

TWISTARS USA NEWS



JOHN AND KATHRYN GEDDERT WITH 2010 REGION 5 ATHLETES OF THE YEAR JORDYN WIEBER AND GRACE WILLIAMS

3 TWISTARS RECEIVE HONORS

Twistars USA elite athletes Jordyn Wieber and Grace Williams were both honored as Region 5 Athletes of the Year at the Coaches Congress held in Chicago this past weekend. Over 200 were in attendance to pay tribute to our regions top coaches and athletes.

This was Jordyn's 4th such honor as she was named Region 5 Elite Athlete of the Year (an honor she shared with 2008 Olympian and 2009 World Champion Bridget Sloan).

Grace was named the Junior Olympic Athlete of the Year in honor of claiming the Level 10 National Championship Title earlier this spring. In a region that is loaded with talented and successful athletes, it is quite an honor to be selected as the Athlete of the Year. Jordyn

received recognition for her continued success internationally as she claimed the All Around Title at the Pacific Rim Championships earlier this year in Australia and then added the AA title at this years Cover Girl Classic in Chicago. Grace added a qualification to the elite ranks after her successful Level 10 season, and a birth to the nations most prestigious gymnastics competition ... the Visa Championships of the USA. Both Grace and Jordyn are now preparing for a determined run at the 2011 season

In addition, Level 10 rookie sensation Anna Hill was recognized for her qualification to the Region 5 All Star Team. The All Star team is comprised of the top athletes from our 5 state region. Anna's outstanding

consistency throughout the 2010 competitive season locked up a spot on this prestigious squad, which was quite an accomplishment considering 2010 was her very first year at the top J.O. level. Twistars is extremely proud of all three of these deserving young ladies.



THE ALL STAR TEAM

HERE'S WHAT'S NOT GOING TO HAPPEN

I consider myself a student of success. Successful people intrigue me, inspire me and direct me. I owe the success of our gymnastics program to 100s of unsuspecting contributors from whom I pirated ideas used in tweaking philosophies, and developing policies. Why reinvent the wheel right?

This open mindedness comes with 30 years of hind sight and experience, lets say an intuition of what will work, what does work and where adjustments are needed. Mistakes have been made along the way but few could argue that this ship has not been ably steered and maneuvered to find the smoothest sailing and to avoid the ever present storms on the horizon.

SEEK TO UNDERSTAND THEN SUPPORT THOSE THAT HAVE BLAZED THE TRAIL.

With the above being accepted as truth, I find it puzzling when parents question the path we take. Every so often someone comes along who feels they know this sport and how to create exceptional results better than ME (us). I guess this wouldn't bother me as much as it does IF they could back up their opinion with sound intellect.

THINK

On one hand you can't state that I want the best for my child in this sport, while insisting on bi-passing every detail that accomplishes this time consuming goal.

You can't possibly expect your child to excel at the next level IF they haven't mastered the level they are at. Thats like

asking a 8 year old to read 15 letter words prior to knowing how to read

2- 36.5 SCORES

SERVES AS A BENCHMARK THAT INDICATES A REASONABLE MASTERY OF THE SKILLS NEEDED TO ADVANCE SUCCESSFULLY TO THE NEXT LEVEL. EACH ROUTINE BUILDS ON THE PREVIOUS THUS IT MAKES PERFECT DEVELOPMENTAL SENSE TO MASTER 1 BEFORE ADVANCING TO 2.

3 SEASONS

NO ATHLETE WILL BE STUCK AT A LEVEL INDEFINITELY. WE USE 3 SEASONS OR 2-36.5 SCORES. THIS ALLOWS THOSE ATHLETES THAT MAY GET STUCK UNDER 36.5 TO ADVANCE WHILE STILL RECEIVING THE BENEFIT OF TRAINING THE CORE IMPORTANT SKILLS ASSOCIATED WITH THAT LEVEL

BASICS

IN ANY SPORT BASICS ARE KEY TO SUCCESS. PASSING OVER BASICS FOR THE PURE SAKE OF ADVANCING LEVELS, IS THE MISTAKE THAT VIRTUALLY EVERY PROGRAM IN THE COUNTRY MAKES. WITHOUT A SOLID FOUNDATION, ALL BUILDINGS FALL AND SHAKE. OUR BASICS WILL BE WELL ESTABLISHED AND THAT IS THE SECRET TO OUR PROGRAM.

