

TWISTARS GYMNATICS

NOVEMBER 2009

NEWS

N U M B E R O N E I N T H E U S A



FOR THE RECORD

In reading the feedback letters, a few comments regarding the lack of opportunity to express opinions on booster club functions led to the following conclusion ... more members need to ATTEND BOOSTER CLUB MEETINGS.

These meetings are open to membership and your avenue to contribute, vent, learn, and support. Meeting agendas are available prior to each meeting which gives you a chance to consider the topics before hand. The booster club board encourages input and participation in their quest to represent the membership they were elected to serve.

I was very surprised to learn that many people didn't know these meetings existed.

✕ FEEDBACK ✕

Thanks to those who offered feedback concerning the booster club auction event. We received many great ideas and discovered that there is a wealth of knowledge and many innovative thinkers out there. We appreciate the ideas and input.

AUCTION EVENT SCALED DOWN

Surprisingly enough the proposed idea of conducting an auction/ dinner night was met with overwhelming support (about 80% approval and support). But in order to jump in with both feet we needed to have closer to 100% support for without total support we really could not justify the risk. THUS it has been decided to proceed with the idea but at a reduced scale. We

will be cutting back on the ticket cost, lowering the auction item commitment and eliminating the entertainment portion of the event.



This will hopefully serve as a stepping stone for bigger and better future events and allow boosters to learn the ins and outs, pros and cons of this new fundraising idea.

Stay tuned for further details.

Become a fan of  facebook

If you haven't already, be sure to log on to TwistarsUSA.com and click on the become a fan of Twistars button. Updated club information will be

posted directly to your face book page. This is an easy way to stay in touch with Twistars events and news.

New Leotards Have Arrived

The girls competitive team leotards are finally in. GK Elite Sportswear likes to make us sweat a little each year as we prepare for picture day. The leotard cost is \$172 + tax (\$10.32)= \$182.32. (It must be the diamonds and the fact that the material was imported from Batzwannah and made from the silk of a very rare and exotic clone of a caterpillar) . Anyway ... parents you may pick your leotards up at the Summit office with payment in full. If you are one of our “auto pay” customers, this will simply be added to your account and processed. The warm up tank leotards (also to be used by our pre-team, star fires, and comets) will be available later this week. The cost for this leotard is \$40 + tax (\$2.40)= \$42.40.

BOYS OFF TO A GOOD START BY TOM BUESE

The boys just finished competing at the Judges Cup Invitational, their first meet of the year! Coming into the meet, I was a little worried about the outcome because the mock meet the week before had been pretty rough. The boys surprised me though, and had a good competition. There were no awards handed out at the competition, but there were still some impressive scores and performances.

Three of the four Level 4's were competing in their first meet, and all of them did a good job of remembering their routines. The youngest member, Anson Weiss, led the team on Floor, P-bars, High Bar, and in the all around, while Everson Guild had the highest scores on Rings and tied Anson on P-bars! Judah Pemble tied for the win on Floor and had a big lead for the Vault title. Luke Huisken also had a strong Rings set to tie with Everson for the win.

The Level 5's also brought their A-game to the meet, with most of them showing a huge improvement from a week before. Drew Urbaniak led the team on High Bar, tied with Mike Bigelow for the lead on P-bars, and had the highest all around score for the team. Mike also tied with Arthur Hill for the highest Rings scores of the Level 5's. Arthur won Pommel Horse as well. Ray Hill won the legs events, taking the win on floor and sticking his Vault for the win there. The Level 5's had the highest team score, too, beating out both the Level 4's and 6's.

The Level 6 through 9 had some really impressive showings. Over half the team scored above a 14, with Kevin Johnson winning with a 14.6. On High Bar, Kevin proved that form is more important than just amplitude by getting the win there as well. He then continued his great day with near flawless routines on Floor and Pommel Horse and a strong Ring routine to go along with them. Kevin's All Around score of 87.7 puts him on track to do even better as a Level 6 than he did last year as a Level 5. Luc Velasquez pulled out the remaining title with a 14.5 on Vault. Jake Moore had a strong start to his Level 7 season, too. He started with a strong P-bars routine and had an even better Ring routine. Ryan Dayton looks on track to have a great season, too. He went 4 for 6 and had nice routines going on High Bar and Floor.

