

TWISTARS USA

Welcome

WELCOME OUR NEW KIDS

ASIA DEVERNAY

Asia is a level 8 that recently moved to within driving distance of Twistars (Brighton area). She is tiny, very strong and willing to work hard. She is focused on moving to level 9 this season.

BRITTANY LEHMEN

Brittany comes to us from Infinity Gymnastics in Brighton. She is looking to advance to level 9 and with a good fall of skill development this goal is well within her grasp.

CLAIRE WOZNIEWSKI

Claire moved to the area from northern Indiana with hopes of realizing her gymnastics dreams. She is very talented and should be a great contributor to the level 8 9? team this year.

MADDIE AND TYLER BARON

A brother and sister combination with great gymnastics talent. They also come to us from the Brighton area. Tyler is on the boys team (Level 5-6) and Maddie is a Silverstar.

I got this email a while back- hope the author doesn't mind that I altered it a bit

STAY IN THE GAME

You see athletes large, small and in between. Some are gifted and know it, so they coast. Others are not and know it, so they work like crazy. A select few are gifted and fully utilize their talents. There is a place for all of them in sports.

There also is a place for their parents. So many places. You find them behind the wheel, in dugouts, on benches, in lawn chairs, at concession stands, in hotel lobbies. They work ahead or work split shifts or work into the wee hours, all in an attempt to be there when the boy or girl they welcomed into the world digs in with the bases loaded or prepares to tumble.

Occasionally, they look in the mirror or at the bank statement and wonder, "Is it worth it? Is all of this really worth it?"

Here's the good news, Yes. It is absolutely worth it.

The wins and losses fade. The bumps and bruises heal. Trophies collect dust in an attic. Grips and leos are discarded.

None of them matter.

You realize it years later. Like the day you wake up and your youngest is graduating from college.

Parents hear current and ex athletes talk about a semester-

long projects that involve planning, strategy, enlisting the help of others, - and the mind drifts to competitions over the years. They were a group project too requiring strategy, planning, execution and, more than anything, teamwork. Sports introduced her to all of it.

They taught them that life isn't always fair. Line drives get caught. Bloopers fall in. Judges make mistakes. Gymnasts fall.

Deal with it. Learn from it. Move on.

Sports strengthened their resolve, toughened their skin. So when an irate boss openly voices his/her displeasure, they can tell a concerned co-worker: "It's OK. I've had coaches that were tougher than that."

Doesn't mean they like it, doesn't make it right. But they can handle it.

Sports prepare them to manage success and disappointment, deal with adversity. Remember that the next time you drive six hours through a Chicago/West Michigan snow storm.

It's worth it.

Just be sure to occasionally take a breath, take a step back and take a second to enjoy the moment. It doesn't last much beyond that.

STAY IN THE GAME (continued)

Games turn to seasons and seasons to years, faster than you can say, "Do you have everything in your grip bag?"

Squeeze what you can from the long rides, the overnight stays. You never get those back. It would be a shame to waste them listening to an iPod or dwelling on a loss.

Encourage your children to succeed but allow them to fail. They learn from both. Be there either way. It's all they will remember.

Experience the journey with them, not through them. You had your time. This is theirs, no matter how many hours you contribute.

Keep in mind, the key is not whether they make or miss the winning shot, stick the winning vault but rather that they accept responsibility for trying it. If they can do that, they won't shy away from much at work, in school, in life.

Hold them accountable beyond the court/field/gym. Remind them playing sports is like any privilege. It can be taken away.

Finally, continue to give them love and support, win or lose. Stay in the game that is more important than any competition result. The game of life.

It's worth it.

LIVE AND LEARN

(from a Simple Truth)

*There is an unspoken balance
time has clearly explained
between what I've lost over the
years
and all that I have gained...*

*Every trait that I surrender
as I slowly "lose" my youth
is replaced with a life's lesson;
traded for...
a Simple Truth.*

*I am the product of my years;
they have created what is me.
And every day that I have lived
has made me who I want to
be.*

*Each person I have known
is a part of who I am today.
Each left me something in my
life;
each helped me find my way.*

*I've heard it said, "If I knew
then
everything that I know now..."
That I'd be so far ahead and
far more special somehow*

*These truths I've learned
from things I've done
and places that I have been...
what I'd give to take them back
with me
and live my life again.*

*But then again I must confess
That life would be less
sweet...
It is the mistakes we make, the
lessons learned, that make our
life complete.*

Welcome

IYAHAH STEWART

Actually this is a welcome back Iyahah. She recently returned from Georgia and has joined our level 4-5 team. Welcome back!

