

WHERE CHAMPIONS EXCEL

TWISTARS GYMNASTICS NEWS

MAY 2009

LEVEL 9-10 REGIONAL
CHAMPIONSHIPS
Indianapolis, Indiana
April 2008

ONWARD TO
SEATTLE

ONWARD TO
TUPELO

REGIONAL RESULTS

Level 9 and 10 Regional Championships is an annual roller coaster ride for the emotions. The exhilarating highs of success and the excruciating pains of not fulfilling expectations. Some rise to the occasion and some succumb to the voice of doubt. In either case we learn and grow.

Fortunately good training prevails more often than not and the results from this years 2009 Regional Championships are proof positive.

5 Twistars Level 10s and 8 level 9s advanced to the national championships to be held in Seattle, Washington and Tupelo, Mississippi respectively. 3 others finished as alternates (Rachel Cutler, Brittany Holmes and Maci Sump).

Maya Ketner showed the nation that University of Pittsburgh knows how to pick em as she posted a career high all around performance one week post receiving her full ride scholarship offer. This was good enough to claim the AA title as regional champ.

Senior and soon to be Stanford Cardinal Nicole Dayton continued her productive path by placing 2nd AA and winning Vault and Bars. Nicko appears to be determined to finish her Twistar career on the best of notes and no one has earned that more.

New level 10s, Bri Hogan and Jodi Andrews accepted the challenge and placed 4th in their respective age groups. These 2 have worked so hard and come so far this year. It is great to see their efforts rewarded. It is inspiring to see such desire and determination.

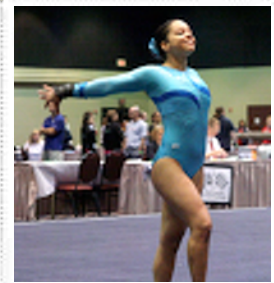
Caitlyn Ciokajlo provided all the drama one meet can handle but pulled out her national qualification with a masterful performance when in was absolutely needed most (9.65 on her last event). Cujo placed 5th AA and won floor and is looking forward to capping her year with a 4 for 4 outing in Seattle.



First year level 10 Jodi Andrews



Bri Hogan



All Around Champ Maya Ketner





Level 9 Kelsea Fischer and Level 10 Caitlyn Ciokajlo



Bri Hogan on Bars

Speaking of Drama but with the wrong result both Brittany Holmes (our most consistent level 10 this season) and Maci Sump had mishaps that they just couldn't recover from. Maci missed qualifying by just one tenth of a point and finished as the 2nd alternate. Her 2 steps out of bounds proved to be the difference. We now know how important .1 is. Brittany could have easily qualified even with one fall... but she had 2 and missed by .3. That one hurt as we had high hopes for Britts chances of making national team this year. This just goes to show that qualifying to nationals is never a given. Some of the best gymnasts ever to graduate Twistars have had their run ins the "THE BAD DAY"... just ask Nicole Dayton or Elizabeth Mahlich.

The injury bug simply didn't allow enough recovery time for Kristen Siedowski and although she put forth a gallant effort, it just was not in the cards for this year. Kristen will certainly reload and be back in full force for 2010.

The Level 9 portion of the competition reaped great results for Twistars featuring no less than 4 AA Champions. Earning champion titles were Amy Al-Ashari (37.6), Anna Hill (37.55), Alexis Moore (36.125), and newly acquired Rachel Haines (37.075). In addition to these 3, teammates Kelsea Fischer (36.7- 2nd) Lena Franck (36.875-3rd), Dena MacKenzie (35.65(4th) and Annie LaBrie (36.875-4th) all advanced to the Eastern National Championships to be held in the birthplace of ELVIS, Tupelo, Mississippi.

Event champions included Anna Hill on bars (9.525) and beam (9.4), Rachel Haines on Beam (9.275) and Floor (9.5), Annie LaBrie on Bars (9.725), Alexis Moore on Bars (9.5) and Floor (9.4) and Dena MacKenzie on Beam (9.2).

Periodic bouts of dealing with shoulder and ankle problems limited the training time this year for Kacey Overlund (35.675). She did a fantastic job at regionals, going 4 for 4 but just didn't have enough fire power to crack the top 6 qualifying spots. Next year will be a different story for "STEEL KACE".

