

OCT 2009

MONTHLY NEWSLETTER

TWISTARS USA

GYMNASTICS NEWS



HALL OF FAME

2009 INDUCTION CEREMONY

REGION 5 HALL OF FAME

CEREMONY

HIGHLIGHTS

ROAST OR BOAST

Dan Miller

Dan Miller chose to start the induction with a roast (quite humorous) and then progress to a bit more serious induction. Dan is a remarkably talented speaker and one of my best friends. I was touched to tears as he highlighted my coaching career.

VIDEO TRIBUTE

25 Years of Proof

The DVD presentations was a montage of 25 years of photographic proof that fashion certainly does change over the years (as does weight, and hair color and styles).

THANKS

Mentors galore

Success is seldom possible without contributions from those that have paved a previous path. I've had many great examples to learn from over the years including many members of our current staff.

FAMILY

Surprise

The biggest surprise of the weekend was due to Kathryn having Blaize flown in from Phoenix. Sharing the honor with the entire family (Brittnie and McKyleigh) made the event as special as it could possibly be.

LOOKING BACK AT MYSELF

Here is the song that went with the video tribute for the 2009 Hall of Fame Induction. It was an evening to remember.

I put down my razor, and towed off my face.

For I saw a new wrinkle and another strand of gray.

A glimmer of youth kept catching my eye.

Quickly reminding me that time sure does fly.

I was only a kid when I started this fight.

But I still won't give in when I believe that I'm right.

And at least I can stand here and like what I see

In the man in the mirror that looks back at me.

Now I'm sure not an angel, but I know right from wrong.

Thanks to mama and experience and a passion so strong.

Now this worlds thrown some punches, and I've taken a few.

But my wills tough as leather and I've weathered with truth.

There's been so many times I could've just stepped aside.

But then I couldn't stand here with this piece of mind.

Looking Back at myself

Its so plain to see

The cold hands of time

Haven't had much mercy on me.

But I've played a straight game

With the cards that were dealt.

So I can look straight ahead

Looking back at myself.

BOYS COMPETITION SCHEDULE

The boys team competitive schedule is now complete. Please look over the following schedule and should there be any dates that you can not possible commit to, please inform Tom as soon as possible. As with all competitions it is assumed that you will participate unless we hear otherwise, and last minute withdrawals (beyond refund deadlines) mean that the lost entry fee money would have to be repaid to booster club.

Meet

<u>Location</u>	<u>Date</u>
Judges Cup TBA	Nov. 8
Twistars Invitational Lansing, MI	Jan. 8-10
Windy City Inv. Chicago	Jan. 16-18
BlackJack Invitational Las Vegas, NV	Feb. 3-7
Circle of Stars Invitational Indy, IN	Feb. 19-21
Michigan Open Southgate, MI	Mar. 6-7



There are some exciting opportunities on the horizon for this years Twistars Boys Team.

Whitfield Invitational Ann Arbor	Mar. 20-21
Michigan State Championships TBA	Mar. 27-28
Region 5 Championships Indianapolis, IN	Apr. 9-10
JO National Championships Knoxville, TN	May 4-9

The state board meets October 3rd to decide where judges cup and state will be held. Regionals will be run by the same people as Circle of Stars. Regionals is for levels 6-10. Nationals is levels 9-10.



**OVER PREPARE AND
THEN JUST GO WITH
THE FLOW!**

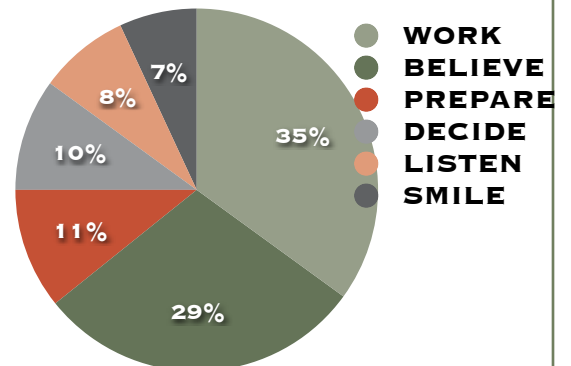
WINNERS BLUEPRINT

Winners BELIEVE when others are doubting, PLAN while others are playing, STUDY while others are sleeping, DECIDE while others are delaying, PREPARE while others are daydreaming, BEGIN while others procrastinate, WORK while others are wishing, SAVE while others are wasting, LISTEN while others are talking, SMILE when others are frowning

“Achievement is largely the product of steadily raising one’s level of aspiration and expectation.”

