

TWISTARS USA PRESENTS

# GYMNASTICALLY SPEAKING

MARCH 2013

**TWISTARS USA  
GYMNASTICS CLUB**  
Home of World and Olympic  
Champion Jordyn Wieber  
Home of World and Olympic Head  
Coach, John Geddert

## ITS NOT EASY

Many may think ho hum...  
Twistars won another state title ...  
or yawn yawn, Twistars swept the  
8-9-10 State Meet again. Those  
that know Michigan gymnastics  
know that capturing a state title is a  
phenomenal achievement.

So we did it again! Impressive  
performances across all levels  
made it so. Performances etched  
with desire, focus, confidence and  
pride. The 2013 State  
Championships was very rewarding  
for our athletes at Twistars USA.

All Levels won by more than a full  
point, which is an indication of our  
quality not of a lack of competition.  
Michigan was loaded with talented  
teams and seems to be getting  
stronger each year. Our kids rose to  
the challenge!

The 9s started the weekend with  
redemption. Seemingly they had  
had their fill of under achieving. Kai  
Rivers (formerly from MEGA)  
posted the highest AA in the meet  
with a 38.125 (1st) and added V-FL  
titles too. Autumn Blaney was a  
rock star posting the 2nd highest  
AA (37.9) and won Bars and Beam.

Jade Brown showed her true  
ability posting a career high  
37.825 (1st) in her age group,  
followed closely by Lucy Jones  
(37.75) who won UB-FL.  
Twistars posted to top 4 AA  
scores of the level 9  
competition.

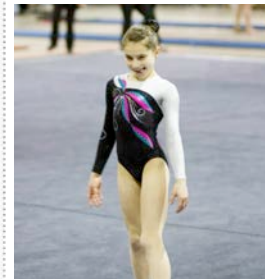
AMAZING  
WEEKEND



*Level 8 State Champs*



*Level 9 State Champs*



*Delanie Harkness*

Twistars Level 8-9-10 Teams made it 5  
Straight Sweeps at the Michigan State  
Championships. INCREDIBLE!

One of our newest level 9, Jori Jackard placed 4th AA (37.025) (2nd UB). Asia Rose Duvernay looked great posting a 36.85 (3rd AA) and won UB. Sami Daniels blasted some big scores on vault and floor (37.05 AA). Seniors Maddie Bonofiglio, Cassie Robinson and "new-by" Amanda Arnold all faired well in qualifying to regionals.

Our level 8s were equally as impressive. In the youngest age group Chloe Bellmore (38.575), Alyssa Al-Ashari (38.45) and Michaela Johnson (37.325) placed 1-2-3. Chloe added V-B-FI titles and Alyssa grabbed a gold on UB. In that same age group Natalie Woodland (6th FI) and Jillian Swinehart (3rd UB), both qualified to regionals.

Ashley Bremer was beautiful on floor (9.55- 1st) on her way to capturing the AA title (37.3). In the Jr C age group, Brooke Hylek looked focused and confident on her way to a 38.15 AA which was more than enough to win the AA Gold. She also added UB and FI titles. Tristin Brown had a great meet (minus beam) and won the State Bar Title (9.65).

Brittany Lewis in just her 2nd meet of the year won the AA in the Sr B age group (37.55) and added V-UB and FI Golds. and Mariah Gleeson capped off the weekend with a 3rd place AA finish (36.675). All of our Level 8s qualified to the Regional

Championships to be held in Ohio on the weekend of April 19-21.

Injuries are inevitable in this sport. It is not a matter of if they will haunt your team, it is just a matter of when. Well the when is 2013 for our Level 10s. We had the potential to surpassing our record breaking 2012 team scoring record. Our depth of talent at this level is amazing BUT the injury devil showed up at Twistars this year. With Grace, Kami, Anna, Lauren on the sidelines, others needed to step up. AND STEP UP THEY DID!

