 national champions crowned. Thus far in 2009 we have 13 with the elite season still yet to come. Simply amazing!

The the Level 9 Eastern National Championships, Twistars USA ruled the roost. Twistars posted the most medalists, the individual event champions and the most All Around champions. If there were a club team competition at Easterns, Twistars would have placed first for the 2nd year in a row. In fact the Twistars team would have scored higher than any other REGIONAL TEAM in any age group.

All Around Champions included Anna Hill (37.725), Amy Al-Ashari (37.525) and Rachel Haines (37.725). Anna also captured 3 event titles (Bars, Beam and Floor), Rachel won beam while Amy placed 2nd on 3 events (vault, bars and floor). WOW!

Alexys Moore shushed the inner demon with national championship performances on bars (9.65) and Floor (9.425). The days of self-doubting her ability should be long gone.

Annie LaBrie solidified her claim to the best bar worker in the

country by defending her 2008 title with an impressive 9.7 in 2009. Back to back titles!

All 8 Twistars medalled on at least one event in Tupelo, Mississippi, the host for the 2009 championship competition. Elvis would be proud!

Senior Dena MacKenzie ended her gymnastics career by placing 3rd AA, 3rd Floor and 5th Beam. Not a bad swan song.

Both Lena Franck and Kelsea Fischer placed on bars (4th and 5th respectively) These 2 have progressed so much this year. CONGRATULATIONS TO ALL!

Level 10 Nationals were also very rewarding for the Twistars girls. The meet was hosted in the shadow of Mount Rainier in Puyalup Washington.

Earning headlines for the weekend was soon to be U of Kentucky WildCat, Caitlyn Ciokajlo. Cujo qualified for the USA Junior Olympic National Team by placing 3rd in the AA (just a pirouette away from a national champion). She also added to Kathryn's long list of national beam champions as she topped the field on that event.

Maya Ketner finished .025 from winning bars and .2 from qualifying to national team (now we know the importance of a

### Level 10s (continued)

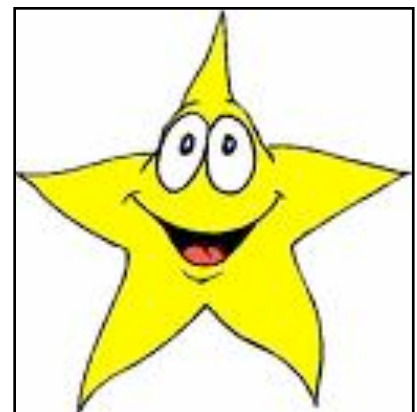
a tenth). "Mayo" had a great competition highlighted by her 2nd place bar and 11th AA finish)

Bri Hogan and Jodi Andrews showed no signs of "rookie jitters" as both went 4 for 4. Bri placed 10th on bars and Jodi 3rd on vault. Great job ladies.

Nicole Dayton just couldn't shake the nationals curse and was one routine short of qualifying to the national team. It just wasn't to be but Nicko did rock 3 events and placed 2nd on beam for her highest placement ever on that event at nationals.

In the N.I.T. competition attached to nationals, Maci Sump also went 4 for 4 and placed 5th AA proving that consistency pays off.

Well done Ladies!



**LEVEL 6 STATE CHAMPIONS**

The Twistars Level 6 team simply dominated the State Championships competition held at Oakland University on May 2-3.

Capturing the team title by nearly 2 full points is not an easy task in the “new and improved” Michigan gymnastics scene. Twistars outdistanced second place All American Flames 114.6-112.475. Splitz gymnastics was third with a 11.3.

With 6, count em, SIX All Around champions leading the way, Twistars Level 6s showed the depth of their talent.

AA Champions included Anna Dayton (37.6-First Bars), Emily Stong (38.475- first UB-B-FL), Olivia Dopkiss (37.424- first V-B-FL), Lucy Jones (37.775-first UB-B), Olivia Gosselin (37.00- first Beam), and Sarah Peltier (37.55-first UB-B).

Additional individual event state champions included Lauren Bancroft (V-9.65), Rachel Hogan (Bars-9.55), Chandler Kirinovic (Bars-9.45), Janet Kolk (Bars-9.6) Maddie Nagel (Beam 9.15) and Hayley Smith (Beam-9.3 and Floor 9.25).

