

Gedderts' Twistars USA Gymnastics Club

TWISTARS USA GYMNASTICS NEWS

TIM RAND

Special points of interest:

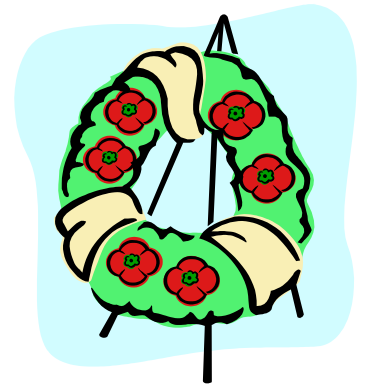
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- Big Sisters
- Girls Competitive Schedule
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It is simply amazing the kind of impact any one individual can have on another person, directly or indirectly.

Our program has been remarkably influenced by Tim Rand, a gymnastics icon. I fully realize the impact that his program at American Twisters in Pompano Beach, Florida has had on ours as I spent many years trying to bottle his coaching magic. For years THOSE TWISTERS were the team to emulate. I can't tell you how many times we walked out of various competitions wondering how any team could be that incredible and incredible is a true understatement. From top to bottom, from level 4 through elite, Tim's athletes painted a picture of perfection. They were flawless in their execution and relentless in their desire to compete. The country watched in amazement as his teams dominated with style and class.

The lessons learned from Tim Rand have without a doubt put our club on the national map and although NOBODY could ever duplicate his accomplishments, we are at least more enlightened and educated due to his influence. He was brilliant in his application of gymnastic knowledge within his own club but never once hesitated sharing that wealth with those in search of the "answers". The learning curve of coaching for many was significantly shortened due to Tim's willingness to share his ideas.

Sometimes we are affected by people we never meet. Few if any of the Twistars current team members even know Tim Rand's name as he has been on a different gymnastics path for the past few years. They would however recognize some of the athletes that he has graced over time... Jana Bieger (world champion), Morgan White (Olympian), Cassie Price (National



champion), and Michelle Campi (Olympian) to name a few. Out of all the coaches in the USA, Tim Rand has to have had as much impact on our athletes as any. Tim is responsible for setting our current standard of excellence and our blue collar work ethic philosophy. He has indirectly influenced the standard of gymnastics at Twistars and across this nation.

I had the pleasure of serving on the Junior Olympic Program Committee with Tim for years. His vision for gymnastics helped to shape our current system. I have had the

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Inside Story Headline



pleasure of attending international competitions with Tim (Buenas Aires Argentina– USA vs Argentina and USA vs Belarus, China and Ukraine) where he was an ambassador of good will and respected role model. I have witnessed first hand his love of kids, love of

sport and love of family and always admired that passion.

Tim Rand recently past away unexpectedly at the age of 51 . The gymnastics world aches from his absence. He has given so much to this sport and

gymnastics is without a doubt a better sport because of his presence. Say a thank you in your next prayer to a man that you probably never met YET has had a remarkable impact on your gymnastics lives. Say thanks to Tim Rand.

CHAMPIONSHIPS CHAMPIONS

Routine after Routine etched a picture of phenomenal talent....

The 2007 Championships of the USA were exciting and productive from every standpoint.

Exciting was our 2 little stars competing with focus and determination. Routine after routine etched a picture of phenomenal talent, grace, and style. I couldn't have been prouder of their maturity and competitive spirit. While others succumbed to the pressure of the national spotlight, JoJo and Kam remained steadfast and fearless. It was a sight to see.

Jordyn Wieber is a power to reckon with and will be for quite some time. A 3rd place finish in the All Around including 2 silver (Vault and Beam) and a bronze (Bars) marked her banner performance. Probably overstated yet under appreciated was the fact that she did this as a 12 year old. (1st and 2nd place were 14). Amazing!

National Team coordinator,

Martha (Pronounced Marta but spelled Martha) has indicated that this year Jordyn will see her first international assignments. Initially assigned to a Belgium competition that was cancelled, Jordyn will now set her sights on the Junior Pan American Games. Jr. PAG will be held in Guatemala in late November and will feature competition between North, South, and Latin America as well as the Caribbean nations.

Another consideration will be the more prestigious and competitive Pacific Alliance Championships in April. This competition will feature countries that border on the Pacific Ocean (Australia, China, Canada, Japan etc) and will use a combination of Junior and Senior age athletes.

