

TWISTARS USA

HAPPY HOLIDAYS FROM TWISTARS USA

LOTS TO BE THANKFUL FOR

HOLIDAY WISH LIST

1- A VOICE RECORDER

One that simply repeats “point your toes”, “straighten your knees”, “get your head in line”, “get out of the chalk”, “turn out your front foot” This way I could reduce my need for actually being on the floor to coach.

2- A CHALK METER

I'd love a way to regulate the use of chalk and base monthly tuition on the amount used. Sometimes I wonder if there is some addictive quality that causes CHALK-A-HOLICS. Perhaps a Chalk-O-Meter would do the trick.

3-A MAID FOR THE LEVEL 10/ELITE LOCKER ROOM

It is amazing to me how young ladies who wouldn't dream of being caught in public with a hair out of place, can exist in a locker room that would be deemed a public safety hazard by the health departments of all 50 states. Their mothers don't work here so a MAID is desperately needed.

The news has been fairly dismal for the past few years. The economy is headed south, jobs are fleeting, crime is rising thus creating an atmosphere of impending doom! HOG WASH!

Yeh times are tougher than they have been in years past. We get it. But I'd bet the Christmas turkey that most people wouldn't trade their American/Mid-Michigan lives for anything. We have plenty to be thankful for even in the tough times.

I am thankful everyday for the opportunity to do what I do for a living. Conduct a business where we can contribute to the lives of children and their families. I may never get rich doing it, but if money were important I would have pursued other avenues many years ago.

I am thankful for a group of parents that not only place their trust in our program BUT also who buy into the system with consistent contributions. Our annual Invitational is just around the corner and a perfect example of a what a group effort can accomplish. I am thankful for our dedicated, loyal and conscientious parents.

I am really thankful for the wonderful athletes within our program that simply GET IT! (ok some haven't got it yet... but the great thing about our program is... they will soon!) They get the fact that success is purely the bi-product of consistent determined effort. They get the fact that our program represents a standard that is to be envied and they live up to that standard day in and day out. I

would not be as thankful for the job I get to do IF it meant dealing with the lethargic, unfocused, and unmotivated.

Speaking of “GETTING IT” I have to be thankful for our coaching staff. Year after year they continue to impress me with their desire to excel and produce. Their devotion to children and this program is obvious and whole-heartedly appreciated. True professionals realize the strength of any team is in the individual links on the chain. Our chain is strong

Then of course I am most thankful for my family and friends that put the “J” in joy, the “L” in life. To have a core support group to lean on, laugh with, be motivated and inspired by is a blessing that few truly appreciate. I am so thankful to be surrounded by such wonderful, caring people.



MORE INFO

CHECK OUT THE NEW INVITATIONAL SIGN UP PROCEDURE

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The Twistars USA Invitational is going HI-TECH thanks to invitational chair and computer whiz Wade Cutler. Our former method was very complicated and created increased chances for scheduling error. The new system will be done on line. Here is a brief explanation from Wade as to how it will work.

The 2012 Invitational is going "digital". One of the biggest hassles we have each year is the hour sign ups. This year we'll be signing up for our volunteer hours via the web. In order to make this process run smooth, everyone will need to have an email address. If you don't have one, get one soon. You can create a quick email account with sites such as Gmail. We will be using the email address we have listed for you in the member directory. When its time to start sign ups, each of you will be sent an email invitation to sign up. Once you log into the site, you'll have the opportunity to pick and choose the assignments you want. A more detailed instruction on this process will be emailed to you soon. Please keep watch.

LETS REMEMBER OUR RESPONSIBILITIES AS RELATED TO THE INVITATIONAL

Each year we run into convenient memory loss as to the responsibilities as related to the Twistars USA Invitational. These responsibilities have been covered in the team hand book, initial orientation meetings and welcome wagon meetings so they should not be NEWS to anyone.

BUT just to make sure, here is the scoop. All booster club families should be actively participating on a committee that is currently working on pre-meet organizational details (decorations, registration, gymnasts gift ordering, judges room menus etc.). In addition to these assignments each family will be responsible for a specific number of working hours during the invitational weekend itself (booster club provides the work force that runs the event). This number of hours fluctuates but is normally between 21-24 hours per family. (so 2 family members working would have to do

approximately 10-12 hours each, 3 family members would do less than 8 each etc.) Workers must be committed to doing a GREAT JOB and must be over the age of 16.

THIS APPLIES to NEW BOYS TEAM MEMBERS (if you are currently training in BOYS groups 1-2 or 3 you would have these responsibilities.

THIS APPLIES to FIRST YEAR SILVERSTARS and FIRST YEAR LEVEL 4 TEAM MEMBERS (groups K-L-M-N).