4-5-6 letter words. Can they short cut the process sure! They can fake it for a while, memorize the large words BUT then when they have to move on without understanding the concepts and rules of spelling, they fail miserably. The same applies to advancing to quickly in gymnastics training.

Then we have the age old issues with group assignments. " Our group has too many NEW or INEXPERIENCED members thus it holds my child back I want to be in a higher group". Well wouldn't that make your child the NEW AND INEXPERIENCED member of the higher group??? How about just coming to the realization that all groups have a range of experience and expertise. ALL GROUPS! Wouldn't it be wonderful if we could create 15 groups of equally matched athletes (age, level, maturity, motivationally, mentally and physically). But then again I don't think we could get 100 + sets of parents to ever agree on which group would be best for their child. THATS WHY WE DO IT.

Our system is fairly simple. We require a reasonable amount of proficiency at a level prior to advancement. Although none of the policies are etched in stone, they are documented for a reason ... THEY WORK. Consider the starting point of achieving 2-36.5 AA scores prior to advancing prior to your 3rd full competitive season. A 36.5 indicates a reasonable mastery of the intricate skills and the ability to perform them well. IT does not equate to total mastery, in fact at many levels a 36.5 AA score won't even place you in the top 15 at a state meet (unless the age groups are broken so small that every child is assured placement). But nonetheless we have adopted the 36.5 as our benchmark. Notice we have also allowed the loophole of 3 full competitive seasons (some athletes may simply not be cut out for a certain level of compulsories). This means 18 months of training at any one particular level before being considered for advancement. That is not a life sentence but does provide ample time to receive the benefit of important skills at each level. For the record- Most of our competitive team members spend 18 months or more at MOST levels, especially the lowest levels.

I guess the bottom line is: Here is what is not going to happen- We will not advance your daughter before she is ready to do so and we certainly are not going to succumb to ultimatums like "we will quit". Thats not going to happen ... sorry!

NEW STAFF- NEW IDEAS- NEW ENERGY

Over the years I have always approached staffing as an opportunity to gain new ideas for the program. In fact I have probably learned more from inexperienced coaches than from the ones that think they wrote the book on gymnastics. Everyone brings something valuable to the table and thus our staff grows in strength and depth with every new addition.

Parents, however, sometime view new staff as less than worthy of the opportunity to teach their child. I would ask then, "where should we expect experience to come from? If not from opportunity then where?"

In this "profession" quality staff come and go. It is the nature of the business in that few truly make it a profession. Therefore the constant influx of new staff is inevitable. Our job (and one that we have been quite successful at) is to welcome, mentor, motivate and mold new staff members into productive role players within our system. Again I must reiterate, we have a system for doing this.

Please do your role as parents in supporting our new staff. Having your support certainly makes their transition into a productive role not only more enjoyable but more fulfilling too.

We have been very fortunate to land some great potential staff members this fall. Four such members are actually past Twistars athletes which automatically comes with the knowledge of the standards and expectations associated with Twistars USA.

*Nicole Curler- Level 10 National Champion/Full Ride Scholarship to MSU.

*Ashleigh Goodnoe and Katie Anderson are former Twistars Level 9s and come to us with gymnastics teaching experience.

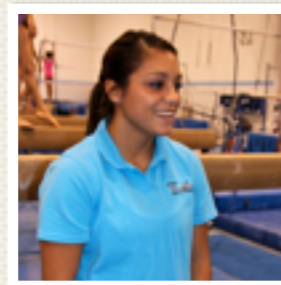
*Shane Robbins is a former instructor at the now defunct P-Flips who displays great passion and desire to learn.

*Blaise Geddert- Returning after a 2 year stint in Arizona. Formerly our boys coach and boys team member.

THE GANG



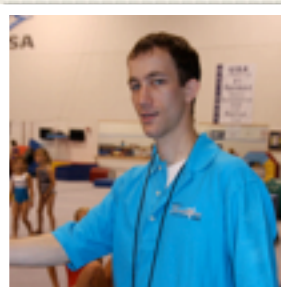
SHANE ROBBINS



NICOLE CURLER



KATIE ANDERSON



BLAIZE GEDDERT



PARENTING AN ATHLETE

Parenting is a tough job. Ok so crown me the king of understatement. Throw on top of this the role parents play in mentoring an athlete and you have magnified to potential for becoming a resident of the local loony bin.

