

TWISTARS USA

GYMNASTICS NEWS

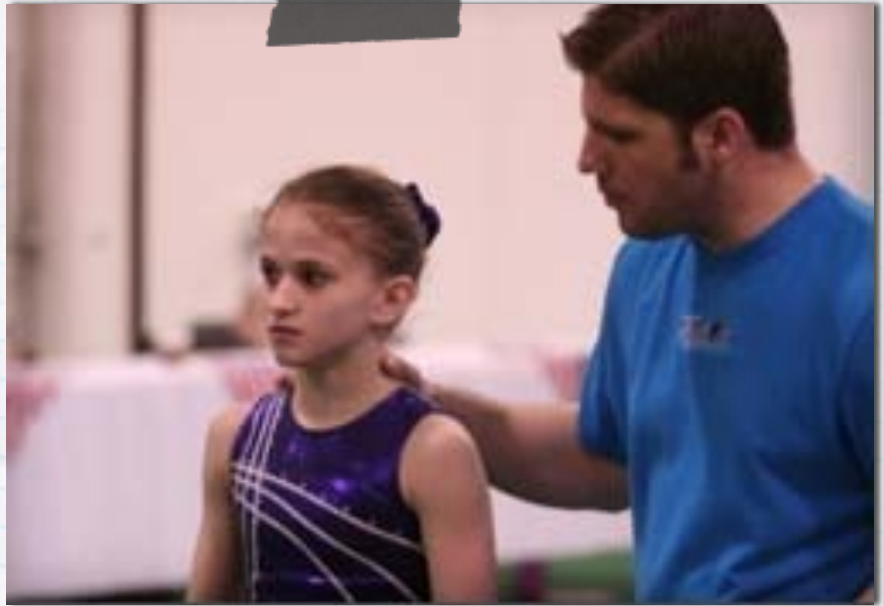
SUMMER TRAINING

Summer training is often the favorite time of the year for athletes and coaches. Absent of the pressures of school and pursuing competitive readiness, the training process takes on a different personality. This is not to say that summer training is taken lightly. In fact some of the most substantial bursts of improvement are attained during the sunshine months.

The only anxiety producing aspect of summer training has to deal with group assignments. Hopefully everyone understands they cant be in Jordyn's group, and that we always try to arrange groups with the best interest of all (the athlete, the team, the program in mind. Trust!)

SUMMER SCHEDULE

Normally we produce the summer groups and schedule after the second week of camp (released as I board a plane to Vegas and turn off my phone). We will release it earlier this year at risk of health and happiness. Stay tuned!



CONFERENCES

It is that time of year again for parents to sign up for conferences. Please look for your groups sign up sheet located on the booster club board. These sessions are generally 15-20 minutes long and designed to review the past season and set goals for the upcoming year. Parents can address concerns or

get feedback and answers to questions. We assign a staff member to a certain group. Staff will discuss the apparent strengths and weaknesses as related to the basics, competition results, level goals for next year, training attitude etc. Sign up sheets will be available starting June 6.



LEVEL 9 NATIONAL BAR CHAMP

CASSIE ROBINSON



LEVEL 9 NATIONAL FLOOR CHAMP

CICI TALCOTT



LEVEL 9 EASTERN NATIONAL QUALIFIERS

KACEY OVERLUND AND CICI TALCOTT

SUMMER CAMP - COLLEGE RECRUITS



LUCY JONES- Level 8
...

CAMP CLARIFICATION NEEDED

There seems to be a need to clarify or even establish some guidelines regarding our Twistars Summer Camp.

Our Camp is very popular. It has an extensive waiting list of aspiring athletes looking to advance their skill level in preparation for the next competitive season. We want to make every effort to cater to their needs.

At the risk of being misunderstood, we need to keep our summer camp packed with kids with future gymnastics aspirations. We do not want it to be viewed as a culminating activity for a career. With this being said IF athletes have zero intention of continuing in our program (have submitted a 30 day notice) then they would in turn forfeit their camp spot to someone on the waiting list. IF

Camp is not full then of course this would not be an issue.

Now some would debate that camp is something they have paid for when in actuality (as with all booster club related benefits) camp is simply something that booster will fund IF the athlete meets the criterion for participation. We attend several camps per year and not every athlete is entitled to attend based on criterion. The criterion for our Summer Camp is a pledge to use the benefits of camp as you continue to pursue your gymnastics goals at Twistars.