NEW BLOG SITE MAY BE OF INTEREST TO PARENTS

After years of doing coaches educational sessions at training camps, clinics and congresses, it was suggested that I make some of this information available on line. The result of this idea is a new web site BLOG page called THEGYMNASTICSCOACH.COM and although much of the information posted will be specifically aimed at enhancing coaches education, there are some excellent article related to parents and athletes. CHECK IT OUT and become a VIP member.





THOUGHTS OF THE DAY:

GREAT TEACHERS/COACHES ARE THOSE PEOPLE WHO PROGRESSIVELY MAKE THEMSELVES UNNECESSARY.

GOOD MOMS BAKE COOKIES WITH THEIR CHILDREN AND LET THEM LICK THE BATTER FROM THE MIXER BEATERS. GREAT MOMS TURN THE MIXER OFF FIRST.

GENERAL INFORMATION

CHECK YOUR CALENDARS

In an attempt to be as fiscally responsible with Booster Club funds it is imperative that members realize when meets are scheduled. The Calendar posted in the SEPTEMBER NEWS is accurate. Most meets have been entered and refund deadlines are approaching. IF for some reason you can not attend any of the scheduled competitions you must inform JOHN via email or written note (nothing verbal please) so that we can obtain a refund where needed. IF you pull out of a scheduled event after the refund deadline then it is booster club policy that you be responsible for reimbursing the registration money (usually \$70-\$100).

CHICAGO STYLE - NAVY PIER MEET

The sessions have been assigned for the February 11-13 Chicago Style meet held at Navy Pier.

Level 8s- (at this point)
Bancroft, Stong, Gosselin, Kolk,
Kinzler, R Hogan, Jewell -
Saturday 8:00 AM Check In

Level 9s- (at this point)-
Bonofiglio, Daniels, Dayton,
Dopkiss, Fischer, L Jones,
Overlund, Preston, Robinson,
Thrush, Wilson, McDowell,
Sunday 8:00 AM Check In.

Level 10s- (tentatively) Amor,
Hutchins, LaBrie, Lemke,
Lorenzen, A Moore, Cutler,
Franck, Andrews, Hogan, Hill,
Pickel, Sump, Talcott, Saturday
12:30 Check In.

Level 10s- (tentatively)-
Williams, Haines, Freier, Holmes ,
K Moore (4 of 5) Saturday 5:00
Check In.

The issue for the Level 10s here is selecting an A team 2 months out. Names listed for the 5:00 Level 10 Session will be subject to training and meet performance and of course health. This may present a problem for scheduling hotel

rooms. I would plan for both options.

Parents will want to make Hotel Reservations ASAP as the host hotel will fill fast. Go to <http://www.chicagostylemeet.com/hotels>.

TWISTARS ON FACEBOOK- FAN DRIVE

Id like to ask all team and pre-team family members to assist with building our fan page membership. Facebook is another great avenue for keeping up to date on the latest events and happenings at Twistars. If you are not a member, simply click on the "Become a facebook fan" icon our Twistars USA website (TwistarsUSA.com).

Then SUGGEST THIS SITE to all appropriate friends. This would include those friends with children that are age appropriate for gymnastics lessons, friends of your family, potential sponsors, gymnastics enthusiasts etc. Our current fan base is 712 members. Let's see if we can get that number up over 1000 by the first of the year. THANKS for the help.

STAY CONNECTED

MORE IMPORTANT UPDATED INFORMATION

TEAM TRIP CHAPERON MEETING

So as to make sure all aspects of the girls annual team trip run as smoothly as possible we always conduct a mandatory meeting for the assigned chaperons. This meeting will be held on December 13th (much earlier this year so that everyone will have the informations needed to make their plans). at 7:00 upstairs at the SUMMIT. ALL CHAPERONS NEED TO ATTEND.

We will be covering the travel guidelines, trip itinerary, nutritional guidelines, team rules and policies etc. This is an important meeting.

HOLIDAY TRAINING- GIRLS

To update and confirm a recent booster club memo that was sent via email here is the plan for the holiday schedule. I have heard that they may be a few schools that don't finish until as late as the 23rd (what are they thinking... its the holidays!). This will present some problems but the alternative is to remain with the normal training hours through the 23rd thus limiting some groups to 2 days of training for the week Dec 20-26 (not good). SO we will wing the following. Those with conflicts please contact John.

Dec 20- ELITE AM Training 8-11:00. 1st year
SILVERSTARS 9:30-1:00. All other are off due to the TEAM HOLIDAY PARTY.