Rachel Haines turned in a team leading 38.6 (highest AA in the state) while winning the AA, V-UB and B. Bailey Garder placed 2nd AA in the Sr A division (38.275) and added V-B titles. Taylor Livingston placed 7th in the same age group. In the Jr B age group Rachel Cutler and Kaylee McDowell placed 2-3 with Kay winning floor gold. In the Jr A age group Carly Preston walked away as a state champion on floor while she and Delaney Harkness both qualified to regionals.

Team scores showed impressive margins of victory, The 8s bested Olympia by 1.4. The 9s outscored Oakland by 1.35 and the 10s defeated Olympia by 1.4, proof positive that working hard, being positive and paying attention to details will pay off in the end. Great Job ladies



*Level 8 All Around  
Champion Chloe  
Bellmore*

**THOUGHT OF THE DAY:**  
Success is a choice dictated by action. Make a decision to make a productive choice that will move you in the direction of your stated goals.

# GOAL ASSESSMENT

## ASSESSMENT TIME

We speak of goals often. They have been the main topic of discussion in several of our big sister and team meetings. How are you doing with your goals? With time winding down on the competitive season, NOW is the time to assess and adjust. Now is the time to focus on making the goals become reality. Review your stated goals for the 2013 season. Assess how close you are to achieving them and adjust your sights. Renew your commitment.

## GOALS ARE THE ROADMAP

There is no doubt about it, success is a by product of setting attainable, realistic goals and pursuing them with intention. Success is a choice and the gymnastics world is full of opportunity. Be determined, be decisive and make a choice to succeed. NOW. We all have potential for greatness, we are born with great capabilities, but many simply squander the talent they are blessed with. Don't let that person be you!

## CHOICE VS ABILITIES

Mac Anderson is right on point when he says:

Often time the difference in the degree of achievement has more to do with choices than ability. Combine ability with the choice of action and you will certainly have the best combination. Each decision you make has an impact on what you become. We form our decisions and our decisions form us. If you make even the smallest decision (say to take 2 extra turns on each event in each practice), you may not notice the difference immediately. 2 months down the road when the cumulative effect reaches

over 400 turns, that is when the difference can be seen. Gymnastics progress is sometimes like watching grass grow, you know its happening, but it takes time to see.

Indecision is the big eraser of potential: however the price of decision and action is far less than the long term costs of comfortable inaction. Pay the price now, it is an investment worth while.

How long have you actually dreamed of achieving the goals you set for this year. Make a choice now to achieve the goals you set.



**TWISTARS ON TARGET**

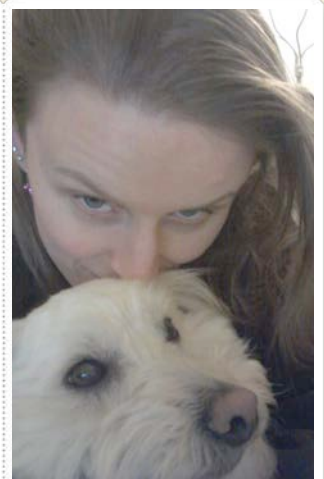
## FOOD FOR THOUGHT

I am your constant companion.  
 I am your greatest asset or heaviest burden.  
 I will push you up to success or down to disappointment.  
 I am at your command.  
 Half the things you do might just as well be turned over to me.  
 For I can do them quickly, correctly, and profitably.  
 I am easily managed; just be firm with me.  
 Those who are great, I have made great.  
 Those who are failures, I have made failures.  
 I am not a machine, though I work with the precision of a machine and the intelligence of a person.  
 You can run me for profit, or you can run me for ruin.  
 Show me how you want it done. Educate me.  
 Train me.  
 Lead me. Reward me.  
 And I will then...do it automatically.  
 I am your servant.  
 Who am I?  
 I am a habit.





**ERIN LEECE with the LEVEL 7s at DAYTON BEACH**



## ERIN LEECE

The depth of our Twistars USA coaching staff is exemplified by the presence of Erin Leece. Since joining our team coaching staff more than 3 years ago, Erin has displayed a reliable and professionalism that most programs seek in their employees. Always hungry to learn in order to contribute in a more productive manner, Erin has established herself as a quality gymnastics coach and a big asset to our competitive team program.

