

GET YOUR FLIP ON AT

TWISTARS USA

GYMNASTICS CLUB

SEPTEMBER 2009

TWISTARS RANKED NUMBER ONE!

MSO (MeetScoresOnline.com) the nations only available ranking system for gymnastics club, has recently released it's rankings for 2009. AND TWISTARS IS NUMBER ONE!

Ranking the nations top gymnastics clubs is not an easy task. The MSO system is based on several factors such as number of state/regional/national qualifiers, state/regional and national champions, invitational results and more. Needless to say Twistars filled those categories with quality results in 2009.

In 2008 Twistars USA was ranked fourth and that served as some strong motivation to improve. Congratulations to the athletes and the coaching staff for this incredible accomplishment. NUMBER ONE IN THE USA! Simply incredible!



SLOVANIAN EXPERIENCE

Our Slovenian visitors are now on their way home. What a wonderful group of people to have join us for 2 weeks.

I have been asked to pass on a heart felt thanks from Ricard, Ivana, Tatiana, Rebeka and Lara to the Twistars family for making their visit so rewarding.

Although all have extensive experience with international travel, this was their first trip to the USA. They were pleasantly surprised by the hospitality, the genuine energy and the quality of athletes we have at Twistars.

We now have an open invitation to visit their country next year. We may very well accept.



SITE SEEING_ REBEKA, IVANA AND TATIANA VISITING LAKE MICHIGAN. THEY ALSO VISITED CEDAR POINT AND CHICAGO



SUPER SHOPPERS- Some things are universal and shopping seems to be one of them.



FRIENDS DONT NEED TO SPEAK THE SAME LANGUAGE

BOOSTERS CLUB

THINGS YOU NEED TO KNOW

We have stumbled across a few issues recently that need to be addressed. Some are merely reminders of existing policies others are clarifications.

1- *Booster Club Financial Commitment* - These have specific due dates. Please try to meet these dates to avoid late fees being assessed. Regardless of whether you have started competing, or are unsure of your gymnastics future, once the fee becomes due you are obligated to that portion. This is a "BOOSTER CLUB" and not a me for my daughter organization. Obviously if all members decided to wait until competition season started we would have difficulty entering meets and paying bills (usually about now). Bottom line, please try to stay on top of the payment schedule as posted.

2- *Booster Club Agreement form* - This is a new concept designed to make sure all members are informed as to the rules of membership. We always have a few people who simply miss some of the information. The booster club agreement form should solve this problem. With this being said, this form has Inc. approval and should be signed and returned prior to participation in any booster club funded event. Unless your agreement is received we can not enter competitions. If you have not done so, please submit your signed agreement form to our membership chair, Wendy Anderson today.

3- *Floor Music and Routine assignments*. I don't know where this took a wrong turn but we seem to have developed a misunderstanding of the

process. Without exception the floor routines will be assigned by Kathryn and/or Nanci. We can not allow individual parents contacting various choreographers and arranging routines without approval. So many things go into assigning routines but mostly it comes down to spreading out the work, styles, who will have the most access to routine maintenance etc. Parents surely have NO CLUE to these aspects and just like all other routine construction on other events, they should leave these decisions to the professionals. TOO MANY HARD feelings are created when parents get involved in this process.

* SEPTEMBER 19 at CENTENNIAL ACRES in SUNFIELD.

\$65 each or \$260 for a foursome with \$30 going directly to your booster club commitment fees.



Price includes 18 holes, cart, beer, all you can eat, raffle prize and more.

Don't miss a great afternoon of FUN!

Contact Carrie Hylek- 242-6081 or John Nagel 566-8055 for more info



If you have specific preferences, let them be known and they can be considered, but not promised.

4- *Orientation Meeting* - If you missed the initial booster club orientation meeting OR if you feel you still have some questions that need addressing, our welcome wagon committee will schedule another booster club information meeting soon.

5- *Invitational Theme Contest* - If you have a creative idea for the 2011 Invitational submit it for the THEME CONTEST and win \$25. Ideas must be submitted by September 11th. Place in Rachel Cutlets mailbox.