COLLEGE RECRUITABLES

In an attempt to inform and provide as much exposure as possible we would like to conduct a brief orientation meeting for all college bound Freshman, Sophomores and Juniors.

John will explain the preparation steps for marketing yourself while Kristin Moore will explain how to use our College Recruits website benefit. Sam Buchalter (former MSU Assistant Coach) will also be on hand to explain the process.

The meeting will take place Monday June 13 at 7:00 at the Summit.

2012 BOOSTER CLUB BOARD

Wade Cutler- President

Margi Dayton- Vice Pres.

Kristin Moore- Treasurer

Candice Rodriguez- Fundrasing

PJ Panessidi Special Events

Jen Pickel- Travel

Christine Stine- Membership

Nneka Brown- Secretary

Jeff Bigelow- Publicity

FROM THE EDITOR

As another competitive season comes to a close, so does the duties of our 2011 booster club board. I would like to take this opportunity to thank each and every board member for their undying support and effort in making our club one of the finest anywhere. The good news is that many of our board members have signed on for another term! Volunteers are a rare breed these days so we are so very fortunate to have such an able cast of givers. Thanks for all you do, your efforts are certainly appreciated.

ITS ALL ABOUT THE ATTITUDE

On my way home the other day I decided to stop by the local ball field and watch a little league game. It wasn't long before the memories started flooding in of the days

when I too stole bases, made diving catches, and delivered game winning hits in the clutch.

As I awoke from my day dream I noticed a little tike sitting on the end of the bench. His team was in the field. I asked what the score was.

"We are behind 14 to nothing," he answered with a smile from ear to ear.

"Really," I said, "You don't seem to be discouraged."

"Discouraged? he said. "Not in the least.!" He had a puzzled look on his face. "Why would we be discouraged?" We haven't even been to bat yet.

IT IS ALL ABOUT THE ATTITUDE

LEVEL 9 EASTERN NATIONALS

In keeping pace with the standards set for an incredible year at all competitive levels, our level 9s did their job representing with class and style at the Eastern National Championships held in May.

This years event was held in history and culture rich Boston. Our 7 Eastern National Qualifiers took the stage with the intention of delivering results.

In the Junior 1 age group Lauren Bancroft placed a mere .2 from the top spot placing 3rd AA, and 4th on V-UB. Carly Preston won the Jr 2 Uneven Bar Title while placing 6th AA and 9th on V-FL. Makayla Trush was feeling a little under the weather but rocked a new layout vault and placed 3rd on that event with a 9.475.

In the Sr 4 Age group Cassie Robinson earned our second National



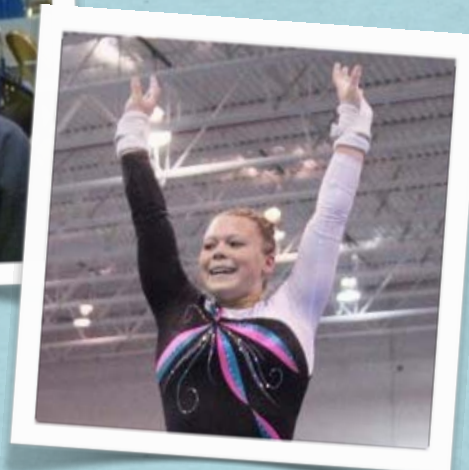
Kacey Overlund provided great leadership for our small yet efficient and productive level 9 team this year

Bar Title scoring a huge 9.6 and placed 4th AA.

Sr 7, Kacey Overlund put together a great performance placing 5th AA including 4th V and 6th Floor placings.

In the Sr 8 Age group Cici Talcott redeemed her regional performance

* Lauren Bancroft (Photo) and Carly Preston are talented Level 9s and destined for future greatness.



with a national championship title on Floor (9.4), 2nd-V, 5th UB and 4th place AA finish While teammate Kim Wilson won our 3rd National Bar Championship for the weekend (9.6).

What a great way to end a fantastic season. Great job Level 9s!

COACH OF THE YEAR

The Michigan USAG board has implemented a new system for determining the coaches of the year. Clubs earn points based on their state meet performances and then rank ordered. The top clubs are then granted the opportunity to nominate 2 coaches for compulsory and 2 for optional. Our choices to represent our outstanding staff were Daniel and Nanci and Carrie and Kristin.

At the time of this publication we have advanced knowledge that Nanci



was voted one of the coaches of the year.