Tom Burgdorf has a monthly newsletter that if nothing more, refreshes our memories or provides food for thought as related to parenting the athlete. Those interested in this monthly newsletter can contact Tom at Tom@gymsports.com. The following thoughts expand on one of this recent releases.

Desire to excel: I think we would all agree that this is a great trait to teach children. Some may debate that this is the most important quality of all to instill in the developing youth of today.

Obviously coaches want a gym loaded with children that want to excel. Coaches are inspired by driven, work thirsty athletes but also appreciate and take pride in transforming the under achiever into a significant achiever. At Twistars USA we aspire to teach the desire to excel.

Parents play the most important role in mentoring a child to want to excel. Is it hard work? Absolutely! Does it take consistent effort on the part of the adult? Without a doubt! But the return on the investment has to be the reward in the end ... a child that strives to reach full potential ... a child that refuses to settle for mediocrity in anything gymnastics (sports), academics, relationships, or their future professional life has to be quite satisfying.

Children need to learn that excelling changes their life. Settling means settling for less (Is this the lesson we want to teach). I would add that this is one of those NO CHOICE directions that we point all children. They should NOT have a say in whether or not they want to strive to achieve. IF given the choice, far more would choose to coast than to press on with intensity and desire. This should not be a choice.

Enforcing the rules: Life is a complicated web of rules. Rules are important for sanity, safety, harmony and fairness. SO when did it become acceptable to bend the rules? Rules outline what is acceptable behavior and determine which is not. So why would we allow the bending of the rules?

Rules that are unenforced send clouded messages to our children. Is the behavior acceptable or not? Is it acceptable sometimes, in some situations but not in others??

Enforcing rules creates a disciplined environment. Discipline in turn creates character, honesty, integrity, accountability and reliability in those that buy into it. Allow children to disregard the established rules and you run the risk of creating a child who is disrespectful of authority, disrespectful and uncaring or others, devious, deceitful and manipulative.

The solution is clear, set rules that are important and reasonable, then enforced them consistently and fairly. Likewise when it comes to rules outside of your immediate control (gym rules, school rules, laws etc) it is vitally important that the same message apply. OBEY THE RULES or suffer the applicable consequences.

Additional adults as backup:

Ok lets say we all buy into the importance of instilling a desire to excel and the importance of adhering to established rules. Now what better way to get these messages across than to have a circle of enforcers. After all we can't shine the watchful eye of proper parenting 24-7. We eventually have to conclude that we need a support group with the same basic outlook when it comes to teaching children. Additional family members, teachers, and yes coaches can play a vital role in assisting in this character shaping process.

Obviously in today's open society we have to be somewhat careful as to whom we entrust with this partnership. On the other hand the world is loaded with well intentioned and intelligent people. IF you have access to adults that preach your message, by all means use them ... support them. The same message being delivered from different angles will undoubtedly have a much greater chance of becoming etched in the developing character of a child.



TENTATIVE CALENDAR FOR 2010-11

This is a tentative schedule. **RED= BOYS**, BLACK = GIRLS. More specific information will follow.

Sept 17-19- Hot Shot Camp- Illinois

Sept 17-19 Future Stars Workshop

Sept 21-28- All Star Team Trip- Venice

Sept 18- Fall Mixer- Booster Club

Sept 25- SMQ- Levels 5/6- Westland

Sept 25- Boosters Club Golf Outing

Oct 1-3 High Tech Camp- Ann Arbor
Select Level 10/Elites

Oct 9- Star Buck Auction- AM and PM

Oct 9-10 Future Stars Workshop

Oct 23-24 SMQ- Level 5/6 Ypsilanti

Oct 28-31- National Team Camp

Nov 4-7 Future Stars Workshop

Nov 7- Judges Cup- Level 4-6

Nov 18-22- National Team Camp

Nov 20-21- Early Season State Meet
Level 5/6 - Port Huron

Dec 4-5 Motor City Classic
Levels 7-10

Dec 10-12- St Nick Inv
Dekalb, Illinois

Dec 18- Holiday Party- Geddert's

Dec 20- Team Holiday Party- TBA

Dec 24-26- Gym Closed

Dec 31-Jan 1- Gym Closed

Jan 6-9 Twistars Invitational- All

Jan 6-9- Twistars Invitational- All
Booster Club Families

Jan 14-16- Windy City Inv

Chicago, Illinois

Jan 13-17- Girls Team Trip

Tampa Bay- ALL Levels

Jan 15-16 - SMQ- Girls- Kzoo

Those not attending team trip.