## KNOWING ERIN

She hails for the tundra of northern Canada, where the Moose and Polar Bears are as common as below freezing days. An avid hunter, trapper, fisherwoman by necessity (how else would you survive in the frigid Canadian winters). Although she was not raised in an igloo, she did grow up thinking that Wayne Gretzky was the prime minister and that snow shoes were actually fashionable. Her first exposure to clothes that were not made of animal fur came on her 16th birthday.

OK she really is from a small town just a little north of Toronto called Port McNicoll

where she learned to speak fluent Canadian (English is her second language she says).

## WHAT SHE BRINGS TO THE TABLE

Erin brings a no nonsense approach to coaching. She insists on effort and this is one of the main reasons she gets results. Having a dance background has come in handy in dealing with her floor rotation duties, and choreography assignments. Kids have come to realize that Erin's rotations are not a time to slack off, unless of course they want to pay regular visits to the top of the rope. She is tough but caring which makes for a great combination.

## LET'S GET PERSONAL

Rumor has it that she is married (no not to Brett) but the phantom husband is seldom seem. His name is Jesse and he must be a reality as there are several wedding photos on facebook to prove his existence. They live in Fenton, love Canadian bacon and are life time members of the Dudley Do Right fan club.

Erin makes jewelry and is very active with her church in her spare time.

**ERIN LEECE:**  
Her no nonsense approach produces quality results.



# NEW USAG SYSTEM

## ITS NOT ALL THAT NEW

For the past 25 years I have served on the Junior Olympic Program Committee responsible for establishing the compulsory routines as well as the rules and policies for gymnastics competitions in the USA. Each 8 years the compulsories are revamped, re-choreographed and fine tuned to meet the changing needs of our sport. The recent trend has been to make the routines and guiding rules more user friendly so as to attract a greater number of participants.

The new system routines will be somewhat similar to the last set of compulsories. We have learned that solid fundamental skills are what needs to form the foundation and that there is a limited selection of skills that meet this criterion. There are subtle changes but for the most part the difficulty level remains consistent with past routines.

The hardest aspect of the new system to wrap your brain around is the new numbering order. Basically we

eliminated Level 1 (and incorporated some of the skills into Level 2) and inserted another beginner optional Level 6. So this changed the names of the levels.

Level 1-2 are in gym instructional levels. These will be incorporated into our Recreational Program here at Twistars.

Level 3 (Old Level 4) is the introduction to competitive gymnastics level. Basically our Beginner Compulsory Level.

Level 4- (Old Level 5) is our intermediate compulsory level.

Level 5 (Old Level 6) is our advanced compulsory level.

Level 6 is the new addition in the system. This is a beginner level optional program that some would compare to the existing USAG Excel program. Those that compete at Level 5 may opt to skip this level. Most likely Twistars will bi pass this level.

Level 7- Similar to the current Level 7 program. Optional routines with specific requirements.

Level 8- This will be a juiced up Level 8 level that allows for greater difficulty in an attempt to bridge the huge gap that currently exists between Level 8 and 9. 1 C valued element may be performed on Bars, Beam and Floor (receiving B value credit) where as currently C value skills are restricted.

Level 9- Very similar to the current Level 9 except there will be the opportunity to use more difficulty on bars.

Level 10- Is the same as we currently use.

Due to the recent relaxation of some of the rules and judging deductions, mobility scores have been much easier to achieve. Taking this into consideration, Twistars will be adjusting their in house mobility scores. See the updated Team Handbook for details.



## LEVEL 9-10 REGIONALS

APRIL 12-14

Twistars USA Booster Club will be playing host to the 2013 Level 9-10 Regional Championships the weekend of April 12-14. This serves as the qualifying meet for Nationals. It is an exciting event and one that our booster club will want to highlight there talents.

There will be 10 sessions of competition, 3 on Friday, 4 on Saturday and 3 on Sunday. Set up will be Thursday night.