Dec 21-22-23- We will use our SATURDAY hours schedule with the split 8-1:00 and 1:30-6:00 time slots. 1st year SILVERSTARS will train on Dec 21-22 from 9:30-1:00 (off on the 23rd).

Dec 24-25-26- Gym Closed- Happy Holidays

Dec 27-28-29-30- Use the Saturday hours schedule. The 1st year SILVERSTARS will train on the 28-29-30 9:30-1:00 (off on 27th).

Dec 31 and Jan 1- Gym Closed- Happy New Year

Jan 2- We will run a training session for all optional levels Groups A-F. 2:00-6:30. 3 days off in a row one week prior to the Invitational is not a great idea, thus the extra training day.

Jan 3- We will resume the normal training hours for all groups.

HOLIDAY TRAINING- BOYS

Dec. 19-20-21-22- 27-28-29-30 8-1:00- GROUP 1
Dec- 23-24-25-26-31 and Jan 1 OFF- Happy Holidays- ALL BOYS GROUPS OFF

Group 2- Dec 19- 12:30-4:30, Dec 20- 12-4:00 Dec. 21-22-27 8-1:00 with Group 1. Dec 28-29-30 12:30-4:30

Group 3- Dec 19-28-29-30 3:30-6:30

Any questions please see Tom prior to Dec 27 when he will be leaving for a short holiday vacation. Shane and Blaize will be handling the subbing duties while he is gone.

INVITATIONAL REMINDERS

I know it is tough time of year to be dividing thoughts between holiday fun and the upcoming Twistars Invitational but here are some reminders concerning the Booster Clubs largest fundraiser of the year.

ORIENTATION MEETINGS- There are 2 orientation meetings scheduled to cover the operational details for the invitational weekend. Each family should plan on attending one of the meetings. Tues. Jan. 4th or Wed. Jan 5th at 7:00 Upstairs at the Summit.

COMMITTEE WORK- Hopefully all members are all actively participating on their assigned Invitational committees. IF for some reason you are not (have not been directed to do anything) please see Wade Cutler. All members should be contributing to the process.

CLEAN UP- A reminder that ALL FAMILIES are needed and required to participate in the Invitational Clean UP starting around 7:00 on SUNDAY Jan. 9th. (LESS ALL COMMITTEE CHAIRS and ACTIVE CO-CHAIRS).

INVITATIONAL THEME- All members should be adorned in their Twistars Boosters club T-shirts or Polos OR participating in the THEME IDEA (RED WHITE and BLUE (patriotic theme, flags, uncle Sam, etc.) NO you are not too cool to wear Twistars apparel or theme related garb.

Remember that you create the atmosphere for our guests and their experience here this year will determine whether they return again next year. Let's show em a great event!

CHRISTMAS MAGIC

Are we too grown up to feel the thrill
As we light the Christmas Tree?

Are we immune to the lure of cookies
Christmas Cards and related glee?

Are we too old to "Ooh and Aah"
At the Christmas candle glow?
Are we numbed by the shopping
Do we shun the mistletoe?

Are we too cool for carols,
for being "jolly" or "merry"?
Does the season just leave us cold
Is it all too much to carry?

FAT CHANCE! We will never grow too old,
To love the Christmas Magic.
A year without a wonderful Christmas
Would be sad, empty, yes even tragic.

So bring it on! The family, the friends,
The faith, and good cheer

Oh Christmas, wonderful Christmas
You are the highlight of the year.



FOOD FOR THOUGHT

* The best way to predict the future is to create it yourself. As this relates to the upcoming competitive season YOU create the outcome and YOU decide right now what that outcome will be.

* Experience is a wonderful thing. It enables us to recognize a mistake the next time you see it coming.

* The only people you should try to "GET EVEN WITH" are the people that have extended their helping hand to you.

* Trying to make the BIG DIFFERENCE in everyday life should never be overshadowed by the LITTLE DIFFERENCES we can make on a daily basis in the lives of those around us.

* You never know when taking the time to deliver a few sincere and well intended words can have an inspiring impact on a life.

* The things we do for others are usually amongst the best things we do. We rise by lifting others.

BUILDING STRONG BONES

Here is some important advise from USECA MSRD Beth Kleiman.

Did you know that 80% of teenage girls do not get enough calcium (the major contributor to building strong bones). I am sure boys are not far behind

in this statistic. We are hoping that our gymnasts do not fall in that 80%.

Why does it matter? Well because 75-85% of your skeletal structure is developed between the ages of 9 and 20. If you don't make strong bones during this time period there really isn't a second chance. You can't rewind the clock.