Mamie Rodriguez placed 7th AA, Lauren Sanford-2nd V-4th AA, Cara Clarizio 2nd B-5th AA, Hailey French-3rd B-5th AA, Mariah Gleeson- 2nd B-4th AA, Rebekah Grant 3rd-B-5th AA, and Reed Anderson 3rd-V 7th AA.

This was a total team effort with 25 State Champions crowned during the competition. Outstanding job ladies!



**NUMBER 69**



Our 69th State Championship title was a special one and another first for Twistars. Although the Level 4 State Championship competition is only in it’s second season (L4 just started hosting

State Team Championship Meets in 2008) winning this years title was our FIRST at level 4.

This meet was a dog fight from start to finish. In fact it came down to our last competitor needing to pull a 9.25 to win... and she did it (thanks Amanda)! Twistars edged AA Flames by .15, 114.1-113.95.

State Champions included Lynea Darling (AA-38.025, V-UB-B), Alyssa Furney (AA-37.525, UB-

B) Alyssa Murphy (FL-9.525), and Chloe Knop (FL-9.325)

Also contributing to the state championship title were Emory Bond 2nd F-4th AA, Amanda Mealy 2nd B-5th AA, Samantha Uschuck 5th F-7th AA, Reanna Klein-5th UB, Tiger Jackson 8th FL, Cyndney McKeel-10th AA, and Delaney Kirinovi 11th AA.

Congratulations Ladies... looks like we need to start a new banner in the gym.



**LAST ONE DONE**

Our youngest daughter, the personality loaded social queen, McKyleigh Laurissa Joy Geddert has now graduated. We would like to extend an open invitation to the Twistar family to stop by her open house (doubling as a Twistars party) on Saturday June 6th from 3-?. We’d love to see you there.

FAIR WEATHER PARENTS

In running a national caliber program we get to experience all types of parents. I am delighted to say that most are delightful. I have the utmost respect for parents who are willing to work, sacrifice, contribute the world for their children. I understand the strains that are placed on the families time, energy and pocket books. I tip my hat to those so willing to provide.

Then along comes the fair weather parent. The one that lives vicariously through the efforts of their child. When all is good it is due to the athletes inherited genetic superiority and work ethic instilled by text book parenting. When things turn sour, sometimes overnight, it is most notably due to idiotic coaching mismanagement, lacking compassion and thoughtfulness. We have big shoulders here but there is only so much burden I will allow my staff, this program to bear.

I am confident that this staff always has the best interest of the KIDS at the forefront of all decisions. Sometimes these decisions don't line up with the those that the parent might prefer. Sorry, we are the professionals here.

The bottom line is that we would love for everyone to be happy with our coaching decisions. We really do want parents to be happy, but if it becomes clear that happiness in our program is only based on SUN SHINING DAYS, then those parents need to search for a place that delivers more sunshine.

We have recently pointed a parent in that direction.



HYDRATION



Hydration is extremely important, especially as the summer month approach. Athletes should bring their own water bottles to each practice.

The body is made up of 60% water with muscles and organs being 74% water. Water regulates body temperature, serves as a

lubricant and transport medium for delivering chemicals and nutrients throughout the body.

Dehydrated muscles can lose 10% of contractile strength and 8% of normal speed.

Cool water is the best for hydrating as it is absorbed the fastest. Caffeine is terrible so sodas should not be used.

If Flavor is a must... then chose a low calorie sports drink and dilute it with water.

It is a good idea to drink plenty of water before, during and after training.

Now although we want our athletes to use their water bottles as needed, we also do not want the gym to become the grave yard for abandoned containers. This inevitably becomes an issue. Athletes are asked to pick up their personal bottles after each practice. WE will not store them for you.

Additionally it is important that we do not SHARE water bottles as that is a common way to spread viruses and illnesses.

**DRINK UP!**

**HOUSING NEEDED**

Being popular comes with its share of the burden. Our status as a strong program has many seeking the secrets to success and thus they want to visit our gym.

This means we are looking for families that are willing to house some of our guests. Some are staying for a short time, and one for a full year.