“in order to reach great heights, a person has to have great depth.”

“Daring to fail greatly is the prerequisite to achieving greatly.”



BOOSTERS

INVITATIONAL COMMITTEE SIGN UP



The 2010 Invitational is just around the corner. Its time to get all booster club families signed up for their committee's. Beginning Mon. Sept. 28, we'll begin the sign up with "early sign up" This is for everyone who wants to stay on their same committee as last year. You'll have until Mon. Oct. 5th to do so. Then the rest of the booster club can sign up for any open positions. Committee sign ups will end on Fri. Oct. 16th. Every family must sign up for a committee. If you don't sign up, one will be assigned for you. The hours spent on these committees do not count towards any required hours during the meet. If you have any questions, please contact Wade Cutler at wadecutler@twistarsusa.com



PICTURE DAY/LEO SALE

Mark you calendars for the team picture day and leotard sale. November 14th. For further information on the leotard sale please see Michelle Klein, our booster club special events director. The leotard sale is your chance to sell some of the 1000 outgrown leotards in your daughters collection.

LEVEL 9-10 CHAPERONS

I know... you have all served your sentences. But sorry ladies, chaperon duties don't end at the compulsory levels. Level 9 and 10 chaperon sign up for the annual team trip is sparse. Please look at the dates, and see if you can suffer through another weekend of dealing with 6 adolescent females. I sympathize yet know it is simply a necessary evil. Sign up sheets are on the booster club bulletin board.



ADDITIONAL BOOSTER CLUB FUNDRAISERS

Good news. Our bids for the level 8-9-10 state championships and the Level 9-10 Regional Championships have been accepted. This means more revenue for the general fund.

Between the 2 events (and our poker fundraisers and gym clean days) each family will need to put in 21 hours. These hours are in addition to the hours required for the Invitational.

State meet will be held at Grand Ledge HS on March 19-21. Regionals will be held at the Summit on April 8-11. Poker nights are Nov 4-7 and Dec 2-5. Gym Clean Days TBA. PLAN AHEAD.

2009 PHOENIX TRIP FEES DUE

Those that went on the Phoenix trip probably realized that you didn't pay for the entire trip (and nobody said a word). Due to a changing of the guard much of our records were lost or not transferred. Thus the delay in receiving a final statement.

After an exhausting search for the trip details, and retracing every step, a final figure has been established. Statements have been delivered. Please do your best to settle up on these outstanding balances so that the books can be closed on 2009.

Doing good things for the sport of gymnastics, Twistars USA and especially for KIDS, our Booster Club stands tall and proud.

POKER NIGHTS

EARN HOURS

Booster club members may knock off commitment hours by working the scheduled poker fundraisers. For more details see Candice Rodriquez our fundraising chair.

SUPPORT THE EVENT

I know there are many avid poker fans within our booster club. Well if you are going to contribute a "RAKE it may as well go to your gymnastics boosters... right. Dates are Nov 4-7 and Dec. 2-5 at the Waterford Inn on Dunkel.



STILL LOST

Learning Curve

New parents often feel like they are lost in space when it comes to booster club operations. Relax, it takes some time to learn the ropes.

Be Proactive

The best way to shorten the learning curve is to take a proactive approach. Ask questions and seek answers as there is no such thing as a bad question if it helps you understand the ins and outs better.



GREAT BOARD

THANKS

Volunteering is something to be commended. Our booster club boards are hard working and dedicated. Thank a board member today. The number of behind the scenes hours is staggering.

VERY MUCH APPRECIATED!

WE'RE NUMBER ONE- WOW!

BIG SISTERS PROGRAM



As part of a long standing tradition we assign each competitive team member to a BIG SISTER. Big Sisters are athletes with proven character and leadership skills and someone in which we can draw on their experience in the sport. They know the sport better than most purely from a participation standpoint. They understand the Twistars program because they have lived it.

