

TWISTARS USA GYMNASTICS NEWS

RESPECT JAPAN

Hang a sign on the door to my life that says *respect has been earned and returned* and I will move on content that life has been successful. An appreciation for respect has to form the backbone of honesty, integrity, and any personal relationship worth having. Respect is the core of morality.

5 Twistars program members (Myself, Nicole Dayton, Elizabeth Mahlich,, Kameran Moore and Kristin Moore) along with the REGIONAL ALL STAR TEAM recently traveled to Japan for one of our most enjoyable and enlightening cultural experiences ever. One of the most fascinating and attractive aspects of this trip was the significance that RESPECT plays in the Japanese culture. It was uplifting and inspiring. Respect for adults, authority, effort and ability. Respect for elders, nature, religion and effort. Respect for people by people.

We all know that we put on our best faces when entertaining guests. BUT this was more than that. This wasn't just people putting on a good show for the visitors from afar. We experienced first hand a culture built on an appre-

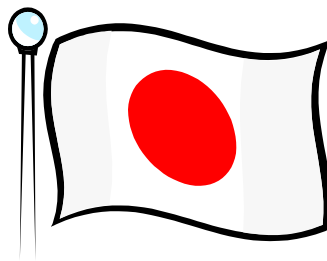
ciation for respect. I am hoping that this wasn't lost in translation or between the sightseeing and shopping excursions. I am hoping our athletes noticed and paid attention as few lessons from this trip could be more rewarding. Respect is everything.

Our hosts were gracious and more than just accommodating. They were relentless in their pursuit to provide an experience that none of us could soon forget. The region 5 delegation received red carpet treatment thanks to the organization and effort of Masaya Mitsu, his collegiate team at Mukogowa University, and our interpreter Yoshi We can not thank them all enough for the efforts they put forth in mastering this experience of a lifetime. These were wonderful caring people. I know I speak for most who attended when I say it was tough saying farewell to our new friends.

We spent 10 days mixing gymnastics with culture. We visited Temples and Zen Gardens in Keyoto, we cruised the Kobe coast (home of Kobe beef), and

toured an amazing aquarium. We sang Kareoke (they take their singing very seriously). We rode the worlds tallest Ferris Wheel in Osaka. We ate wonderful traditional style Japanese dinners (although sitting on the floor can be tough on the back), and world class Sushi. We rode a plus 100 MPH bullet train, saw the Tokyo lights and skyline and the Japanese national championships. We met historically famous Japanese gymnast and icon Mitsuo Tsukahara. We shopped till we dropped while enduring the outer rim of an actual Typhoon. All of this was great but most importantly we continued the Region 5 mission of "Making friends ONE COUNTRY at a time".

Japan is an amazing country with an astounding culture and very giving people. If one word could encapsulate the essence of our trip that word would have to be RESPECT.



November 2007

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Special points of interest:

- Team Pictures
- Olympian Natalia Sanchez
- Boys report
- Fighting illness
- Boosters Club News

FOOD FOR THOUGHT+ My thoughts

“It isn't common ground that bonds people together, Its HIGHER ground”.

Achieving meaningful things together as a team will create a lasting memory of those you participate with.

“We are remembered for what we do when IT COUNTS”.

Performing or acting in time of need carries significance. It is easy to contribute during the easy times but helping during the tough times will have greater impact.

“There will always be conflict between

‘good’ and ‘good enough’”.

Settling for good when you know you can do better will always leave you with an unfulfilled feeling.

“Never leave ‘well enough’ alone”.

Working to make something that is good even better is what separates the great athletes from the rest.

“There is no penalty for overachievement.”

Underachieving means getting bad grades, low paying employment, rocky relationships... that is the penalty. Over-achieving creates good grades, financial

stability, lots of friends... no penalty there.

A six word formula for success- “think things through—then follow through.”

Having a thought out plan and taking action on that plan will deliver the best of results.



HODGE PODGE

1) Thanks to those that participated in the fall sleepover. From all reports is sounds as if it was a blast! A special thanks to the BIG SISTERS who served as role models, organizers, chaperons, janitors etc for the event. Great Job!

2) Team Pictures—November 10th. A time schedule will be coming soon. Please try to be on time. It is also helpful if you have a pre-determined POSE

ready rather than creating one on the spot. This will help with efficiency.

3) BIG SISTER MEETING- Saturday November 10th at 1:00. The topic this week will be “work ethic and how

HODGE PODGE IS TID BITS OF INFORMATION

it relates to progress” and “Twistars Standards and why they are important”.

4) WINDOW CLINGS- We have had numerous requests for a Twistar logo to display on cars. We now have window clings (beats bumper stickers) for all members. Check your mailbox. If you would like more than one please see the office and they can set you up.

Natalia Sanchez qualifies for the Olympics

Remember Natalia? She was our visitor from Columbia back in Jan-March.

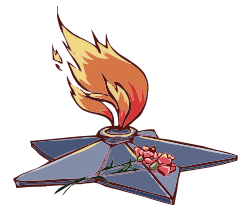
Her reason for coming to Twistars was so that she could train on quality equipment, in a quality facility in order to increase her chances of qualifying to world championships and the 2008 Olympic Games.

Well the process was complicated but the end result was a success. Smaller nations like Columbia have to battle

for “at large” spots in the Olympics. These are based on results from the previous years World Championships. Athletes from countries that do not place in the top 12 team ranking have to place in the top 30 All Around (less the athletes from the qualified teams) in order to earn an Olympic birth.

Natalia placed 28th and THUS has become the first ever Columbian female gymnast to qualify to the Olympics.

I have to say we are very proud to have played a role in this accomplishment. Nati is currently making plans to return for training here at Twistars. Stay tuned!