MADELYN DION

No relation to Celine. Maddie joins us from Flint where she was a level 7 last year. She is working hard to improve her strength in order to become a strong level 8 this season.

AMANDA ARNOLD

All I can say here is that it is about time. Amanda has attended our summer camps in the past and open gyms during the year. LOTS OF UNTAPPED TALENT but had some really good friends at another gym in town. Amanda is progressing very fast on her level 8-9 skills.

ASHLEY COUNTRYMAN

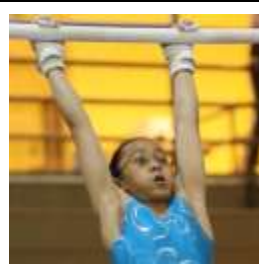
Ashley comes to us from AGA Gymnastics in Flint, following her sister Allison here to Twistars. She was a level 7 last year and is training hard to gain her level 8 skills.

DELANEY SQUIRES

If dynamite comes in small packages then watch out for Delaney. She is a pint sized 6 year old with a combination of spunk and talent. She recently joined our Silver Star squad and hails from Coldwater. Welcome Delaney.

GABBY HINKLE

Gabby recently advanced from our Star Fires pre-team to the Silver Star squad showing the amount of talent she has. Go get em Gabby!



AROUND THE GYM

OPEN GYM TIMES

Fall marks the re-opening of the open gym times at Twistars. Training time can be enhanced during productive use of the SUNDAY 12-2:00 time slot. Athletes have a bit more flexibility in that they get to choose what it is they would like to work on, but training is training and certainly can help speed the progress. We really encourage our Pre team members and compulsory team members to take advantage of this opportunity. Members are \$7 and Non-Members \$10 (so bring a friend and show off a little).

FACE BOOK FRIENDS

If members have yet to become Face book fans of Twistars USA be sure to do so as this is a great way to stay up to speed with gym events and news. Administrators will post Jordyn updates, recreation class of the week photos, gym event details, competition results and more. Log on to TwistarsUSA.com and click on the become a fan of Twistars in the top right corner. While you are at it, be sure to subscribe to the Twistars new network by entering a current email address. This will ensure that all communication memos and newsletters are forwarded directly to you via that email address.

REFERRAL REMINDER

Team members have first hand marketing knowledge that can help our business grow. In these tough economic times we want to capitalize on every opportunity to get the word out about the wonderful program we have here at Twistars USA. Whether it be our

recreational classes for boys and girls, our newly formatted birthday parties that provide a great introduction to Twistars and the sport of gymnastics, our open gym times OR our national caliber competitive team, spread the word. TEAM MEMBERS FAMILIES can be a great asset in the area of word of mouth advertising. In order to provide a little incentive we have an ongoing REFERRAL POLICY where for every new member that joins our club due to your influence, you receive \$20 off your tuition. Spread the word, hand out fliers at school, free trial class cards to friends (pick some up in the office). We certainly appreciate the loyalty and support of our program.

AMY AND ALEXIS

2 New Twistars staff members are certainly no strangers to Twistars USA. Amy Al-Ashari is a former state champion who progressed through the ranks all the way to Level 9 nationals. She has shown some great natural teaching ability, due to her love of children and dealing with the house full of younger siblings at home.

Alexis Byington is a former Level 10 National Qualifier for Twistars USA and a Michigan High School State AA champion. She is the daughter of former Twistars Instructor Anita Byington and comes from a very sports active family. Alexis is a freshman at LCC and she brings great gymnastics knowledge to the table.

We are always excited to have former Twistars athletes join our staff as they have lived the program and know first hand the expectations and standards. Welcome aboard Amy and Alexis.

LOYALTY

Loyalty- Faithfulness to commitments, obligations, leadership or causes.

One of the qualities of character that I admire most is loyalty. Being loyal sometimes means making tough decisions and it may mean placing personal objectives on the back burner for a while. The bottom line of loyalty is undying support for those who have earned it by their contributions to your life and well being.

Loyalty is tested often with some situations defining the word itself. Not turning your backs on teammates when they need you is loyalty, trusting in the integrity of a program when shadows of doubt might emerge is loyalty. Believing in the power of team or family is loyalty.