Big Sister Meeting dates are pre-established. They are conducted during the Saturday transition time between AM and PM workouts (from 1-1:20). Topics are assigned for each meeting and the Big Sisters "teach" the topic. Topics include goal setting, communication, honesty in training, team spirit, dealing with frustration/fear/teammates etc.

Please mark your calendars and adjust your arrival time/departure time from the gym so that your daughter does not miss out on these great opportunities.

Schedules dates are October 3rd, 17th, November 14th, 28th and Dec 5th.



Canadian Education

Some would think the US and Canadian cultures are fairly similar. Well after 2 months of having my very own "little Canadian" I have discovered distinct differences. I asked Shelby the following questions one day... and she answered...

What are the 4 seasons in Canada?
Salt, pepper, oregano and that stuff they put on deer jerky.

How do you keep milk from spoiling in Canada? We just keep it in the cow she said.

Are popular steroids in Canada? Oh yes, otherwise the carpets would fall off the stairs.

What is a fibula? That's easy.... its a small lie.

What is the definition of "varicose" in Canada? Oh thats the same thing as "near by."

Do you have Caesarean Sections in Canada? No that is just in Italy.

DISCIPLINE RULES

ODDS and ENDS

You don't get to be the number one club in the USA without setting a standard and having high expectations.

NUTRITION

Establish Habits Early

Nutritional habits established early will reap a great return later down the road. We have all seen the metabolism change. Remember when eating fries, a burger and a frosty had little effect. Well it didn't last did it?

Discipline

Fast food is convenient but we all know it isn't proper nutrition for adults, let alone aspiring athletes. Come on parents ... you know better ... for your athletes sake ... don't buckle under to convenience. (and if you have to ... at least don't do it in plain view).

REQUIREMENTS

Fulfilling

Daily requirements are prescribed for a specific reason. Within reason every attempt should be made to fulfill the requirements as listed.

Making Up

Sometimes athletes struggle getting done. Coaches can certainly grant leniency when effort is being made. When effort is lacking then the only recourse is to stay after training (usually Saturday). Having a car pool does not eliminate this obligation. In other words if you don't want to keep your car pool waiting be sure to use your time wisely during practice.

REMEMBER

"Lighting a fire under an athlete works...but not as well as lighting the fire within."

Pre Team Members

My name is Erin Fleece and I am the new developmental director at Twistars USA. I will be responsible for making sure that our pre-teams are all on the same page, staff education, program content, and meet management etc. My office hours at the SUMMIT are Friday from 12-3:00. If you ever have any questions please feel free to give me a call at that time OR email me at ErinLeece@gmail.com

We will be instituting a BIG SISTER PROGRAM for our pre team members starting this year! This should really assist in the development of these young ladies and serve to help establish an immediate bond with our competitive team system.

Stay tuned for more details

Erin Fleece
Developmental Team Director

Boys News

by Tom Buese

The boys appear on track to have a great 2009-2010 season. There are only 6 weeks until we start our season at the Judges Cup Invitational, and the teams are set at each level. We are excited to have boys teams at Levels 4, 5, and 6 and individuals at Levels 7 and 9!

The schedule for the upcoming year has a good balance of big and small competitions. Judges Cup starts off the season in just 6 weeks, then we have a long break until our meet in January. Windy City is finally on the schedule, and it will be a great kick off to a string of 3 national level competitions. There are finally some boys old enough to go Regionals and one for Nationals, so the boys will see what they need to do to catch up to the rest of the Region for the next year.

Other news:

- The Pre-Team is trucking along as usual and are working hard on refining their basics
- Ryan Dayton is recovering well from his hamstring injury. He also made an important new skill on rings, a whip it (forward roll to support)
- Jake Yost is figuring out his circles on mushroom, and is up to 4 after just 6 months on team!
- Doug Dean and Rob Wilson are all of a sudden doing sky high roundoff backhandspring back tucks on floor



Remember- Life isn't tied to a bow... but it is still a gift. Open it and say WOW.... thank you!