Uncharacteristically Bailey Lorence (35.375) and Rachel Cutler (35.7) met with disaster on bars and missed qualifying but I am quite sure you wont see that happen again. Rachel did scrap her way into the first alternate position .1 away from qualifying BUT Sometimes that stars just don't align. We live, we learn and we grow from all experiences ... good and bad.

All in all we are very pleased with the efforts and results. These young ladies have trained very hard for the opportunity to compete in the culminating event of the year. It is an honor and privilege to represent your state, region and club at nationals and our girls will do so with class and dignity. Congratulations to the qualifiers and hugs to the non. We are proud of all of you.

WE LIVE WE
LEARN WE
GROW FROM
ALL
EXPERIENCES
.... GOOD AND
BAD.

Level 8 Regionals

The Twistars USA Level 8 squad represented well at the Regional Championships held in Findley, Ohio this past weekend. We are all very proud of how they performed.

Leading the way was Kristen Morgan (2nd AA with a 37.675) who placed 2nd on bars (9.575), and 5th on floor (9.35). Kristen will be leaving Twistars soon as her family relocated in the Chicago area. We want to wish her the best of luck and hope to see her at future gymnastics meets.

Arlyn Amor showed her true form placing 2nd in the AA with a 37.425. Arlyn won bars (9.55) and placed 3rd and 4th respectively on beam and floor.

Little Sammie Daniels wowed the competition with a 37.425 career best AA performance that included a pair of 5th place (9.5) finishes on Bars and Vault. Dynamite comes in small packages... and Sammie was D-Y-N-O-M-I-T-E at regionals.

Team leader Maddie Bonofiglio posted a 36.825 while being crowned regional bar champ (9.475). She also placed 2nd on Floor (9.35).

Cassidy Robinson also turned in a great AA performance (36.6) and placed 2nd on bars. Cassidy has progressed tremendously this season and that is a tribute to her never relentless work ethic.

Makayla Thrush is another level 8 that has really made great strides this season. She scored a 36.225 in the AA and had it not been for a whoops on beam, her ranking would have been significantly higher.

Last but not least was Kaylee McDowell who could only compete in 3 events due to coming fresh off of a small foot fracture. Kaylee placed on those 3 events, finishing 5th on floor and 8th on bars.

It is always nice to end the competitive season on a positive note. Great job ladies and congratulations on a fantastic regional showing. You made Twistars proud.

PRE TEAM REPORT by Kristin Lolli

The pre-teams just recently competed at the Flower Power Invitational in Portage and brought home lots of blue and red ribbons. The girls really enjoy the competition and showing their stuff off to family and friends. The girls, coaches, and parents have noticed major improvements in the last few weeks and continue to watch them develop. There are a few weeks until their next meet so the girls have been working on skills needed for testing and seem to enjoy the change. They have also been working hard toward fulfilling their goals and earning their pre-team game reward (date

will be determined soon). Most of them have figured out that it is possible to do straight-legged leg-lifts... It's amazing what a little bribing will do!

Dates to remember:

BRAVO – at Twistars, May 16th & 17th

Pre-team State Meet – at Eastern Michigan University, May 30th & 31st

Testing Date Change- June 7- 2:00 at the Summit



Maccenas pulsanor sagittis eam.

Maddie and Cassie and the Michigan Team



IMPORTANT NEWS

HODGE PODGE INFORMATION- IMPORTANT DATES AND REMINDERS.

1- Twistars Summer Camp- Team members that want to attend a 2nd week may do so (remember your first week is paid for by booster club). Space is limited however so register soon to secure your spot.

2- Boys Pre Team members- We have a special guest coach who will be our master clinician during camp week. Register now for camp as it will be a great experience for all boys.

3- Pre Team/Team Testing DATE CHANGE- Due to open houses (my daughters) and weddings (Coach Jeni) we have had to change the date for testing. Testing will take place on June 7 at 2:00 at the Summit. The cost for testing is \$30 of \$15 will be deducted from your December tuition. The fee is to insure genuine interest in obtaining a team or pre team spot.

4- Pre Team Parent Orientation Meetings- For those families interested in advancing to Team, or Pre Team we have scheduled a special orientation meeting to explain the programs and answer all questions. The meeting dates are Wednesday and Thursday May 27/28 at 7:00 at the Summit. It is vitally important that parents attend one of these meetings prior to testing.