Life lessons are a part of character building. There is no better lesson taught or learned than that of how to be loyal... to friends, family, school, or gym. Those that display this trait in their personalities will have support, love and commitment returned to them 10 fold ... an investment well worth while.

GIRLS COMPETITIVE TEAM CALENDAR- TENTATIVE

Here is a tentative look at this seasons competitive calendar. Please remember that these could change due to a variety of reasons.

Oct 21-23- Level 5/6 SMQ-
Ypsilanti-
Nov 19-20 Level 5/6 States-
Olympia- Shelby Township
Dec 9-11 Levels 4-10 St Nick-
Delkalb, Illinois
Jan 6-8 Levels 4-10 Twisters
Invitational- ROYAL BASH
Jan 13-16 Levels 4-10 Battle of
Champions- Toledo
Jan 21-22 Level 5/6 SMQ Splitz-
Canton Michigan
Jan 27-29 Levels 7-10 United
Frankfort, Illinois
Feb 10-12 Level 4-10 TEAM BUS
TRIP- Navy Pier Chicago
Feb 18-20 Level 4-8 Cereal City-
Kalamazoo
Feb 23-27 Levels 9-10 Texas Prime
Dallas Texas
Mar 2-4 Levels 4-10 Tulip Fest
Holland Michigan
Mar 24-25 Level 5/6 SMQ- Grand
Blanc Gymnastics- Grand Blanc
Mar 30-Apr 1- Level 7-10 States
Lansing- Hosted by Twisters
Apr 13-15 Level 9-10 Regionals-
TBA
Apr 21-22 Level 5 States-
Champion - Holland, Michigan
Apr 27-29 Level 8 Regionals- TBA
(tentatively Indianapolis)
May 5-6 Level 4-6 States- MAG
Westland, Michigan
May 3-7 Level 9 Eastern Nationals
TBA
May 9-14 Level 10 Nationals-
Norfolk Virginia
May 25-27 Elite- Cover Girl
Classic- Chicago, Illinois
June 3-10 Elite Visa
Championships St Louis

June 15-Twisters Team Banquet-
All Levels
June 18-21 Twisters Camp- Week 1
June 22-25 Twisters Camp- Week 2
June 26-29 Twisters Camp Week 3
June 25-30 2012 Olympic Trials
San Jose, California

BOYS COMPETITIVE TEAM CALENDAR- TENTATIVE

Sept 10-11 Future Stars Workshop-
Indianapolis
Oct 8- Futures Stars Regional
Testing
Nov 6- Level 4-7 Judges Cup- TBA
Dec 1-4 Future Stars Nationals-
Colorado Springs
Jan 6-8 Levels 4-10 Twisters
Invitational- ROYAL BASH- Lansing
Jan 13-15 Levels 4-10 Boys Team
Trip- Windy City- Chicago, Illinois
Feb 10-12 Levels 9-10 Iowa Boys
Invitational Iowa City, Iowa
Feb 17-19 Levels 4-10 Cereal City
Invitational Kalamazoo
Mar 9-11 Levels 4-10 University of
Michigan Invitational, Ann Arbor
Mar 24-25 Levels 4-10 States
Apr 6-8- HANG LOOSE I DONT
THINK THESE DATES ARE
CORRECT AS IT IS EASTER
WEEKEND- Boys Regionals
May 2-6 Boys Nationals- Cincinnati
Ohio
June 15-Twisters Team Banquet-
All Levels
June ?? Compulsory Clinic- Levels
4-7 TBA
June ?? Optional Clinic- Levels 8-10
TBA
June 18-21 Twisters Camp- Week 1-
BOYS WEEK
NAME

TRAVEL NEWS

In an attempt to reduce the budget every so often we schedule the TEAM TRIP as a bus trip instead of a fly trip. The last time we did this it was a blast! We will be reserving 2 busses for the girls team and tentatively 1 bus for the boys team trips. The girls will be attending the largest competition in the world- Chicago Style Navy Pier and the boys will be attending the most prestigious boys meet in the country, the Windy City Invitational. The girls will have little difficulty filling their buses. The boys however will need some cooperations from the attending parents in order to make this work as 19 boys does not fill a bus. In order to be cost effective we will offer the remaining seats to the parents and relatives of the boys (first come first serve). There will be a declaration deadline set so that we have time to cancel the bus if it does not fill. Plan B will then take effect. Stay tuned for related communication from the travel committee in weeks to come.