The boys have a long break until their next meet, at home for the Twistars Invitational. This gives them plenty of time to work out all the kinks and get those valuable bonus points.

Other competition and practice highlights...

- Judah Pemble made two circles on mushroom for the first time while he was at the Judges Cup
- Luke Huisken made his pullover on High Bar for the first time since returning from his broken arm
- Jake Proper learned his roundoff backhandspring and fixed his front handspring
- Drew Urbaniak and Mike Bigelow both got bonus for their kip immediate cast on High Bar
- Jake Moore busted out 20 muscle ups in a row on rings showing some major STRENGTH
- Ryan Dayton is looking ready to make some serious upgrades to his routines. He made his Magyar travel on Pommel Horse, his vault catch release move on High Bar, and is doing really nice double back dismounts off P-bars!
- The entire pre-team is making some big strides with the motivation of their weekly point day on Thursdays. Noah Adams had a string of victories, while Ethan Guthrie and Ryan Mefford have tied for a win, and Sebastian Hilleary is on the brink of taking the title each week!



Odds and Ends

Off to Columbia

I have stumbled upon a unique opportunity. I have been invited as the quest clinician for an educational seminar for South American Gymnastics. The event will take place in Bogota, Columbia during the first week of December. I am quite sure I can handle the gymnastics teaching portion, as I have done many clinics and congresses over the years. The interesting part will be trying to deliver the messages in English to a Spanish speaking group of coaches and judges. Ola Amigos, Como Esta, Mi Llamo Juan.... and that is the end. It will be a memorable experience I am sure.



Booster Club Post Office Box

Yes boosters club has an official mailing post office box. The purpose of the post office box is for official documents, tax statements, IRS forms etc. This post office box is not to be used for the membership to mail booster club financial payments, travel payments, script order payments or any other correspondences/payments intended for booster club. The most efficient way is to use the lock boxes at the gym that are labeled accordingly. This way the appropriate booster club committee will get the information first hand and not have to rely on timely changing of hands (i.e. the person who checks the post office box isn't necessarily the person who needs the travel payment information, membership payments etc. and it isn't quite fair to charge them with the responsibility of getting your checks to the right person). Using the lock boxes has been the established procedure for years and proven to be the most efficient means of keeping track of your payments. Thanks for your cooperation.



Thank You

I ran into a pleasant surprise this past Saturday. Boys and Girls team members (with behind the scenes assistance from our booster club board I'm sure) put together a Hall of Fame congratulations ceremony for me complete and poem serenade and a crystal eagle statue signifying the accomplishment. Thank you all very much, your thoughtfulness is sincerely appreciated.



Did You Know?

Golf

Originally entered the English language as an acronym for Gentlemen Only- Ladies Forbidden. G.O.L.F

Mind your Ps and Qs

This originated in English Pubs where ale was ordered in Pints and Quarts. When the customers started getting “unruly” the

bartender would warn “mind your Ps and Qs”.

Wet your Whistle

Similarly this expression was also born in English Pubs where the Mugs had whistles baked into

the rim. When a customer wanted service they would use the whistle, and thus the term “wet you whistle.”

BIG DATES

NOV 14
Picture Day

NOV 21
Level 5-6
States

NOV 26
Thanksgiving
Gym closed

DEC 5
Big Sister
Meeting

Can You Read This?

I cdnuolt blveiee taht I cluod aulactly uesdnatnrd waht I was rdanieg. The phaonmneal pweor of the hmuan mnid aocedrnig to rscheearch at Cmabrigde Uinervtisy, it deosn't mtttaer in waht oredr the ltteers in a wrod are, the

olny iprmoatnt tihng is taht the frist and lsat ltteer be in the rghit pclae. The rset can be a taotl mses and you can stlil raed it wouthit a probelm. This is bcaseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Amzanig huh?

Good Night Sleep Tight

In Shakespearian time mattresses were secure to the bed frame by ropes. When you pulled on the ropes the mattress tightened, making the bed firmer to sleep on. Hence the phases ... “Good Night, Sleep Tight”.

Honeymoon

4000 Years ago in Babylon, for one month following a wedding, the brides father would supply his son-in-law with all the Mead (honey beer) he could drink. This was called the honey month, which later became known as the honeymoon. The reason for the beer is obvious to men.