NATIONAL GYMNASTICS DAY OPEN HOUSE



We have lots to celebrate this year, Join us for our National gymnastics Day Open House from 1-3:00 on September 13th.

Games, Raffle, Demonstrations and more

We will be conducting a fitness challenge for all participants. HOW FIT ARE YOU?

FREE

RAFFLE PRIZES

DEMONSTRATIONS

FITNESS CHALLENGE

INVITE YOUR FRIENDS

GUEST TEAM COACHES

SUNDAY SEPTEMBER 13th

1-3:00 AT THE SUMMIT

HODGE PODGE INFORMATION



UNDERSTANDING BOOSTERS CLUB

Members should be aware of the 2 Types of **TIME COMMITMENT** for Booster Club. Time commitment serves mostly to help raise funds for the "general fund" which in turn keeps our financial obligation manageable.

1. **INVITATIONAL** (January 8-10, 2010) - # hours TBA in December
2. **SECONDARY FUNDRAISING HOURS** - 12 hours on any of the following (21 hours if we host the Regional meet)
 - o **8-9-10 State Meet** (March 20-21, 2010)
 - o **9-10 Regional Meet** (April 9-11, 2010) - tentative
 - o **Texas Hold 'Em** general fundraiser
 - o **Gym Clean Days**- Various dates will be scheduled to cover gym maintenance items related to team wear and tear.

The bulk of members need to work the additional meets, so keep those weekends open!

CONGRATULATION ERIN FREIER

A recent announcement placed Erin Freier on the travel squad for the Region 5 All Star Team. Erin will join teammate Maya Ketner as they travel to Grand Caman Island this coming October as a reward sponsored by Region 5 for their outstanding accomplishments this past season. Congratulations Erin!

TRAVEL PROBLEMS

Booster Club is in the process of sorting through the travel receipts for the travel trips this past year. We are having some difficulties locating all the records needed in order to determine if everyone is paid in full.

We could use your help. If you were waiting for final billing from boosters club for Phoenix in order to know the amount to pay, please inform Kristin Moore.

Secondly if anyone has the confirmation number for the Phoenix trip air tickets, we need this in order to access the contracts and verify how many tickets were used and by who. The contracts have been misplaced and can't be accessed without a confirmation number.

It looks as if either the final billing was never assessed OR that a batch of checks was misplaced and never submitted for deposit. Some of you may be getting a request of information about the Phoenix trip. Please respond in order to help our treasurer sort this out.

Food For Thought

Does the name Pavlov ring a bell?

Acupuncture is a job well done

Those too big for their britches will be exposed in the end

A boiled egg in the morning is hard to beat

If you didn't pay for your exorcist ... would you get repossessed?

Time flies like an arrow but fruit flies like bananas

Is a hangover the wrath of grapes?

FROM THE EDITOR

I am still stuck on the number one ranking in the USA. I have to say how very proud I am of the athletes, the coaching staff and our boosters club for their role in bringing this program to the heights of excellence.

This is truly an incredible feat and one that we all should take great pride in and not underestimate what it took to achieve.

I am still stunned!

MORE BOOSTERS CLUB INFO

This reminder is for our newer parents (and those with short memories). Although Twistars has no problem with parental viewing of our training sessions, we do ask that team parents view from upstairs.

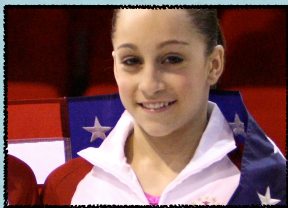
LEAVE THE COACHING TO US

Similarly, while viewing, parents should realize that interfering with training is a serious breach of proper conduct. Please refrain from hand signals, secret meetings in the restrooms, and coming out on the floor to give coaching advice.

COACHING COMMENTS

Seemingly, we have a few parents with athletic backgrounds. Please don't confuse this with having knowledge of the intricacies of gymnastics. Giving your advice to other parents in the viewing area on how things really should be done is certainly out of line. We do know the sport best.

JORDYN



2009 REGION 5 ELITE
ATHLETE OF THE YEAR

Presented by Region 5

Awards Banquet-

Jordyn will be honored at the 2009 Region 5 Coaches Congress.