“Let’s all check our ... what’s in it for me ... attitudes at the door, and make this a extraordinary event... for Twistars Boosters

Bruce Moore
Auction Project Director
Booster Club Member

TWISTAR SUPER AUCTION

Recipe for Success

- 1- Great Idea- Auction/Comedy Show/Dinner
- 400- Tickets to sell (4 per family)
- 1- Totally committed booster club
- 100- Auction donations

Thinking outside the normal “meet related” fundraisers is not an easy task but in order to secure financial stability it is something that needs to be done. Stay tuned for more information on this creative and



potentially profitable idea. We need everyone to be on board to make this a great event.

GIRLS COMPETITIVE TEAM SCHEDULE OF EVENTS

Oct 2-4 High Tech Camp- Ann Arbor
 Oct 3- Big Sister Meeting- 1:00
 Oct 10-11- State Meet Qualifier (SMQ)
 Ypsilanti-EMU. Levels 5/6
 Oct 14-20 Region 5 All State Trip-
 Grand Cayman-
 Oct 17- Big Sister Meeting- 1:00
 Oct 17- Michigan Awards Banquet-
 Kzoo.
 Oct 24- SMQ- Grand Rapids- Levels
 5/6
 Oct 31- Halloween- PM Training til
 4:00.
 Oct 29- 2 National Team Training
 Camp- Houston
 Nov 5-8 Twistars Poker Fundraiser-
 Nov 13-15- Junior Olympic Program
 Meetings- Omaha Nebraska
 Nov 14- Team Pictures and Leotard
 Sale.
 Nov 20-24- National Team Training
 Camp- Houston
 Nov 21-22- Early Season State
 Championships. Port Huron. Levels
 5/6
 Dec 11-13 St. Nick Invitational. Dekalb
 Illinois. Select level 4(?), 5, and ALL
 Level 7s.
 Dec 18-20- The Cup- Cincy, Ohio. All
 Levels less some level 7s and 5s.
 Dec 21- Holiday Party- Downtown
 Radisson Hotel. Team training
 cancelled.
 Dec 24-26- Holiday Break- Gym
 Closed.
 Dec 27- Sunday training 12-4:30 and
 4:30-9:00
 Dec 31-Jan 1- New Years Celebration.
 Gym Closed

Jan 8-10 Twistars Invitational- All
 Levels. New 4s/ New 5s first
 competition. First opportunity for
 New Pre-Team members.
 Jan 15-17 Battle of Champions- Toledo-
 All Levels less those attending the
 SMQ.
 Jan 16-17 SMQ- Splitz Gymnastics,
 Canton. For those not attending
 Battle.
 Jan 21-24- National Team Training
 Camp- Houston.
 Jan 28-31 Team Trip- San Diego Classic,
 San Diego California. All eligible levels
 (Groups A-K).
 Feb 12-14- Love or Money Invitational.
 Indy - All Levels.
 Feb 17-21- National Team Training
 Camp- Houston.
 Feb 26-28- Wolverine Classic. Ann
 Arbor- Levels 5-6-7-8.
 March 4-8 Byers Invitational-
 Sacramento, California. Levels 9-10.
 March 5-8 Motown Classic- Oakland
 University. Levels 5-6-7-8.
 Mar 19-21- Level 8-9-10 States- Grand
 Ledge HS, Hosted by Twistars.
 Mar 26-28 SMQ- Hartland- Levels 5-6.
 April 8-11 Level 9-10 Regionals- at the
 Summit, Hosted by Twistars.
 April 16-18 Level 8 Regionals- Western
 Michigan University- Kzoo.
 April 16-17 SMQ- Shelby Township-
 Level 5s only.
 April 22-25- National Team Training
 Camp- Houston
 April 24-25- Level 7 States- Midland
 April 27-2- Pacific Alliance- Australia
 April 30-2- Level 4 and 6 States-
 Holland.
 April 29-2- Level 9 Nationals- Virginia.

May 7-9 Level 5 States- Traverse City.
 May 6-10 Level 10 Nationals- Dallas
 May 16- BRAVO- Twistars Pre-Team
 and Recreational Recital.
 May 22- Twistars Auction- BIG
 EVENT
 May 28-31- National Team Training
 Camp- Houston
 June 18- Twistars Awards Banquet
 June 21-24- Week 1 Twistars Summer
 Camp.
 June 28-1- Week 2 Twistars Summer
 Camp.
 July 5- Summer Program Starts
 July 22-25- US Classics-
 Aug 9-15- Championships of the USA-
 Aug 10-18- Youth Olympics- Singapore

After carefully considering the above listed dates please inform John in writing if there are dates that you know you absolutely will not be able to attend. It is assumed that all team members will participate in ALL scheduled competitions UNLESS we are informed in writing. If for some reason you have to withdraw from a scheduled competition and it is past the refund deadline, you then would be responsible for reimbursing boosters club for the entry fee. This is simply to make sure we are not frivolous with booster club funds.