Martha also made a point to acknowledge the progress and potential of our newest elite, Kamerin Moore. Of particular interest was the ability she dis-

played going 8 for 8 in the toughest competition of the year. She was UNSHAKABLE and although the final results had her positioned .15 from the final national team spot, her performances were nonetheless, impressive.

.15 is an UGLY number! In an open ended scoring system it is comparable to .025 or LESS in the J.O. system of scoring. .15 will be branded in our minds for the next year. .15 will be the secret motivation for Kami as we proceed towards the next competitive season. She will point the toes harder, straighten the knees tighter, jump higher, split fuller, run faster, and there is no doubt about it. Sometimes it is a small disappointment that provides the fuel to propel us forward. Kami is now fueled.

Congratulations JoJo and Kami. You made us all very proud!



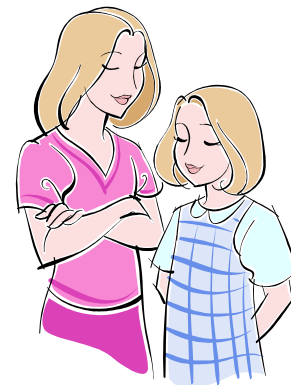
**Jordyn and Kami
Rocked San Jose**

BIG SISTERS MEETINGS

Our annual mentoring program will commence soon. The following dates will be used for our meetings: Sept 15, Oct. 13, Nov. 10 and Dec. 8. The meetings will be held at 1:00 on these select Saturdays.

Our Big Sisters program is used to tap the experience and knowledge of our upper classmen as issues relate to goal setting, fear, communication, work ethic, honesty, integrity and more. This has proven to be a powerful tool in our program.

Big Sisters are asked to accept the major responsibility of presenting a proper role model, committing time and effort to organizing sessions as well as individual consulting. This is a responsibility not to be taken lightly.



**BIG SISTER MEETINGS
BEGIN SEPTEMBER
15**

GIRLS TEAM TENTATIVE CALENDAR

Notice the word Tentative-

Sept 13- Booster Club Board Mtg.

Sept 15- Big Sisters

Sept 21-23- Region 5 Mini Congress- Coaches Education

Sept 29- Fall Mixer-

Oct 5-7- High Tech Camp- Level 10s- Indy

Oct 6-7 Level 5/6 SMQ- Saginaw.

Oct 13- Big Sisters

Oct 20-21- NAWGJ- SMQ- Ypsilanti

Oct 19-29- Region 5 All Star Team Trip- Japan

Oct 20-24- National Team Training Camp- Houston- Elite

Nov 3-4 POSSIBLE Level 5/6 Invitational.

Nov 10- Big Sisters

Nov 17-18- Level 5/6 State Meet- Westland.

Dec 8- Big Sisters

Dec 14-16- The Cup- All Levels- Cincinnati. All Levels.

Dec 17- Holiday Party- TBA

Dec 24-26- Holiday Break- Gym Closed

Dec 27-29- Sat Hour training

Dec 30- Training PM-TBA

Dec 31-Jan 1- New Year Break- Gym Closed.

Jan 11-13- Twistars Invitational- Lansing. All Levels.

Jan 17-21- Team Trip- Battle of Champions- Sarasota, Florida. All eligible levels

Jan 19-20- Level 4/5/6 SMQ- those not going to Florida- Canton.

Jan 23-27- National Team Training Camp- Houston- Elite

Feb 8-10- For Love of Money- Indianapolis- All Levels

Feb 15-17- Cereal City- Battle Creek- All Levels

Feb 21-25- South Padre Island- Level 9/10s- Texas

Mar 1-2 Level 5/6 SMQ- Port Huron

Mar 15-16- TBA All Levels (still exploring options)

Mar 26-30- National Team Training Camp- Houston- Elite

Mar 29-30 Level 5 SMQ- Battle Creek.

Apr- 5-6 Level 8/9/10 State- Lansing

Apr 12-13- Level 6/7 States- Kalkaska

Apr 19-20 Level 5 States- Midland

Apr 25-27 Level 9-10 Regionals TBA

May 3-4- Level 8 Regionals TBA

May 4-8 National Team Training Camp- Houston- Elite

May 8-11- Level 9 Nationals- Dayton, Ohio

May 15-19- Level 10 Nationals- Kissimmee, Florida

May 23-25- US Classic- TBA- Elite

June 3-8 Championships of the USA- Boston- Elite

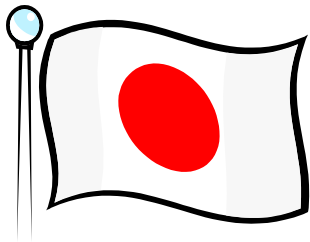
June 16-19- Week 1 Twistars Camp

June 23-26- Week 2 Twistars Camp

June 30- Summer Schedule Starts.