We couldn't have a better representative. Congrats Nanci

2011 Team

State Team Titles	8
Regional Qualifiers	35
Regional AA Champions	6
Eastern Nationals	7
J.O. Nationals	14
Proud Coaches	25

ABOUT ME



NAME Olivia Dopkiss

AGE 13

LEVEL 8

ACCOMPLISHMENTS

Level 8 State and Regional AA Champion. Level 8 Regional Champion on Vault, Beam and Floor.

FAVORITES Going over on cast handstands, Car Pools, and anything that has to do with Hamstrings.

FACTS I have 2 sisters and one brother. I got a late start in gymnastics starting at age 10.

BIRTHDAY- 5/5/98

Poll Results

THE SURVEY SAYS
GYMNASTS

Love their coaches	99%
Rather dip than read	87%
Flip for Friends	68%
Eat Healthy	75%
Like Justin Dweeber	2%

SOMETIMES WE GET IT RIGHT

A RECENT LETTER FROM A PARENT CAPTURES OUR GOAL AS A COACHING STAFF PERFECTLY.

I just wanted to tell you all a big "THANK YOU!" for helping my daughter prepare mentally for states! When I emailed you a few weeks ago, her mindset had completely focused on what could go wrong and she was stressing. I had no idea how to help her, so I turned to the coaching staff. She begged me to stay as much as possible those last couple of weeks and watch her practice and I am so glad I did, because I got to see what amazing coaches she has. Though practices are always serious and hard work is expected (as it should be), I watched you all encouraging her and motivating her with smiles, jokes, high-fives, praise, and just plain love. There were times that I wanted to just grab all of you and hug YOU for how you were taking care of her. She soaked in your enthusiasm and your confidence and had her best state meet ever - performing at high caliber and enjoying her meet. It won't surprise you, I'm sure, that *she* isn't totally satisfied with her results and said that she didn't meet her *own* goal for states, LOL, but she was pleased with the end result and it was such a big difference from the previous two years! You relaxed her while keeping her motivated and determined and it made all the difference. She worked harder than it even seemed possible, but stayed positive! Please know that your care for her is never unnoticed or unappreciated!

I know that the coaching



staff at times walked around with targets on their backs, and it must be so discouraging to hear criticism after criticism. It can be easy to forget the 95% of the gym that ISN'T blasting you, when the 5% that is soooooo vocal. Well, I'm going to be vocal and tell you that you have MADE A DIFFERENCE for my daughter and their state championship team. She hadn't performed up to her ability in a state meet, yet, because she would psych herself out. You changed that. Many scores went from middle of the pack to hanging with the big dogs - and beating them! Some went up a full 2 points from the beginning of the year to the end! Some have gone from shy, and lacking inner belief to confident top all-around performers. And those are just the few examples I'm taking off the top of my head. Be proud of your gymnasts and your coaching and the care and love you show these kids.

Check out the photo from the state meet that I'm attaching. You can't have kids doing this before their first rotation at the most important meet of the year if the coaches are "killing" kids and "don't care," as some have spouted. These girls are having a silly, happy moment in the middle of the most important meet of the year.

! You must be doing *something* right! LOL! :)

ABOUT ME



NAME: Anna Dayton

AGE:- 12

LEVEL- 8

BIRTHDAY- 6/21/99

ACCOMPLISHMENT

Level 8 State and Regional AA Champion. Level 8 Bar and Floor Champion

GRADUATION- 2017

FAVORITE THINGS-

Hugs from John, posing for my Moms picture obsession, long quiet drives to Lansing and casts.

FACT:

I am former Twistars Standout and current Stanford gymnast Nicole Dayton and Boys Level 10 National Qualifier Ryan Dayton's little sister.

GREAT EIGHTS!

TWISTARS LEVEL 8 TURNED IN STELLAR PERFORMANCES AT REGIONALS

The culminating meet. The advantage of performing in front of a home crowd in a familiar setting. Sleeping in your own bed without the obligation to travel to the distant corners of the region. No excuses now!

Our Level 8s didn't need excuses as they ended their spectacular season in similar fashion. Twistars USA hosted the event so protecting the home turf would be added motivation. AND protect it they did!

In the JrB age group Anna Dayton rocked the house while winning the AA(37.825) Bars (9.75) and Floor (9.55) to cap off a great year.