Calcium, Vitamin D assisted by protein and Vitamin K are the most important nutrients in the building process. The penalty for improper bone development other than subjecting the bones to potential injury is osteoporosis (the loss of bone mass later in life).

The good news for gymnasts is that participation in weight bearing sports such as gymnastics is conducive to increasing bone density.

How much do Calcium do I need? Beth suggests 1300 milligrams of Calcium and 400 international units (IU) of Vitamin D on a daily basis. Milk and yogurt are the best sources for calcium but there are plenty of other foods that can do the trick (broccoli, eggs, green beans, fortified soy, oat meal and oranges are good choices for athletes).

Do SUPPLEMENTS WORK? As the word implies a Vitamin pill should be considered a supplement. It is best to get your nutrients from food based sources BUT using a supplement is a great back up plan.

CHRONIC COMPLAINERS

The world is filled with the chronic complainers. They are the people who

constantly point out what is wrong or what is bad as related to a situation. They have an "I told you so attitude" when problems arise. They criticize administrations, co-workers, and friends and rarely offer praise. They constantly complain about unavoidable problems or responsibilities as being an overwhelming burden on them and others (when trying to secure support for their negativity). We all know a Chronic Complainer.

The first step to managing this kind of person is to recognize that complaining is a problem. It infects the work place, the moral of the team and the disposition of others (as it is a normal tendency to join in on the complaining).

Step two is to confront the problem (most choose to ignore it). This can be done in a number of ways but a simple statement that counters the complaint works best ("oh know I have a totally different opinion"). Complainers complain less if they realize they don't have a consistent audience. Severe cases may need a more heart to heart one on one meeting of the minds.

From a management perspective it is important to make it crystal clear that complaints fall on deaf ears unless accompanied with suggested solutions. This creates a more positive atmosphere that caters to constructive criticism BUT not to destructive negativity. In other words try to build a culture that rewards positive behavior.



BOYS TEAM REPORT

Last month was the first month of competition for the boys and they all did really well! The Level 5 and 6 teams competed at Judges Cup in Farmington Hills, while Jake Moore was in Colorado Springs for Future Stars Nationals!

Judges Cup showed a lot of improvement from the mock meet the boys had two weeks earlier. For most of the Level 5s, it was their first ever competition, while most of the Level 6s were doing their first meet at that level. Our returning members of each level showed their experience. Sam Parks won Floor, Pommel Horse, Rings, High Bar, and the All Around for the Level 5 team, while Doug Dean won Floor, Horse, Rings, Vault, P-Bars, and the All Around for the 6 team. The other event winners were Lucas Munsell on Vault and Noah Adams on P-Bars for the 5s and Mike Bigelow tied with Doug on Vault and took the High Bar title for the 6s! Going by team scores, Twistars was led by the Level 5s! Congrats to the young guns!

Future Stars Nationals was a great experience! Jake had a great meet, hitting every routine but tramp (not quite used to the bounce of the hot beds) and rocked out his Horse routine. Jake ended up 31st AA in the 11 year old division and 5th on PH! Great results for his first National competition. The second day featured some workshops conducted by the Men's National Team Staff for the athlete, parent, and coaches. These educational sessions went over

athlete nutrition, sports psychology, strength training lectures, and an overview of the upcoming changes to the junior men's program. They were all great lectures and very motivating as they described the plan to have the USA win the gold at the upcoming Olympics!

The boys had their annual sleepover at the end of November. This year we did a Ninja Warrior Challenge and it turned out great! The boys had a lot of fun going through the challenging obstacle course and with the hours of dodgeball that ensued.

This month the boys team will have one meet for the older boys, while the younger guys are using their first meet experience to refine their routines. The Christmas in the Motor City Invitational will be December 5th, and will be the first meet for the Level 7-10 boys. The meet is hosted by Michigan Academy of Gymnastics, one of the strongest boys teams in the state, so the boys will have some strong competition to start off the year.

The Developmental and Starboys classes are looking really good! We're seeing more boys in the classes, and a lot of them with the potential to be on Developmental and eventually team. Be sure to check out the Boys Bulletin board for class highlights and Snapshot Skills, which will feature some of the new tricks the team boys are working on!

Lastly, the Boys Team would like to wish everyone Happy Holidays and Happy New Year! See you again in 2011!

HOLIDAYS ARE TOUGH SOMETIMES

Holidays are tough.....wish heaven had a phone....so I could hear your voice again. I thought of you today...but that's nothing new.

I thought of you yesterday and days before that too.

I think of you in silence and often speak your name.

All I have are precious memories and pictures in a frame.....♥♥♥

For all those that have lost close friends or family members let these holidays be a time to remember how special they were in our lives.