2007-8-910 USA National Team Member. 2009 American Cup Champion. 2009 International GymNix Champion. 2008 National AA Champion. 2008 Italy Grand Prix AA Champion.

Entering 9th Grade

**Injury Status:
hamstring getting better**

Ranking Results

Who is the best in the USA

Twistars USA- Mi	1st
Docksiders- Md	2nd
IGI- Il	3rd
Orlando Metro- Fl	4th
WGA Texans- Tx	5th
GymCats- Nv	6th

NUTRITIONAL GUIDELINES

“SERIOUS ATHLETES MAKE GOOD CHOICES”



HERE ARE SOME HELPFUL HINTS FOR ADHERING TO THE TWISTARS NUTRITIONAL GUIDELINES:

1- Eat more natural- Try to choose foods that come from the earth rather than processed foods. (for example: fruits, veggies, whole grains etc.) The more “colorful” your diet, the better your chances for a good variety of vitamins and minerals.

2- Eat Breakfast- This is without a doubt the most important meal of the day. It jump starts the metabolism and provides energy for the day. Meals throughout the day should gradually “shrink” in size.

3- Eat often and small- Eating small portions more often during the day helps to limit eating due to extreme hunger. It also helps with maintaining energy throughout the day.

4- Stay Hydrated- Your muscles can not function efficiently without the proper amount of water.

5- Include “lean” protein choice with each meal- This will assist with muscle repair and fueling.

6- Supplements can help- Use multi-vitamins with anti oxidants and an omega 3/omega 6 blend daily.

7- Food rich in fiber help keep the athlete feeling full.

8- Limit the junk food- Especially in front of coaches.

NUMBERS

Level 10/Elites

16-23

Level 9

9-15

Level 7-8s

18-24

Our optional teams are loaded for the 2009/2010 season

GIRLS TEAM CALENDAR



2009-2010 TENTATIVE SCHEDULE

	Dec 11-13- St Nick Invitational. Dekalb Illinois- NIU.	Sacramento California. Levels 9-10. TEAM TRIP
Sept 4-7 Labor Day Holiday- Gym Closed.	Select Level 5-6-7.	Mar 19-21- Level 8-9-10 States. Lansing.
Sept 11-13- Hot Shot Camp- Columbus	Dec 18-20- THE CUP- Cincinnati. All Levels minus those competing in St Nick Invitational.	
Sept 13- National Gymnastics Day	Dec 21- Holiday Party- Radisson,	
Sept 16-19- PayDays Poker	Dec 24-26- Holiday Break- Gym Closed.	
Sept 18-20- Coaches Congress- Chicago.	Dec 31-Jan 1- New Years- Gym Closed	
Sept 26- Fall Mixer- PM training cancelled.	Jan 8-10 Twistars Invitational- All Levels	
Oct 2-4- High Tech Training Camp Ann Arbor- U of M.	Jan 15-17 Battle of Champions- Toledo. All Levels less those attending the SMQ	
Oct 10-11- SMQ (State Meet Qualifier) NAWGJ- Ypsilanti. Levels 5/6 and possibly 7.	Jan 16-17 SMQ- Canton. Level 5/6s	
Oct 14-20- Region 5 All Star Team Trip- Grand Cayman	Jan 21-24 National Team Training Camp- Houston	
Oct 23-24 SMQ- Grand Rapids. Level 5/6	Jan 28-31- TEAM TRIP TBA	
Nov 14- Picture Day/leotard Sale	Feb 6-7 SMQ- Kzoo. Levels 5/6	
Nov 20-24- National Team Camp- Houston	Feb 12-14 Love or Money- Indianapolis. All Levels	
Nov 21-22 Early Season State Meet	Feb 17-21- USA/France National Team Training Camp- Houston	
Port Huron- Level 5/6	Mar 4-8 Byers Invitational-	

Nov 21-22 Level 5/6 States
Mar 19-21 Level 8/9/10 States
Apr 8-11 Level 9/10 Regionals
Apr 16-18 Level 8 Regionals
Apr 24-25 Level 7 States
Apr 29- 2 Level 9 Nationals
Apr 30- 2 Level 4/6 States
May 6-10 Level 10 Nationals
May 7-9 Level 5 States

FROM THE EDITOR

Twistars members please realize that the posted schedule is tentative and subject to change. Also note the dates of the championship competitions and do your very best not to schedule prolonged vacations prior to these important competitions. Although vacations are not necessarily a good idea anytime during championship season, IF they are a must, please try to schedule shorter durations immediately following the competitions as opposed to prior to.