Note: the team trip allows injured athletes to participate in the bonding experience regardless of whether they can compete or not. It is assumed that eligible members will attend regardless of being competition ready. Withdrawing from this competition could result in being obligated for airline costs.

TWISTARS USA

OCTOBER 2009

GYMNASTICS NEWS

ISSUE TWO



*THANKS MOM
AND DAD FOR
ALL YOU DO*

LETTER TO MOM AND DAD

Parents always offer advise ... some sound ... all of it well intentioned. But what if young athletes turned the tables ...

Dear Mom and Dad

As I've gotten older you've always been there to offer encouragement, advise and good wishes. It has helped mold me into the person I am today. This time, I want to turn the tables and do the same for you. After all nobody is ever too old to learn new tricks.



Before I begin with the advise I do want to thank you for the time, money and energy spent on me as a child athlete. I know you realize that this didn't

come with any guarantee that I would be a professional or collegiate star. Few attain that level and I have learned from my biology classes that most of this is based on genetics. Since I have your genes don't blame the judges for my low scores ... simply look in the mirror ... Ok I'm kidding, but I knew that would get your attention. Honestly I wouldn't change a thing about me or you. BUT

I want you to know there have been times before and after my competitions when you have said or done something that annoyed me a bit. I realize that you meant no harm, but I wanted to point these things out so that my remaining years in this sport can be filled with the best of memories.

Try to see things from my point of view:

Your perspective is going to be totally different from mine. I'll be learning

countless lessons in the non-traditional classroom that sports like mine provide. These are more important than cartwheels and flips.

REMEMBER-Most of my athletic shortcomings are GENETICALLY RELATED

Get the other parents to sit together at our meets:

You and the other parents get to have fun too as you root for us all season. It will be like a roller coaster ride, ups and downs,

FOR THE MOMS

Get a NEW CAR for your husband ... It will be worth the trade.



DID YOU EVER WONDER

How much deeper the Oceans would be without sponges?



thrills and spills, but here is a golden opportunity for a couple of old fogies like you to make some new friends ... friends with a common bond. Put that inner competitive, livin life vicariously through your offspring, attitude in your back pocket. Show sincere sportsmanship and team spirit (you know the kind that you always tell me to display).

Cheer and support my teammates, not just me:

Go out of your way to get to know some of my friends and teammates. I am not the only story. Every kid on my team is special and deserves enthusiastic support from our most important fans.

Oh yeh ... they are just our opponents ... not the enemy.

It is certainly acceptable to want us to win but it is ok to appreciate a quality performance from the other team. They are kids who work hard too. The color of the uniform doesn't make them open game for hate.

The TEAM comes first ... not me.

Our coaches do a great job of instilling team values and spirit. We all must put aside any self serving agendas for the benefit of the entire team.

Just because you disagree with the coach doesn't make him/her an idiot.

My coaches have earned the respect of many in the field through years of work within the sport. Your minimal, scratch of the surface, knowledge library can not compare no matter how much experience you may have in another sport. Your interest and passion for my sport are to be admired but don't let it interfere with the reality of the situation and that is that my coaches are the professionals in this area.

Coaches are people too

If you could just put yourself in the coaches shoes for a minute, imagine how stinging and hurtful some comments coming from the stands can be. They dedicate countless hours so that we can be the best we can be but sometimes

there is going to be situations where everyone can't be satisfied. Support my coaches in these times as that is the true meaning of TEAM SPIRIT.

After the meet give me time to regroup.

I am more than happy to discuss my performances but lets do so after a little down time. Meets are physically, mentally and emotionally exhausting. I love the support after a good and bad day, but grilling the mistakes is something that my coaches will take care of.

Competing may be the most fun I'll have in my life time.