This event serves as a secondary fundraiser for our booster club general fund and although \$\$\$ is not our major motivation, it is nice to know that our efforts will be rewarded. Fire Up Twistars, it is time to shine!

## BOOSTER T-SHIRTS

ARRIVING APRIL 10

It is time to look like a team. It is time to show our unity and stand out in the crowd. We have been lacking in this department as of recent years. In an attempt to rectify this situation, Twistars Inc and Twistars Boosters Club will be purchasing Booster Club T-shirt.

As a genuine thank you for all of your support and effort, each member family will receive 2 T-shirts for FREE. Supporting family members (siblings, grandparents, aunts and uncles, friends and neighbors can purchase their TWISTAR BOOSTER T-shirt at our Summit office for \$10. These shirts are encouraged for all Twistars Competitive events. Wear em to the competitions, wear em when you are working our events.

Hope you like em!

## GYM CLEAN DAY

JUNE 14-15

Our annual good will, chip in and help day at the gym is schedule for June 14 and 15.

We have a boat load of guest coming to Twistars camp which begins on June 16th so we want our facility to be immaculate, set up and ready to go for camp.

As you know Twistars USA takes great pride in the appearance of our facility throughout the year. Our regular gym maintenance staff does an outstanding job but no matter what, there are always things they simply can not get to. Maintaining a clean gym is very difficult considering the wear and tear of a national caliber competitive team. We are hoping we can count on your assistance this year.

A ship in a harbor is safe,  
but that's not what ships  
are built for...

TAKE A CHANCE.... SET SAIL

### SESSION 4 ADDED

- \* Due to the overwhelming response to the 2013 Twistars Summer Camp, we have added session 4.
- \* Team members may feel free to use this session if it is more convenient.
- \* The 4th session also provides a greater opportunity to add a 2nd session of camp.
- \* Session 4 will run June 28- July 1.



**SOPHOMORE RACHEL CUTLER**



**JUNIOR TAYLOR LIVINGSTON**



**SENIOR CASSIE ROBINSON**

**CUTLER COMMITS TO UNIVERSITY OF MINNESOTA**

Soon to be known as the University of Twistars WEST, the University of Minnesota landed it's third Twistar in as many years. Sophomore, Rachel Cutler who had serious looks from several top schools including U of Arizona, U of Michigan, Iowa State, Illinois and Auburn, decided that the Gophers mascot was the cutest. Just kidding, after some serious debate and many sleepless nights of contemplation, Rachel decided that Minnesota had all that she wanted and needed in a school, and thus accepted their full ride athletic scholarship offer.

Rachel will be joining Twistars teammates Rachel Haines (2013) and Bailey Gardner (2014) after she graduates in 2015. This dynamic threesome should create quite an impact on an already strong Minnesota program. Congrats Rachel!

Congratulations to the gene pool and financial support team (her parents) Wade and Tracy Cutler. Now with college tuition out of the way they will be able to get the yacht they have always wanted.

**TAYLOR LIVINGSTON ACCEPTS BOWLING GREEN OFFER**

She came to Twistars for a reason. The commute from Ann Arbor and more recently Howell now seems like time well spent. Junior Taylor Livingston caught the eye of the Bowling Green Coaching staff. They loved her power and work ethic and after a quick visit to campus, Tay was sold on them too.

Nobody has worked harder to achieve their goal of a college scholarship. I know her Dad is the proudest of all as he has done a remarkable job in raising a remarkable young lady. Congrats Tay!

**ROBINSON TO WESTERN MICHIGAN?**

It may be a little premature but rumors have it that Cassie Robinson will be joining the WMU gymnastics team (2013 MAC Champs) next fall.

Initially undecided as to whether she wanted to continue her gymnastics career in college, Cassie didn't like the idea of giving up the sport she loves. Stay tuned for the official announcement but in the mean time, ATTA GIRL Cassie!

**COLLEGE GYMNASTICS**  
 There are few things that can supplement a college experience like being a part of a varsity team. The friends, the challenges, the accomplishments and the memories that will last a life time make earning a spot on a college team a goal to shoot for.