First we need housing for some of our visiting guests for the Twistars Summer Camp. This pays \$90 per athlete housed. You would be responsible for housing on Monday, Tuesday and Wednesday nights of camp week. (seldom Sunday) and for transportation to and from the gym.

Secondly we have a unique opportunity to play host to a group of athletes from Slovenia. I met the coach in Belgium this past year. We are looking for housing for 2 weeks (August 18- Sept 2). Perhaps 2 families could split duties with one week each. They will have transportation and plans for weekend activities. We are trying to show them the REAL USA and want to keep their expenses to a minimum so their isn't any related compensation other than the cultural exchange and reward of helping out.

Finally we are looking for a home for an athlete that wants to come train at Twistars for the next

year. She is from Canada and has suffered the misfortune of an untimely injury that postponed her hopes a gaining a college scholarship. She has graduated High School and would like to take a few local college credits while she pursues gymnastics at Twistars. Room and Board compensation are available. She will have her own transportation if needed.

See John if interested in assisting with any of these special projects.



Our annual gym clean day is scheduled for Sunday June 14th from 11-6:00 ish.

We have a crew scheduled but as always the more help we have the more we can get done.

Gym Clean Day is basically used to undo the nastiness that is created by having such a large, and active competitive team. Maintaining a facility is not an easy task when you have the size team we have.

We will be mopping, disinfecting, dusting, painting, storing booster items, updating banners etc.

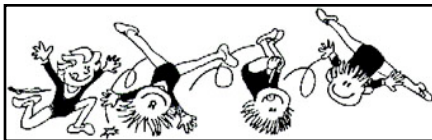
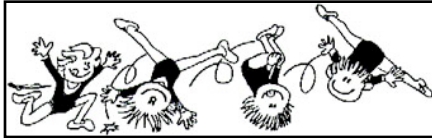
If you can spare the afternoon or event 2-3 hours, all help is appreciated and for a great cause (the keep John happy cause)



**LAST CALL FOR TWISTARS SUMMER CAMP**

Twistars Camp is as close to full as we can get. Every year we have a few Twistars team members that miss out on camp due to waiting to register. Pre-teams, Silverstars, Boys pre-team and level 4s.... if you want a spot... enroll now.

**LEVEL 5 STATE MEET RESULTS**



It seems our Level 5 squad ran into the SPLITZ GYMNASTICS buzz saw at this years state championship competition. We have to tip our hats to the better team. Congratulations SPLITZ!

I've always said there is nothing to hang your head about if you put forth your best effort and get beat. We did that and our coaches could not be prouder of our level 5 team. There has been tremendous progress this year and our 2nd place finish at state meet is the evidence.

Twistars did have its share of champions featuring Abby Mealy (1st AA, 37.525 and Bars), Jade Brwon (Bars), Taylor Stevens (Beam), Alex Parks (AA and Bars) and Erin Neely (AA, Bars and Beam), Jordyn Valley (AA and

Vault), Megan Dechatelets (Beam and Lydia Clarizio (Beam) Congrats to the Champions!

Also helping our 2nd place team finishes were Sam Loomis, ALexis VanDussen, Rachel Yee, Genevieve Sampson, Amanda Peterson, Sarah Stine, Wren Anderson, Kaleigh Grimes, Kelsea Anderson, Alexa Alacantha, Jori Jackard, Brooke Hylek, Amanda Motts, Lane Valley, Tristan Brown, Payton Young, and MyCah McNamara. We are proud of you all!

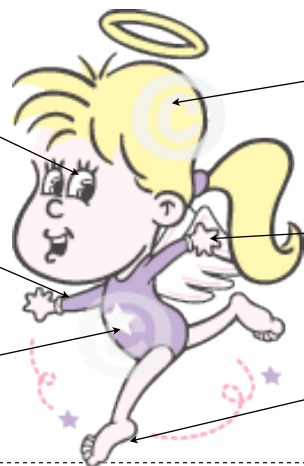
**RUNNER UP STATE CHAMPS TWISTARS LEVEL 5**

**BOYS KNOW YOUR GYMNAST**

Eyes- we know what we see and can spot a phony from a mile away.

Arms- Unless you too participate in gymnastics, we are more than likely stronger than you pound for pound. SO watch it!