Jr C, Emily Stong had a problem on vault which cost her the AA title BUT rebounded like a champ to win F1(9.525) and place 2nd on Bars (9.6). Mistakes happen but to pick yourself up and finish strong is very commendable.

Olivia Dopkiss turned in the weekends highest AA score(38.125) as she dominated the Jr D age group. She also won V (9.55)-B (9.6)-FL (9.475) and placed 3rd on UB (9.5) to put an exclamation point on her performance.

Lucy Jones placed 2nd AA (37.025) while capturing the F1 title (9.5) and adding a 2nd on UB and 4th on Beam in the Sr A age group. Teammate Olivia Gosselin placed 6th on F1 with a 9.4.

Janet Kolk also earned a silver AA medal (37.5) in the Sr B age division while earning gold on UB (9.675) and adding a 3rd on B and 7th on FL.

Sr C, Emily Jewell placed 6th AA (36.85), 2nd on B (9.475) and 4th on F1 (9.4). Jr A Hannah Kinzler placed 2nd F1 (9.45) and 4th B (9.5) to finish out the results.

Great Job Level 8s.... now it is onward and upward!



LEVEL 8 REGIONAL AA CHAMPS
OLIVIA DOPKISS AND ANNA DAYTON

NEW FLOOR

We have the opportunity to get a new floor but we need help installing it. Saturday June 18th is the day. This will also serve as Camp Preparation day and we could use as much help as possible. THANKS!

LEVEL 8 NUMBERS

NUMBER OF
QUALIFIERS

8

NUMBER OF
CHAMPIONS

10

NUMBER OF
NERVOUS PARENTS

16

BOYS REPORT

by Tom Buese



BOYS TEAM READY TO STEP IT UP

The 2010-11 competition season is officially over! It was a great year, starting with Future Stars in the fall and finishing up with JO Nationals in Long Beach just a few weeks ago. Just to list a few of the many accomplishments and highlights from the season...

- The first Future Stars National qualifier for Twistars, Jake Moore
- A Level 10 JO Nationals qualifier, Ryan Dayton
- 3rd Place Level 6 State Team
- A nearly undefeated season for Jake Moore
- A state event title on every event between all of the level 7's

- The Level 5 team increased their team score at every competition
- Successful showing at the travel trip in Florida

Of course there were many individual successes and accomplishments to go along with these, that made this an exciting and fun year.

Now we get to look forward to a productive summer. As with every summer, the training will be focused on new skills, strength, and flexibility. JO Nationals was a huge eye opener and motivator to bring these boys up to the top gymnasts of the country. The summer program will be very demanding, which will get the boys excited about learning new skills and accomplishing their goals. Be sure to check out the boy's bulletin board to see all of the new skills, they're learning. The Boy's Team is very excited to get in the gym and work hard to make next season even better than this one!

The Boy's Team and Developmental Tryouts will be held this Sunday, June 6th from 2-4pm. This is the first year since I've been here that we've had this many boys ready to move towards the team program, which shows it's moving in the right direction. I look forward to seeing new, talented groups of boys in our team and developmental programs.

RECORD HOLDERS

AA Level 5- Sam Parks-85.1

FX- Luke Huisken- 14.4

PH- Luke Lathrop-14.4

SR- Luke Huisken-14.8

V- Luke Lathrop- 14.7

PB- Ryan Mefford- 15.1

HB- Sam Parks - 14.6

AA Level 6- Dylan Weiss-87

FX- Doug Dean-14.5

PH- Dylan Weiss- 14.7

SR- Doug Dean- 15.1

V- Rob Wilson- 15.0

PB- Dylan Weiss- 14.9-

HB- Josh Moore- D. Dean- 15.3

AA Level 7- Jake Moore-90.7

FX- Jake Moore-15.2

PH- Jake Moore- 15.55

SR- Jacob Moore- 15.6

V- BIG Jake- 15.1

PB- The Jakester- 15.2

HB- King Jake- 15.2

IT'S ALL ABOUT THE ATTITUDE

Whenever you get a little disappointed with your spot in life, consider this story.

My son Blaize was trying out for a part in the school play and had his heart set on being selected. I of

course, had my doubts and feared that his little heart would be broken.

On the day the the parts were awarded Blaize rushed home bursting with pride and eyes shining with excitement.

"So you made it?" I asked.

YES! He couldn't contain his enthusiasm. "I was chosen to clap and cheer!" "They said it was an important role!"

IT'S ALL ABOUT THE ATTITUDE