I SPY

I spy-

Jake doing giants on the strap bar

Kevin getting right left and middle splits all the way to the floor.

Luciano swinging to handstand on P-Bars.

Josh doubling his circle record.

Raymond straightening his legs on more skills more often.

Arthur tumbling better than ever.

Connor getting his muscle-up

Brennan- making progress everywhere.

Rob- being the team leader and setting the good example in practice.

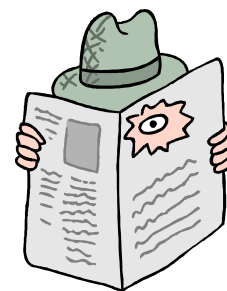
All the boys trying to do a better job of listening and being more mature in practice.

All the level 4s working hard to master those routines by meet season.

Improvements are coming at the right time of year. As I write this note there is less than 2 weeks left before our first meet of the year. It is time to show your stuff! There will be time throughout the season to improve but for now it is important to have a good starting point.

by Blaize Geddert

I encourage our guys to set some goals. Focus on those goals for the next 2 weeks and they will see the results. Goals can be skill execution related (straighter, higher, faster, tighter), they can be consistency related (make 5 out of 5 routines rather than 3 out of 5), or they can be more long term related (how you want to do by the end of the season). In any case goals are important as they will keep you pointed in the right direction.



Sight Set on Jr. Pan American Games

It has been a long time coming (well at least in the mind of a 12 year old). Her second year on National Team and finally the time has come. The door to opportunity is about to present itself to USA National Team Member Jordyn Wieber.

Nothing is a sure thing in gymnastics so we can only hope to do our best and let the chips fall where they may. With that being said Jordyn takes off for Houston Texas on November 14th

where she will battle it out with several other members of the junior national team for one of four spots on the 2007 Jr. Pan American Games Team.

Jordyn faired very well at a recent "test run" in Houston, where she

scored the highest of all attending members (junior and senior). This gives us an indication that she has an excellent shot at making her first ever international assignment.

Jr Pan Ams will be held in Guatemala November 20-24 and will feature athletes from North and South America and the Caribbean. Jr. Pan Ams are for athletes 14 years and younger.

Jordyn Wieber vying for a spot on the Junior Pan American Games Team

KEEP IT CLEAN

Recent reports of serious staff infections in some of our school districts sheds light on the importance of preventative awareness.

Athletes can decrease the potential for spreading illness by following a few rules and guidelines.

1) **NO SPITTING** on your grips. This has got to be to most disgusting habit anyway and certainly a great way to spread germs.

2) **NO SHARING** of water bottles. I know it is convenient sometimes BUT sharing is a **NO NO** when it comes to things placed in the mouth.

3) **WASH YOUR HANDS**- The more often you wash your hands the better but certainly after using the rest room **OR** after bars. Pocket hand sanitizers are useful too.

4) **NO DRINKING** out of the water bottle designated for grips. Obviously this bottle comes in contact with every set of grips. I wouldn't want it in my mouth!

5) **COVER YOUR RIPS**- Rips are a part of the sport but easy access for germs to get in your system. All rips should be cleaned and covered.



BOOSTER CLUB INFORMATION

- 1) INVITATIONAL REMINDERS from Rita Wieber– a) Sponsorship ads are due by December 12th. For more information on sponsorship see ANN ALLISON (Sponsorship Chair). This is a great way to raise your booster club commitment fees. b) Sign up dates for the Invitational Hours will be announced at the end of November– Stay tuned! c) all committees for the invitational are in full swing. Boosters club members who are not actively participating or who do not know what is going on with their particular committee should contact their respective committee chairs IMMEDIATELY.
- 2) USE LEOTARD SALE– Saturday November 10th from 11-2. Drop off any used leos that you would like to sell on Thursday Nov 8 at the booster club board meeting or on the 10th from 8-10 am. All proceeds go to the seller so this is another good way to raised commitment funds. Leos will be sold for prices in increments of \$5.
- 3) FOXYs FITNESS– Will also be on hand at the used leo sale with NEW leos and novelty items (great Holiday ideas). 15% kickback to boosters club on all sales
- 4) PARTY DATES– The team Holiday Party will be held on Monday December 17th and the year end Senior Recognition and Awards banquet will be held on Friday June 13th. Mark your calendars.

WATCH THAT KID

On any particular day you can sit in or walk through the parents observation area and here “Watch that kid”.... “wow she is good”.... “look at her flip”. People are simply amazed by our athletes physical talents and this is all good.

Physical talent is something to be appreciated. Most of it didn't just happen but rather it is the end result of dedicated training.

Wouldn't it be great if people instantly recognized other talents as well. All of our kids are physically talented but some less distinguishing qualities are equally as impressive (at least from a coaching standpoint). Talents like work ethic, leadership, team mate support, honesty, compassion. You don't hear that in the

parents area often I bet.... “wow look at her lead by example”, look at her take that extra turn, or look at her console her teammate.

It is important that these skills be noticed and believe me the coaching staff does!

Watch Caitlyn Ciokajlo work out. Yeh she is talented but just watch her work. Count her numbers. Notice the number of turns she takes. Ever notice that she does one more rep than required... I have.

Watch Kelsea Fischer's attitude. Watch her train with an enjoyment of every attempt. Ever seen her smile? How can you miss it, as it is there endlessly.

Watch the quiet leadership of

Dena MacKenzie or Bre Talcott. No they aren't boisterous in their presentation of leadership, No they don't demand the stage front and center. BUT their leadership resonates and is as clear as sunshine.

Watch Sarah Stine and her focus level. Every attempt seems to have a purpose. Is it perfect ...no... but I bet it wont be long before it is better due to the effort she puts forth.

Watch that kid!