2007-08 SCHEDULE



3 TWISTARS ARE JAPAN BOUND

JAPAN BOUND

Region 5 (our 5 state region including Michigan, Ohio, Indiana, Illinois and Kentucky) prides itself on providing extraordinary experiences for our accomplished athletes. We provide them with the best in training camps, and apparel but perhaps the most impressive perk is our annual international experience.

This year 3 Twistars earned their spots on the 12 man regional team. High School senior Elizabeth Mahlich, junior Nicole Dayton and 11 year old Kamerin Moore will represent region 5,

Twistars and the USA in Japan, October 19-28. This undoubtedly will be an experience of a lifetime.

Qualification to this team is NOT easy as Region 5 is strongest and deepest competitive region in the country. Results are based on competition results and rankings and thus finishing in the top 12 is an accomplishment to be proud of.

Gymnastics is a tough sport. These athletes sometimes sacrifice various social events, school notoriety and such to be a national caliber CLUB athlete.

The rewards should be indicative of the effort put forth. In Region 5 **THEY ARE!**

This trip will include an initial stop in Osaka where the team will train and stay at a local University. From there they will take the bullet train to Tokyo to take in the sights and the All JAPAN National Gymnastics Championships as spectators.

Congrats to BB, Nicko and Kami. ENJOY the experience and cherish moments like these as they are truly memories that will last a life time.

SPREAD THE WORD CONTEST



EARN A TRIP TO FLORIDA

Twistars will be conducting a MEMBERSHIP DRIVE CONTEST in order to bolster our enrollment.

With the local economy being as it is sometimes we have to go the extra mile to promote and market our business. You are our best advertisers.

You know the program and can attest to its benefits. You realize that we are the best but more importantly you have witnessed the learning of character building carry over skills that inherently attach themselves to a quality sports program.

We have always had the \$20 referral credit for those that encourage friends and neighbors to

join Twistars. Now we want to sweeten the pot a bit.

We will conduct a contest that will conclude December 31 of this year. The family with the most referrals will receive 1 FREE week at WESTGATE TIME SHARE (no you don't have to sit through any sales and promotion sessions). We will also provide you with 2 FREE airline tickets. The West Gate is located right next to Disney World, in Orlando Florida and should provide a great family escape.

Just to make sure that this produces a minimal response (don't want someone with 1 referral winning the package). We would like to place a minimum 5 referrals as a starting point.

Actual dates for use can be somewhat adjusted depending on normal time share rules so that would hopefully fit your personal schedules.

Be sure to inform your referrals to use your name at registration in order to receive the credit. Follow up with office personnel to make sure referrals are properly recorded on your account.

Ties would have to be broken by a random draw.

Times are tough in Lansing but I think we have a valuable service for kids and families. You can help us spread that word and for your efforts reap a reward that is fitting of your continued support.

GEORGE CARLIN (comedian) RULES

1- Stop with the spam and pop ups for CLASSMATES.COM. There is a reason why I don't stay in touch with those that I went to school with. Basically I DON'T LIKE THEM. Besides I know where the captain of the football team is... He's mowing my lawn.

2- If you ever plan on being a credible adult and want a job that pays better than minimum wage then for God's sake STOP piercing every available piece of flesh. If you still want to "PIERCE IT" then practice the following phrase.... "do you want fries with that?"

3- No more gift registries! You know that used to be just for weddings, now its for new babies, anniversaries, birthdays and graduations from rehab. Picking out things that you like and then having other people BUY them for you is not GIFT GIVING, its more like the rich peoples way of LOOTING!

4- Ladies leave your eye brows alone. Men really don't care what they look like provided you don't have to braid them. Actually here is what men think about eye brows... do you have 2 of them? Fine! Good enough.

5- No more movies about OLD Television Shows. If the cinemas insist on showing these old relics then we should be provided with a remote control in order to see what is playing on the other screens. You know there is a reason why they were TV shows in the first place.... IT'S BECAUSE the idea wasn't good enough for a MOVIE!

6- Quit MEGA SIZING everything. McDonalds, Burger King, sodas, and now candy.... Even M-Ms. You know we don't need super sized M-Ms. Normal size is fine and If I'm really hungry I'll EAT 2!!!