TRAVEL ACCEPTANCE

Please make a copy of this schedule for your records (or remember you can always find it on line in the monthly newsletter archives). Return one signed copy indicating that you accept participation in all the meets listed. Sign on the line below column 2. IF there are conflicts and you cannot attend any of the listed competitions, simply cross out that meet and indicate your reason for missing. None of the meets are required so don't worry if you have an important conflict that results in missing one.

Remember, as is booster club policy, any meet that is paid for by boosters and non-refundable is your personal responsibility should you decline a spot after the refund deadline. You would then need to reimburse boosters for the lost registration fees.



GREAT SEASON AHEAD

2012 TO BE ONE OF THE BEST

*The depth of talent
of the Twistars team
is something to
admire. We are
looking forward to a
great competitive
season*

team scores. In other words individual specialists may earn spots IF their events help the team. Secondary considerations are given to potential medal winners.

September 22-25 is the World Team Camp. No rest for the weary here as the selected team now trains together so as to develop a stronger bond, teamwork and best potential scoring line up on each event.

September 26- departure day for Tokyo. The team will depart from Houston.

September 27- Arrival in Tokyo and acclimation with a light training day. Training intensity will gradually increase as the athletes adjust to the time zone change.

September 28- October 3- Training and acclimation. USA will have access to a training gym.

athletes that would potentially produce the highest October 4- Podium training day. This is the only pre competition exposure to the actual competitive equipment. Very important to make a good impression as all eyes will be on the contenders. You can usually find internet coverage of podium training on YOUTUBE or UNIVERSAL SPORTS.

October 5-7 Additional Training

October 8- Team Preliminaries. This is the only way to the finals. Team prelims results determine which teams make the final round and which athletes make All Around finals and Individual Event Finals.

Oct 9-10 Additional Training

Oct 11 Team Finals! This is where the World Championship Team is decided. Coverage will be on Universal Sports and it should be an exciting battle between several teams ... USA, CHINA, RUSSIA, ROMANIA, JAPAN. This is a new life competition so the best team on this day... wins!

October 13- All Around Finals. This determines the World All Around Champion. Again this is new life with no carry over scores from the previous qualifying rounds.

Oct 14-16 Individual Event Finals where world championship titles can be earned on each of the individual events.

AT THE SUMMIT

NEW OFFICE TIMES

In an attempt to stream line office procedures and efficiency we have condensed our office hours at the Summit. Beginning September 6th the official office hours will be:

Monday through Thursday
(9:30 AM - 7:30 PM)

Friday 10 AM- 2 PM

Saturday 9 AM- 12 PM

For your convenience we have added a locked drop box (located on the front of the office desk) should you need to make payments after hours.

WORLD HANDSTAND RECORD ATTEMPT

NATIONAL GYMNASTICS DAY

In conjunction with USA-Gymnastics, Twistars USA will be participating in the National Gymnastics Day Celebration. Our event will take place on September 17th from 12:30-3:30 in the form of a FREE OPEN HOUSE.

One of the highlights of the event will be a nation wide collaboration at attempting to set a world record number of Handstands happening at one time. All FEET IN THE AIR at precisely 1:00!!! Our directors will video tape our athletes and then submit this

to a national verification source.

Other activities will include open gym activities, face painting, pie in the face, raffles, games and contests and more. This is a great promotional opportunity for Twistars USA so we ask that everyone spread the word. Use your facebook accounts, tell your friends and neighbors, church groups, cub scout packs, brownie troops etc. LET'S FILL THE GYM!

THE ROAD TO THE WORLD CHAMPIONSHIPS BEGIN JORDYN UPDATE

Wieber Fever fanatics take note. The final steps for the qualifications to the 2011 World Championships are now underway. 6 Members of the USA National Team will be selected to represent the USA at the World Championships to be held in Tokyo, Japan October 7-16. We are hopeful that Jordyn will be one of the athletes selected.

September 5-9 is the Pre-World Selection Camp in Houston, Texas at the National Team Training Center. This camp will serve simply as a spot check to make sure all athletes are on the right track.

September 17-21 is the World Team Selection Camp and verification. Athletes will compete for the 6 available spots in an official meet format. The team will be selected based on the combination of