

TWISTARS USA

A LONG HARD CLIMB

the road to the world championship title



What can be said that hasn't already been? Who can not appreciate the extent of World Championship title?

Coaches far better than I have completed careers without such a title. Countless athletes have had this dream fall short or shattered. A mere 6 gymnasts in USA gymnastics history have achieved

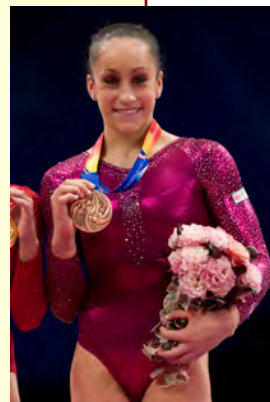
this ultimate prize. Only 6! And now Wieber joins names like Zmeskal, Miller, Memmel, Johnson, and Sloan in this prestigious elite category. Amazing!

I am honored, humbled, thrilled and thankful to have played a role. In the words of James Brown "I feel good!"

WORK TO DO

Basking in the glory of accomplishment has never been my style. Nor is it Jordyn's. We have made our mark by the motto "you are only as good as your next performance" and that is the route we will continue to follow.

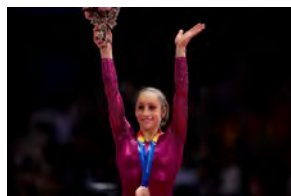
No USA athlete has ever followed up a World title with an Olympic title. This serves as great motivation. We will not rest on the past but build on it for the future. Being on top is a wonderful thing but staying on top is even better. Many consider us the target now, the rabbit for all to chase. We do not prescribe to that train of thought. We will be doing the chasing and find targets of our own. The world talent pool is immense and thus those who labor with purpose and desire will be the ones who achieve greatness in the end.



OH SAY CAN YOU SEE

There are things that the media coverage just can not capture. The emotion, the inner feelings, the satisfaction or dispare. No matter what the camera angle, a picture just can not deliver it all. The picture above tries and comes about as close as any I've ever seen.

That moment will be forever etched in my mind. The moment that instantly morphed



from disappointment (thinking that a step out of bounds may have cost a gold medal) to utter joy (realizing that the years of work were now validated). Seeing tears of relief, happiness, pride, appreciation and accomplishment on the face of someone that is so truly deserving tugged at my heart strings. That is a two armed hug that I will always remember and cherish.

RACHEL HAINES ACCEPTS UNIVERSITY OF MINNESOTA SCHOLARSHIP OFFER



RACHEL HAINES- 2011 USA Junior Olympic National Team Member

Meanwhile on the home front, the Twistars machines keeps on producing.

Congratulations to Rachel Haines and her parents Pete and Ronnie of Gowen, Michigan! Rachel recently accepted a full ride athletic scholarship offer from the University of Minnesota where she will join the Gofers gymnastics squad in the fall of 2013. I would be willing to bet my house that this is the FIRST EVER full ride gymnastics scholarship awarded to anyone from Gowen, Michigan.

Rach becomes the first Twistars gymnast to attend this prestigious University so all eyes will be on her progress and contributions to their program. We are expecting big things as she

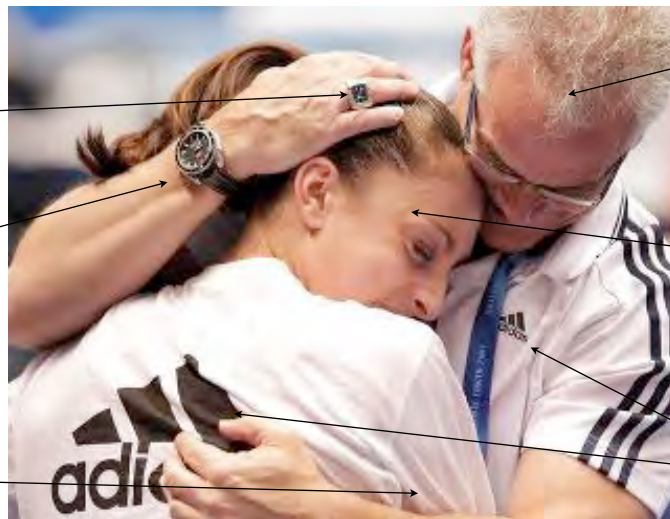
helps "the other" U of M contend for a Big 10 Title.

Rachel is a former level 9 National AA champion and 2011 Junior Olympic National Team Member. She also qualified for the 2011 Region 5 All Star team and will be participating in an international assignment to Brazil later next month.

Known for her great gym personality and energy, we are sure Rachel will be well received as she joins the college ranks. In the mean time, she still has 2 solid years of club career remaining and I am confident those years will be spent contributing and improving.

Congratulations Rachel. This is a well deserved honor!

THE HUG OF A LIFETIME



Region 5 Hall of Fame Ring- representing the team first approach used at worlds.