HODGE PODGE INFORMATION

1- Next Booster Club Board Meeting will be held on Sept. 13th at 5:30 and will open to general membership at 6:00. Please forward all agenda items to Dan Sump.

2- Stay tuned for the LEO-TARD SALE coming in October. This is a great chance to make a little \$\$\$ while getting rid of some of the 6000 leotards packed in your daughters dresser drawers. More information coming soon.

3- Open Gym will start up again Sept 8th. It is held every Sunday from 12-2 and the cost is \$6. Members are encouraged (especially pre-team and compulsory levels) to use this supplemental training time for working on refining and polishing those

needed skills.

4- Private Lessons available. You asked for it and John needs a little extra Holiday shopping money so here it is. John will be available for private lessons during the open gym times for \$25 per half hour (this includes your open gym fee.) Times can be scheduled in advance by emailing your request to USATwistar@aol.com or dropping John a note.

5- New leotards are expected by mid October. This puts us in a bit of a bind for the first level 5/6 competition. So that you have advanced notice we will use last years competitive leotard. For those that don't have one we have 2 options a) barrow one from someone that is not compet-

ing that meet or b) get with Kathryn to see if we have any extras of the size that you need in stock.

6- Please check the competition schedule for any conflicts that may keep you from participating any particular meet. If there is a conflict and you absolutely can not avoid missing the competition, you will need to inform JOHN of this (in writing). Once a competition is paid for the fee is generally non-refundable after a certain date. If that date passes and you discover a conflict that keeps you from attending, then you would be responsible for reimbursing booster club the registration fee. This is to avoid unnecessary spending and "convenience conflicts".



**IMPORTANT
INFORMATION**

TwistarsUSA.com



CAN I GO...CAN
I...PLEASE CAN I GO?

BOOSTER CLUB NEWS

- 1) *Fall Mixer*– which is an annual event organized so that new families can get acquainted with our more established members. This is a fun afternoon with games for kids, music and food. This years event will be held on September 29th at the Kolk Farm in Grand Ledge. Stay tuned for more details but **SAVE** this date.
- 2) *Parents Night Out*– Our Outlet Mall facility will host a “parents night out” every Friday night from 6-10 pm. There will be games and open gym time all of which will be chaperoned. This is a great opportunity to get away for an evening...see a movie...etc. \$25 for the first child and \$15 for 2nd and the 3rd is **FREE**. Call 668-0805 for further information.
- 3) *Twistars to host Level 8-9-10 States*: Twistars will be hosting the state championships for levels 8-9-10 at Holt grade 9 Campus on April 5-6. Add this to your calendar as we will divide boosters club in half with half working this event and half working a TBA event (hopefully level 9-10 regionals)

BOYS COMPETITION SCHEDULE

Here is the latest and current boys competitive team schedule. We look forward to another outstanding year as our boys team tackle big challenges.

Nov. 11– Judges Cup– Saginaw

Dec. 1-2 Michigan Academy– Westland

Dec. 8-9 Michigan Elite– Farmington

Jan 12-13– Twistars Invitational– Lansing

Jan. 19-20– Whitfield Invitational– Ann Arbor

Feb16-17– Cereal City– Battle Creek

Mar 1-2– Harley Davidson Invitational– Oak Creek Wisconsin

Mar. 29-30 State Championships– TBA

Apr. 12-13 or Apr 19-20– Regional Championships– Hocking Valley– Ohio

As more options for potential meets come in the mail, we may lean toward trading a Dec. Invitational for another February. At this time however the February options are limited. Stay tuned.

If for some reason any of the aforementioned competition dates conflict with major family/school or religious commitments please inform BLAIZE immediately. Please inform him in writing to be sure that this base is covered. Once entry fees are submitted by booster club they are generally **NON-REFUNDABLE**. With this being said we want to make sure that we do not pay for a competition **IF** you have a conflict and will not be able to attend. As a general rule (booster club rule) if an entry is paid, and non-refundable, withdrawing from that competition would mean reimbursing boosters club for the registration fee.

Most boys competitions are deemed “family” competitions in which hotel, and transportation is the responsibility of the individual families. Should a competition be deemed a “team” competition then the athletes would travel and stay together as a team under the direction of the coaching staff and a designated chaperon. Travel arrangements for any team designated meets would be made by the booster club travel committee. For further information our travel guidelines can be found on the booster club web site at TwistarsUSA.com under the booster club tab.

We are excited about the coming year and look forward to providing some great opportunities for our young men.