Jan 21-23- Circle of Stars

DeVeaus- Indy

Jan 23-26- National Team Camp

Jan 29-30 Splitz Super Bowl Classic
Levels 4-5-6-7

Jan 28-30- United Invitational
Frankfort Ill. Levels 8-9-10

Feb 3-6 Boys Team Trip
Florida

Feb 11-13 Love of Money
Indy- Levels 4-5-6-7

Feb 11-13- Navy Pier
Chicago- Levels 8-9-10

Feb 17-21- WOGA
Dallas, Level 9-10

Feb 19-20- Cereal City
Kzoo- Levels 4-5-6

Feb 19-20 Cereal City
Kzoo- All Levels

Feb 25-27- Wolverine
Ann Arbor- Levels 7-8

Feb 25-28 National Team Camp

Mar 12-13 SMQ- Grand Blanc
Levels 4-5-6

Mar 12-13- Whitfield Inv.
Ann Arbor- All Levels

Mar 11-13- Arena Classic
Joliet, Ill, Levels 7-8-9-10

Mar 25-27- 8/9/10 States
Champion USA- Holland.

Mar 26-27 Boys States- ALL

Apr 8-10 Boys Regionals
Levels 6-10

April 9-10 SMQ- Level 5

Olympia- SHelby Township

Apr 15-17- Level 9/10 Regionals
Gym World- Cleveland

Apr 30-May 1- Level 4-6 States
Waters Edge- Traverse City

May 4-9 Boys Nationals
Levels 9-10

May 5-8- Level 9 Eastern Nationals
Boston, Mass.

May 7-8- Level 5 States
Mid Michigan- Freeland

May 11-16- Level 10 Nationals
Long Beach, California

May 14-15- Level 7 States
Branch - Kzoo

June 17- Team Banquet
TBA- All Boosters Families

June 18-20 State Champs Camp
Eligible boys Levels 7-10

June 20-23- Twistars Camp Wk 1

June 27-30- Twistars Camp Wk 2

June 27-July 2- Boys Region 5 Camp
Tentative

July 1-4- Gym Closed

General Information

1- STAR BUCK AUCTION- The STAR BUCK game is coming to a close. The Auction is scheduled for Saturday October 9th. We will conduct separate auctions for the Saturday AM and PM training groups.

Remember to put some thought into your donations to the auction. The donated items can be new, used, old, nice, or while elephant. Lets start stock piling the donations beginning October 1 so as not to overload the available storage areas.

2- BIG SISTERS- We will kick off our BIG SISTER program ALSO on October 16. Meetings will begin sharply at 1:00 so PM training groups will need to make note of the scheduled dates for

FALL MIXER- THIS SATURDAY- DONT MISS THE CHANCE TO MINGLE!

meetings (Oct 16th, 30th, Nov 13th, Dec 4th and 18th.)

This is a mentoring program that uses the experience and knowledge of some of our upper level athletes. Each week will feature a specific topic designed to assist your up and coming "little sisters" with their lives as athletes. The program has been very well received in the past.

3-NEW PARENTS- Just a reminder for our team parents a) seating for viewing is UPSTAIRS. We really need to keep available seating downstairs for our recreational parents so they can view the pre-school area. b) coaching during practice is something reserved for the Twistars staff. Please refrain from signals and coaching gestures during your child's practice time. c) Check your mailboxes regularly as this is one of best tools for communication. Be sure to read the newsletters and communiques. If you have any questions, be sure to get them answered rather than proceeding in the dark.



DOUG DEAN



LUC VELASQUEZ

TWISTARS ATHLETE CREDE

- * I need to tell my parents how important they are to me and how much I appreciate their sacrifices so that I can do the sport I love.
- * I need to give my coach a high five once in a while to show them how much I love their contributions towards making me a better athlete/person.
- * I need to show off my talent and realize that it is only a gift if it is used properly and consistently. "Strive to excel" is my new motto.
- * I need to pull my weight around the house. I will do something this week to help out without even being told to.
- * I need to constantly work at being coachable and likable. Coachability is trying hard, listening and applying the coaching corrections. Likability is being a good person, kind, honest, pleasant, supportive and happy.
- * I need to train smart, use my time wisely and efficiently. Wasting time is the single biggest road block to me achieving my goals.