Omega Watch- indicating the time of a lifetime

A rare 2 handed hug- indicating she forgot that people were watching

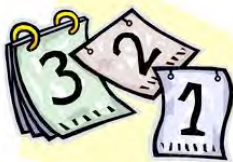
The grey hair signifying years of stress

Emotional pain- signifying years of perseverance and effort finally paying off

Adidas- national team sponsor getting their moneys worth

BOOSTER CLUB ANNOUNCEMENT

Mark your calendars- November 7th- 6:00 Next Booster Club Board Meeting
March 30-April 1- Twistars will be hosting the Level 7-8-9-10 State Meet



IDEAS FOR THE PARENTS OF ATHLETES

BY KIM LANNON

- * Develop an environment of encouragement.
- * Encourage tracking of personal gain through effort. (Sometimes they fail to see the product of their work)
- * Encourage the concept that competition is with one's self and not against others.
- * Communicate in productive terms such as never equating success and failure with winning and losing.
- * Give your child permission to fail. This is how they learn. It is how they deal with failure that provides the best lessons in life.
- * Talk to your child about what is fun about their activity on a weekly basis. Sometimes they get caught up in the work load and lose track of the core reason for participation in the first place.
- * Let your child live their dreams not yours.



- * Set the best example of sportsmanship. It is contagious.
- * Remember your most important role is being supportive. You are a parent first and foremost, the child's biggest fan!

FOOD FOR THOUGHT

* It is hard to jump high and feel down at the same time.



- * Sometimes the loneliest moments are the ones that show you how strong you really are.
- * The riskier the endeavor, the more exhilarating the reward.
- * Spending just 5 minutes outdoors can undo hours of pent up stress.
- * Treat an apology as a gift. Accept it without peeking at the price tag.

- * You achieve balance not by pushing against your body, but by following its lead.
- * Rather than battle your emotions... make them your allies. They hold the secret to what drives you.
- * Happiness is a fickle houseguest: She shows up at surprising times, but when she leaves you know that she will be back again.

BOYS TEAM NOTES



Best of luck to Jake as he participates in Future Stars Regionals this weekend in Chicago. He will be attempting to qualify to the National Testing Round.

Boys Open House- Sunday November 13th from 2-5:00- Boys program promotion and marketing event. Invite your friends, spread the word. This event will incorporate open gym, games and activities and is designed to get the word out about our great boys program.

Boys Dodge Ball/Sleepover is December 10th - 8 PM- 8AM on the 11th. This is always a fun filled night. Feel free to invite your school buddies, friends, neighbors and relatives. Lets fill it up!



HODGE PODGE

FROM THE TREASURER

Expense Reimbursements:
If anyone has reimbursement requests to submit for the Invitational, please submit the original receipt along with an Expense Reimbursement request form, signed by your committee chairperson to Kameron Moore's mailbox, or give it to Kristin Moore at the gym. The forms can be found on our website under the Team menu, just click on "documents, forms, and handbooks." Expense checks will be placed in your mailbox at the gym, unless other instructions are indicated, within one week. Please ask Kristin if you do not receive your reimbursement after 7 days.

ST NICK INVITATIONAL

There seems to be a little confusion as to who will be attending the St Nick Invitational in Dekalb, Illinois December 9-11. As stated in the tentative calendar last month, Levels 4-10 will be attending. This of course assumes readiness, but as for now, all Levels 4-10 (excluding first year silverstars) will be making the trip.

CHICAGO STYLE HOTEL INFORMATION

A recent email went out from our travel committee containing the information needed for reserving rooms for our Team trip to Chicago. Please review the details and direct any questions that you may have regarding hotel rooms to Jen Pickel.

ANNUAL FALL MIXER

Don't miss our annual fall mixer! This is a fun time for the entire family and serves as a great way to meet other booster club members. Boys and girls team members and their families are encouraged to attend.

This years event will be held on Saturday October 29th from 6-10pm at the Thrush farm in Williamston (2004 Meridian Rd). Bring a dish to pass, chairs and the beverage of your choice. There will be games for the kids, a DJ, a hayride, more food and great conversation.

Please RSVP to drwoodland@comcast.net ASAP.

NOT UN-NOTICED

I get the interviews, I get the press, I get the photos but don't think for one minute that I don't fully understand the value of my coaching partner.

I can not express how proud I am of her accomplishment, (becoming just the 2nd coach in our region to ever coach a world individual event medallist- beam bronze). She may not get the attention that she deserves BUT those that know our program fully realize the importance of her role. CONGRATS KATHRYN.



MSU/U of M

A man dressed in Spartan green and white walks into a bar in Ann Arbor with a small dog under his arm.

He says to the bartender: : "hey can I leave my dog here while I go to the MSU/UM game?"

"A dog in my bar, absolutely not!" says the bartender.

"But he is a special dog," says the MSU fan.

"In what way?"

"Well he will watch the game with you on TV. When MSU scores he will walk the length of the bar on his front legs. When U of M scores he will walk the same distance on his hind legs." When MSU wins he will do a complete back flip!"

"Wow that is incredible," says the bartender, "but what does he do when U of M wins?"

Hmmmm, I don't know says the puzzled MSU fan, he is only 4 years old."

thanks Payton