5- Team Awards Banquet will be held Friday June 12 at the East Lansing Marriott. The event will begin at 5:30. Gymnasts are covered by boosters club. All Team members are invited to this celebration. Look for further information in your mailboxes in the coming weeks.

6- Thanks to the board. A new board will soon be elected so I'd like to take the chance to thank this year's volunteers for stepping up and putting forth effort to do good things for kids and Twistars. Thanks to all.

BOYS REPORT ... TOM BUESE

With the new practice schedule starting May 1st, the boys team is officially entering a new phase! There are now three workout groups, an additional practice day for the Pre-Team, and a higher level of skills are being performed. In addition to Luke Huisken, Logan Page, and Jacob Yost, the boys team would also like to welcome Ethan Guthrie, Braeden Emery, and Brant Blasko to the Pre-Team and Twistars' first optional gymnast in years, Ryan Dayton. Ryan is a very balanced all around gymnast, who especially excels on vault and parallel bars. It's exciting to have a high level gymnast who can show the younger boys what they can accomplish with focus and hard work.

The boys have started a more intense strength regiment since the season ended that includes a parallel bar focused list at the beginning and a tough general list at the end of their workout. In just the few weeks that it has been in place, the boys have all shown noticeable increases in their strength. These new levels of strength will be valuable as they try to reach their goals of reaching the next level for the next competitive season. With a productive summer, the boys will have teams for levels 4 to 9!

Overall, the new athletes and the new changes to the schedule bode well for the future of the program!

Some other highlights from practice the past month...

Jake Moore set a new gym record of 202 circles on mushroom.

Josh Moore learned a moy to upper arm on p-bars and can now do every skill in the level 6 routine.

Doug Dean made a muscle up on rings.

Jake Proper learned a back flip on tramp.

The older boys are starting to learn giants on high bar.



ITS NOT OVER YET

Often times after a major accomplishment there is an accompanied relaxation. "YES, I made it!" Last years nationals was a perfect example. We as a coaching staff placed such great emphasis on the act of qualifying to nationals that we forgot to shift the focus going into the championship event. Not this year!

Qualifying is great, receiving the rewards, the apparel, the praise is wonderful but nothing can compare to achieving goals at nationals.

We have the talent to walk away with bountiful hardware, national titles and national team spots. The task now is to a) focus on the challenge ahead and b) to believe in the fact that our talent will prevail provided we don't let "ourselves" get in the way.

We have a couple battles cries to bellow over the remaining weeks of the season. "4 for 4" is the most simplistic. Hitting 4 events in the manner in which you train on a daily basis will inevitably deliver the desired results. If regionals taught us anything it was that "hit your routines and you go to nationals". Well hit your routines at nationals and you will be satisfied at days end.

Another is "Any time, anywhere, on any event, in any state, under any circumstance, whenever it is needed" ... we will deliver. Let nothing block the path to our "shining moment".

We know now that this season IS NOT OVER YET!



SWEET REDEMPTION FOR 8s

I love perseverance and heart. I admire it even more when it comes on the heels of adversity. That is how you gauge true character.

It would be an understatement to say our level 8 state meet disappointment has to rank as one of the biggest ever. After a forgettable team performance there are some that might want to hide until forgotten it was. Not our level 8s and not our coaching staff.

Some may think that threatening to take regionals away from these little girls was bordering on cruel and unusual punishment for our level 8s. I beg to differ. If athletes are lacking in confidence, fearful of failure or display the inability to control emotions and competitive anxiety there simply isn't

any reason to be competing. Training is the answer. So when we told our 8s they very well might not compete at the regional championships it was not an idle threat but moreover a call to duty and thus set the stage for a great life lesson.

Needless to say they responded with flying colors. It seems they too were disappointed with their lack luster state meet performance as a team. They rocked at regionals. A team with very few hit routines at state meet, became a polished machine at regionals. This was an incredible turn around and one that coaches, athletes and parents alike should be proud of. They didn't quit! Instead they dug deep to find a new level of confidence and pride.

I love perseverance. Great job level 8s!

True character can be gauged by how people respond to adversity.

Our level 8s not only responded by triumphantly displaying their true fabric.