You've said it countless times ... enjoy your youth ... as life doesn't get any easier down the road. Know that I enjoy my time in the spot light. We know that mom can hardly watch, we know that your stomach gets twisted in knots when I am about to mount an event, but what you call "pressure" I call fun! I love the challenge of performing when the stakes are high.

Sports reveals character:

You have also said repeatedly that sports reveals true character. Character in the process for preparation, character in competition and character in defeat. Everyone agrees, you, my teachers, my coaches and my teammates. There is probably no greater truth about sports than SPORTS REVEALS CHARACTER. I feel good about myself when I persevere through tough times, achieve goals, support teammates, win and lose with class and dignity. These are tools I can use for the rest of my life. These are character builders.

In my upcoming years of participation in this or any other sport, I hope the character I reveal makes you proud of me as I know I will be proud of you.

Love,

Your Child

From Frank Workman

ADVANCED PRE-TEAM TRAINING TO START IN NOVEMBER

What is Advanced Pre-team? Well simply put it is the addition of a 3rd training day for those who feel like they are ready to step it up a notch.

Advanced Pre Team training adds the opportunity for 33% more training time and thus the related progress that inherently attaches itself to more effort.

Advanced Pre Team is for the serious athlete that has goals to not only perform better this year, enhance their skills but also to make the transition to level 4-5 team much easier come Spring.

Advanced Pre-team will be instructed by Ashley Neale (our current Outlet Pre Team coach and Assistant coach for Mason High School). The cost for Advanced Pre Team will be \$228 (as opposed to \$165 for the 2 day schedule). The class will be hosted at the SUMMIT from 6-9:00 on Friday Nights.

Eligible Level 3-4 Pre Team Members can register any time this month at either office. Please note that the Friday Night training time MAY NOT be used for make ups.



BOOSTERS NEWS

LATE FEES

Don't shoot the messenger. After billing last month several members voice concern about the late fees being assessed on the 8th. Well they were assessed on the 8th because per our tuition policy (see team handbook) they are late as of the 8th. Some thought that being late as of the 8th meant they had until 11:59 on the 8th to pay. NOPE that would be 11:59 on the 7th...because late as of the 8th means LATE on the 8th.

GOLF OUTING SUCCESS



The 2nd Annual Twistars Golf Outing was again a super success. Our fundraising chair Candice Rodriguez wants to recognize John Nagel and Carrie Hylek and the golf committee (Young, Jackard, Uschuck, Preston, Nagel and Wilson) for their outstanding efforts in making this event a huge hit. The feedback from this event was all positive. Over \$7400 was raised. Thanks to all who participated.

PROGRAM ADS ARE DUE SOON

One of the best ways to whittle away at the booster club financial commitment fees is to sell advertisement in our Invitational Program book. If you have some business contacts... by all means use them. The deadline for turning in these ads is Dec. 1. Act now, Act fast and if you have any further questions contact Janice Hoffman at JMHoffman@cmsenergy.com. She will be glad to answer any questions you might have.

GREEK TOWN TRIP PLANNED

December 5th is the date. Booster Club is sponsoring a trip to Greek Town Casinos via charter bus for an afternoon and evening of fun in the Motor City. The bus will run to and from the Summit (12PM-12AM) \$55 per person provides you "entertaining" transportation with \$35 going to your financial commitment and a \$15 Gambling Voucher. WHAT A DEAL! Sell a few seats to your friends and earn commitment credit while having a blast.

For further information contact Andy Urbaniak at MadV70@gmail.com



WHY ANOTHER GENERAL FUNDRAISER?



The Auction/Dinner/Comedy Night has the potential to raise five figure revenue. It is a worth while project if we all get behind it.

Questions regarding the Auction Fundraiser.

Thinking outside the normal realm of fundraising takes innovative thinking, leadership and team support. We are hoping we can count on YOU!

WHY DO WE NEED ANOTHER FUNDRAISER?

- Booster Club's primary purpose is to raise funds to keep gymnastics affordable. In order to keep up with rising costs, the club needs another source of income. We don't want to keep raising dues to meet the demands of inflation.
- Our main fundraiser has been the Invitational, which has been very successful, but we probably won't get much more money out of the one event. We shouldn't put all our eggs in one basket. If we have a bad year, or the Invitational loses popularity, like many meets in the past, we will suffer financially.