Pre Team Report Erin Leece Developmental Director

Our developmental gymnasts are a big part of our gym, but they aren't mentioned very often. So we decided to showcase one Pre-team and one Starfire athlete every month to recognize all their hard work.

Starfire of the month: 4 year old **Maya Reynolds**.

Maya has been working very, very hard to learn to climb the rope all the way to the top, and just this week she made it! Great job Maya! I am so proud of you!

– Coach Karla

Pre-teamer of the month: 10 year old **Paige Miller**.

Since day one Paige has come to practice with a great attitude, and is always ready to learn new skills. In three practices she not only learned how to do a back handspring on trampoline, but she also learned how to do a roundoff back handspring on the floor! Her hard work is always appreciated, and I look forward to seeing her level 4 skills progress this year!

– Coach Jeni

Congratulations to both of the girls!

Parents: Check your mailboxes soon for the proposed competition schedule. There are specific procedures to follow in order to register for these competitions. (Remember you are not required but encouraged to participate. Choose as many or as few as you feel fits your personal goals and schedules.) I will be available to go over the procedures for registration and meet day protocol (how to dress, parents role, arrival times etc) and to answer any other program questions that you may have. I will meet with parents on Tues. Nov. 17 and Wed Nov 18th, 9:00 at the SUMMIT and Thurs. Nov 19th at 8:30 at the OUTLET. Please look over the schedule and the procedures for registering and form any questions that you might like answered.

Erin Leece

**LIFE IS A GAME- PLAY IT, LIFE IS A CHALLENGE- MEET IT, LIFE IS
AN OPPORTUNITY- CAPTURE IT!**

**“THE GREATEST DANGER FOR MOST OF US IS NOT THAT OUR AIM IS
TOO HIGH AND WE MISS IT, BUT RATHER THAT IT IS TOO LOW AND
WE HIT IT.”**

Coaches Corner

More often than not parents are left in the dark as to what the coaches are thinking in regards to team policies. WHATS THE REASON BEHIND ? Perhaps the following will help a bit.

NEW RULES IN EFFECT FOR 2010

This season begins with modified rules. The Junior Olympic Program Committee (a group of 8 elected gymnastics professionals in charge of making the rules and policies that govern levels 1-10 in the USA.) has instituted new rules beginning this season. I have been a member of this committee since 1988.

The new rules were designed to level the playing field a bit more in an attempt to give the masses more of a chance for success. Thus greater difficulty restrictions were imposed at levels 8 (no Cs level skills) and 9 (only 1 D level skill). These rules will have an impact on how we place our athletes for competitions. As a progression, in the past we have started the season at the level you finished the previous season. This allows for an easier transition to the new year (knock the competitive cob webs off so to speak). This will be more difficult this year due to the new restrictions. In some cases we would have to remove certain skills for routines in order to compete at the same level. We probably wont do that in most cases. If the new restrictions have minimal impact on the routines you are currently using, you will more than likely be starting the season where you ended 2009. This of course has no impact on where you end up in 2010 as that will be based on skill readiness, mental toughness, work ethic etc.

SETTING STANDARDS

As most of you know, our standards for level placement are based on years of experience and knowing what is needed to be successful at that level. There is also the safety concern as with advancing levels comes an expectation of a higher degree of difficulty. Placing children at risk is not our style and something I think most parents appreciate. With this being said it is important to show skill readiness prior to being entered into a meet. This insures a reasonable amount of safety and helps with developing a confidence level and a resultant snowballing effect of progress (if a meet is reasonably successful the athlete feels good, if they feel good they feel training hard is worth the reward, if they continue to train hard they make additional progress, if they make progress Mom and Dad have less issues with paying the bills... it snowballs)

The intent here is never to hold an athlete back. If they are ready we are more than willing to give them the opportunity to prove themselves at the next level. If they don't put forth the effort in training the chances of gaining this opportunity are minimal.

We have some meets approaching fast. In order to evaluate readiness we periodically conduct MOCK MEET situations where team members perform their routines and receive actual scores. A minimum 32 AA score has to be obtained, and all required skills performed safely in order to be considered for competition. Our level 7s will be having a MOCK MEET on Saturday Nov. 21 at which time we will determine who is ready for the ST NICK competition in December.