TEAM TRIP- JAN 28-31

This is a special event designed as a team learning and bonding experience. Participations is never mandatory but this event must receive priority over other travel events should a choice (family budgets) have to be made.

All Second year level 4/5s and higher are eligible for this event.

TEAM TRIPS

Trips that are designated TEAM TRIPS are conducted with assigned chaperons. Chaperons are an extension of the coaching staff and responsible for the care of the attending athletes. Parents are more than welcome to attend these events but are asked to let the coaches and chaperons handle the planning and care of the athletes.

ADDITIONAL MEETS

Additional competitions will be added for the months of March and April to cover the holes in this posted schedules. The norm is approximately 2 competitions per month.

Stay tuned for further updates.

BOYS REPORT

by Tom Buese

Head Coach

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The summer is over and the boys are getting ready for the upcoming season. Many boys are making a jump to the next level and they have learned a lot of new skills this summer:

- Everson Guild made his front tuck on tramp
- Dylan Weiss learned a back tuck on tramp and his straddled flyaway on rings
- Younger brother and new boys team member Anson Weiss is learning new skills all over the place including a pullover and front handspring
- Doug Dean finally made that pesky kip on high bar
- Ray Hill made his moy to upper arm on p-bars
- Jake Moore became the first of that wild bunch of boys to make a giant on high bar
- Ryan Dayton learned a back moore up on pommel horse and a new tap for his high bar dismount
- Rob Wilson has been the star of the summer. He is doing his roundoff back handspring back tuck and press hand on floor, back uprise and back lever on rings, kip and moy to upper arm on p-bars, and flyaway on high bar!

GYMNASTICS TOUGH



If anyone doubts the toughness of this sport.... have them give a flip, giant, fly away etc a simply try. On the other hand DON'T unless they want to end up in a medical care facility.

* Few sports require the kind of athletic ability needed to be successful at gymnastics. Strength, Flexibility, Agility, and fearlessness make the gymnast a rare breed.



The boys pre-team also had a productive summer. They have all gotten stronger and more flexible, and had a lot of fun doing it. This group is always fun to be around, and they will be a great addition to team when they are ready.

Beginning with the fall schedule, we are excited to have Gavin Page as the boys team assistant coach! Gavin was a multiple time

qualifier to JO Nationals during his club days in Illinois and he is currently a sophomore at MSU.

We are looking forward to an exciting season. Our boys program has shown significant growth over the past year and this depth will undoubtedly help us reach our gymnastics goals for 2009/2010.

BILLS GATES: TEACH THIS TO EVERY CHILD

Bills Gates recently gave a speech at a High School graduation. Here are some of the important things he feels you don't learn in school.

1- Life is not fair- get used to it!

2- Life doesn't care about your self-esteem. It expects you to do something good before you feel good about yourself.

3- You won't make \$60,000 a year right out of H.S. nor be a V.P. with your own chauffeur ...you have to earn both first.

4- If you think your teacher/coach is tough wait until you have a boss.

5- Flipping burgers is not beneath your dignity. It is called opportunity.

6- Schools may have done away with winners and losers but life has not. Some have eliminated failing grades and will give you as many tries as needed to get the correct answer. This in no manner resembles real life.

7- Your parents weren't always boring. They got that way by taking care of you, paying bills and cleaning

your clothes. So before saving the rain forests and the earth from global warming, try sanitizing your walk in closet.

8- Television is not real life. Reality shows are not real life. Real people have to get off the couch and WORK!

9- Real employers seldom care about finding yourself. Do that on your own time.

10- Be nice to nerds. You may very well be working for one some day.