## BOYS STATES

### LEVEL 7 TEAM PLACES 2ND

The 2013 Michigan USAG Boys State Championship competition was held in Fenton Michigan on March 22-24. The Twistars boys represented well.

Starting at the top, Twistars lone Level 10, Kevin Johnson, blasted out some impressive scores in route to his 2nd place All Around finish (74.4). He also placed 2nd on Floor, Pommel Horse, and Rings.

Jake Moore, put some early season struggles behind him and rocked out a 76.30 Gold medal All Around performance. This is Jake's 3rd consecutive AA title. He also earned state champion honors on Pommel Horse and Vault and placed 2nd on P-Bars. Jake was also the only gymnast in the state to compete the Technical Sequences. These compulsory exercises make him eligible to qualify to the US Championships and earn a spot on the Junior National Team.

Level 9 teammates Doug Dean and Luc Valasquez scored 69.4 and 65.6 respectively, which easily qualified them for the Regional Championships to be held later next month.

Twistars lone level 8 was all business in this meet, showing that beneath the sometimes goofiness is some actual talent. Josh Moore earned a bronze medal (65.1 3rd place) in the All Around while capturing 2 state titles (one on Floor and one on Vault). Vault talent runs in the family.

The Twistars Level 7 team was in contention for the team title but fell just a bit short placing 2nd. In the 9-10 age group the 3 amigos Dylan Weiss, Tyler Baron and Ethan Guthrie placed 4th, 5th and 6th respectively. Dylan earned 4 bronze medals (Floor, Pommels, Vault and PBars). Tyler grabbed a bronze on HBar and 3 4ths on Pommels, Rings and PBars. Ethan earned 3 5th place finishes on Floor, Pommels and Vault. In the 11-12 Age group Alex Wolf placed 3rd All Around and added a 2nd on Pommels, a 3rd on Rings and a 4th on floor. Noah Adams finished 4th AA and added a 3rd on Floor and a pair of 5ths on PBars and High Bar. Luke Lathrop placed 9th AA and grabbed a bronze on Pommel horse and a 4th on Rings. Jakob Proper chipped in with a couple 6th place finishes on Pommels and Rings. Chandler Meyers competed in the 13 and up age group where he placed 4th AA and added bronze medals on Rings, Vault and High Bar.

Our Level 6 team consisted of Ryan Mefford, Luke Huisken, Judah Pemble and Sam Parks and all earned medals. Ryan placed 6th All Around, 4th on PBars and 6th on Rings and High Bar. Luke grabbed a 5th on floor and a 8th on Vault, while Sam pulled in a 6th on Floor and 9th on PBars. Judah earned a 4th on Floor and 7th on Pommels.

The level 5 squad consisted of Gubi Ganguly, Josh Harmon, Mason Kowalski, Mason Paszkowski, and Wesley Paszkowski. The team placed 4th overall with a combined score of

180.5. Josh led the team with a 3rd place AA finish (63.4) while claiming 2 state championship titles (Floor and High Bar). He also placed 2nd on vault. Mason chipped in with a 5th place on P-Bars and 8th place on Rings. Jason grabbed a 6th on High Bar and 10th on Rings. Gubi earned a couple 10th place finishes on Floor and Horse, while Wesley placed 10th on Horse and High Bar.

Then it was time for our super stars Level 4s. Cooper Kim battled tough competition and earned a 5th place All Around in the 6 year old age group where he won the state championship title on HBar. He also added 2nd place finishes on Floor, Rings and Vault. Liam Eyster, also 6 years old, placed 9th on rings. Seth Kenna claimed the State Championship title on Rings and an 8th All Around finish in the 7 year old age group. Lucas Adams, also 7, grabbed a 3rd place bronze medal on Vault.

The Twistars boys qualified 15 athletes to the Regional Championships in Chicago in 2 weeks. The Level 6 and 7s are looking to finish off the season on a strong performance and the optional boys will be going for high places in the AA in order to qualify for JO Nationals in Portland, Oregon at the beginning of May. Way to represent Twistars boys and keep it up!