- There is another big meet in Cincinnati this year which may draw some gyms that would normally attend our meet. We can't depend only on the Invitational.
- The State and Regional meets do not earn nearly as much as the Invitational.
- We need to diversify just like any organization. The Poker fundraiser and the Auction have been added to meet this need. The auction idea has been discussed for several years, and we finally found someone to spearhead it. So far the Poker proceeds are minimal, so we must look to the auction to meet this need.
- A successful auction has the potential to earn as much as the Invitational. But the auction will only be successful if we all participate.

Come on Twistars Boosters, jump on board. Lets all get behind our fundraising events. Lets all pitch in with the best intentions of supporting our kids, this sport and Twistars USA Booster Club.

GYM NEWS

OPEN GYM TIMES

Don't miss out on our OPEN GYM opportunity. Sunday from 12-2, \$7. This is a great time to get some FREE TIME in on those skills that might need a little polishing. If your scores aren't where they need to be, try a little OPEN GYM training.

FALL FUN NIGHT

Mark your calendars November 7th, 8PM-8PM for our annual FALL FUN NIGHT SLEEPOVER (at the Outlet). \$30 gets you an all night sitter, games, contests, prizes, pizza, movie and AM Snack. You can't beat that deal! Tell your friends. This is a great Big Sister bonding activity. Sorry guys this is a girls only activity.

WELCOME NEW TWISTARS

We have a few new team members to report this month. Please welcome Emily Jewel, a 13 year old level 7/8 from Howell. Also welcome Josie Pemble, who has been invited to join our SilverStar Program. Josie is the 6 year old little sister of Boys team member Judah. Welcome Kielee Decker, another 6 year old that has recently been invited to join the SilverStars.

Welcome NEW Twistars Team Members!

CRUNCH TIME COMING

Sometimes some of our athletes fall into a false comfort zone. Sometimes they simply believe that showing up for practice and walking through the doors at Twistars will make them successful during the competitive season. Rational minds realize that this is not the case.

This program will produce great results IF the program is followed and IF the standards are met, and IF the athlete fulfills daily requirements, and IF the athlete focuses on corrections and IF the athlete puts forth consistent effort. There are a lot of IF's.

If the athlete avoids the skills needed to insure success, success will not come.

If the athlete refuses to put forth the effort to increase strength or minimize execution errors, success will be fleeting.

If the athlete avoids taking turns or settles for working on favorite skills rather than needed skills, success will be hard to find.

Bottom line: Know what you need to do, set your goals accordingly, and JUST DO IT! (I love Nike). Coaches are here to help you attain your goals, but we are not baby sitters, private eye detectives, or KGB. Take responsibility for your progress. Take responsibility for doing what is needed to insure progress. Follow these simple thoughts and you will have year you can be proud of.



CANADIAN-ISMS

Our Canadian guest Shelby MacDonald is trying to learn the American language.

Define Arbitrator- "That's a cook who leaves ARBYS to work for WENDYS."

Define Avoidable- "That's what a Matador tries to do."

Define Paradox- "2 Physicians."

What is a Pharmacist- "A helper on a farm."

Define Rubberneck- "That's what my Dad does to relax my Mom."

What are Parasites? "That is what you see from the top of the Eiffel Tower in France."

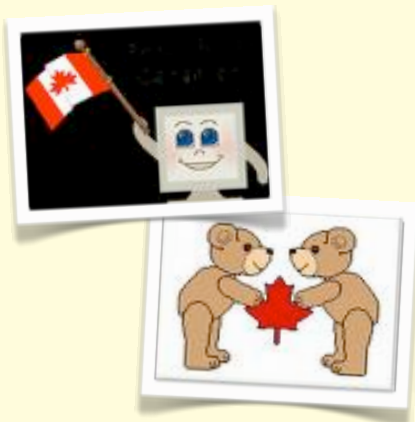
What is Burglarize- "That is what a crook sees with."

Define Relief- "that is what trees in Canada do in the springtime."

What is Selfish? "that is what the owner of a seafood store does."

And did you know..

In Canada Atheism is a NON PROPHET organization.



HAPPY THANKSGIVING TO OUR NEIGHBORS TO THE NORTH