Stomach- or GUTS. We got em...you try flipping on a 4 inch beam. NOT!



Brain- we think with ours and it is as sharp as a tack, fearless, focused, and determined.

Hands- You really don't want to hold them... the calluses could cut through steel

Feet- With our leg conditioning program at Twistars you really don't want to be kicked with these... OUCH!

**THANK YOU**

**THANKS TO THE VOLUNTEERS**

Special thanks to the outgoing Booster Club Board for their efforts in continuing the legacy of excellence that our Booster Club has become know for. Thanks Rita Wieber-Pres., Wade Cutler-V.P., Kristin Moore-treasurer, Michelle Bass-Secretary, Candice Rodriguez-Fundraising, Annalie Hogan-Special events, Christy Lemke-travel, Michelle Hill-membership and Melissa Gilson- publicity. Your efforts are/were appreciated greatly.



**HODGE PODGE  
BANQUET**

Final plans are being made for our annual awards banquet and Senior recognition. Don't miss this night of memories as we pay tribute to our deserving boys and girls team as well as our three graduating seniors.

Friday June 12th is the date. The East Lansing Marriott is the place. 5:30 is the time. This is traditionally a dress up affair so no jeans, t-shirts etc. Lets look sharp!

**CONFERENCES**

It is that time of year again where parents can sign up for conferences with members of our competitive team staff. Each group has been assigned to a certain staff member. Parents can find the sign up sheets posted on the Booster Club bulletin board.

Conferences are designed so parents can address concerns, ask questions about the training plan and obtain feedback on how their daughter is doing.

Meeting times are limited to 15-20 minutes per and we asked that all parents come unarmed (we have metal detectors at the door).

**JUNE REMINDER**

I wanted to remind everyone (due to the annual buzz) that we are fully aware that June only has 2 full weeks of scheduled training. This is done by design where the cost for the year takes into consideration that our gym is closed for team training for the last 2 weeks of June (camp weeks). The cost of the program is then spread out over the 12 months so that each month tuition is the same.

**SUMMER GROUPS**

The Summer groups are just about final. The good news is that most of the compulsory level groups had little change or shifting of athletes. This of course causes the least "parent melt down syndrome."

The Bad news is that we can only fit so many groups in the AM. We have had numerous requests to train the the morning but are unable to accommodate them all. The combination of low attrition (a good thing), new incoming optional level athletes, and staff responsibility have all contributed to the final schedule decisions.

**JUNE WEDDING**

June 13th marks the end of one chapter of life and the beginning of another. Twistars former gymnast and current team/pre-team and recreational coach Jeni Stout will walk down the isle as the Bride to be.

Due to her future husbands work, and the location of their new house in Kalamazoo, Jeni will no longer be working here at Twistars. We want to thank her for her dedicated and professional work and wish her the best with her new phase of life.

**WELCOME**

I am sure most of you have noticed or heard about the influx of new team members. Life is good at Twistars!

Please join me in welcoming our newest members. Take the time to introduce yourselves and offer mentorship where needed. We want everyone to feel comfortable in this phase of transition.

Welcome Erin Frier (L10), Shelby MacDonald (L10), Rachel Haines (L9), Bridget Symborski (L9), Bailey Pickle (L8), Bri Higgins (L8), Maddie McCullum (L8), Nia Southall (L7), Erin Neely (L5), and Alyse Jendritz (L4). Thank you for allowing Twistars to assist your child with their goals and aspirations.

**Calendar**

**June 12**

Team Recognition Awards Banquet

**June 13**

AM training starts at 10:00

**June 14**

Gym Clean Day 11-6:00

**June 22-25**

Week 1 Twistars Camp

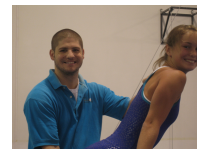
**June 29-July 2**

Week 2 Twistars Camp

**July 6**

Summer Session Begins

**STAFF TID BITS**



Daniel McCarty

Proud owner of newly purchased home in Lansing. Master of comedic coaching while pursuing excellence. Loves fishing and outdoors.



Nancy Moore

Commutes from Bay City to contribute to our program. Has extensive dance background and shopping experience. Mother of one (Alexys) or two if you count Bruce (husband).