

TWISTARS USA PRESENTS

GYMNASTICALLY SPEAKING

January 2014

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

INVITATIONAL WOW!

There was a great deal of concern going into this years Twistars USA Invitational. Would we be able to handle the 30% increase in registrations? Would we be able to maintain the quality of our annual Invitational? Would our boosters be able to handle the added work load? As usual our membership answered the call and accepted the challenge. The result was an A+ weekend!

Organization and leadership is key when tackling any task of this size and magnitude. Our Invitational Chair, Wade Cutler logged uncountable hours in the preparation and administration of this event. Few could handle the stress, the strains, the complaints, the gripes that are associated with dealing with 100+ families. Wade did so while motivating us all to do a better job. He was the first to arrive and the last to leave and thus displayed leadership by example.

Behind the scenes organization is probably one of the most under appreciated jobs. That is unless you know what it takes to produce a schedule, register 2400 athletes, deal with scratches and level

changes, deal with specific requests from clubs, pay the judges, and more. Peggy Retzlof did an incredible job (especially considering this was her first go at registration chair.

From set up to tear down the event ran like a well oiled machine. I can not begin to tell you how many compliments that I got from attending coaches, and guests. YOU all made Twistars USA look great!



FLIP LIKE AN EGYPTIAN [Already tagged](#)

You impressed our guests with your attention to details which created an atmosphere that few competitions can match. The committees were incredible.

Coaches choose which competitions they attend based on the quality of the event and the little extras that separate the good from the great. Coaches hospitality plays a big part in bringing our guests back each year. Our coaches table and hospitality party exceeded all expectations. Thanks to Kristen Hawkins, Missy Hinkle, Roberta Zerfas, Denise Proper, Michelle Zaccagni and Lori Belcher.

Parents and coaches like to attend competitions that create an excitement from the moment you walk in. Decorations plays the lead role in creating the BUZZ! The Egyptian theme was not an easy theme to deal with but our decorations committee rocked it! Thanks Pam Gardner and crew.

Awards have to be plentiful and unique. The presentation of awards has to be meaningful and exciting. Thanks Nneka Brown and Tramaine Watson for covering these details.

Admissions has to be secure and efficient. Nobody protects your interests better than Kristin Moore and her triple check the triple check system. With nearly \$60,000 in gate it is good to know we have safe guards.

Feeding our judges is a task not to be taken lightly. Our judging panels are composed of some of the highest ranking and most experienced, well traveled judges anywhere. Impressing them with cuisine is not easy but our Judges Room committee pulled it off with flying colors. Thanks to Sheila Jones and Lisa DuVernay.

Meets are often judged by the efficiency of how the scores are presented and how fast they are tabulated at the end of the competition. Our score table was amazingly accurate and fast. Thanks Jay Bancroft, Phillip Arnold, Tim Johnson, and Dave Al-Ashari who dealt with the score boards.

Then there are the other details like set up tear down which was fantastic (Aaron Adams, Doug Dean, Kirk Croff), Meet Administration which went smoothly (Lisa Bremer), Gymnasts Gifts (Elizabeth Bielski), Coaches Gifts (Kathryn Geddert), Program Book which was outstanding (Molly Brown), Publicity (Heather Kim) and Vendors (Suzanne Maurer).

It was truly a pleasure watching this event unfold with clockwork precision but it was an even greater thrill watching the effort put forth by all members of the club. It seems that work ethic is something that our athletes have learned at home. Congrats on a fabulous job Twistars USA Booster Club!



THE EGYPTIAN GODS ARE PLEASED

THOUGHT OF THE DAY:

It is true that the early bird gets the worm BUT something has to be said for the second mouse who gets to enjoy the cheese.

GET OUT OF YOUR OWN WAY

Sometimes an athletes biggest foe is the person that stares at them when looking in the mirror. Tripping over your individual mental issues is often to cause of not achieving the desire results. Accomplished athletes learn how to control themselves and eliminate the competition “gremlins” from within. Here are are a few of the gremlins to be aware of.

1- FEAR

Regardless of the kind of fear (fear of harm, fear of disappointment, fear of failure, fear of success), fear is the biggest and ugliest gremlin. Training preparation will help shrink the fear issues but having that inner self confidence will help defeat the fear gremlin.

2- ANGER

Anger is usually born out of frustration. Frustration is an overused weakness excuse for accepting failure. Controlling your emotions in training and competition is a great start for keeping your mind on track.

3- ANXIETY

Anxiety is increased naturally when the stakes are higher. Athletes who can channel anxiety into excitement will fare much better. Pressure should be looked at as pleasure. If you are having fun with the challenges before you, your chances of success are greatly increased.

4- SELF-CONSCIOUSNESS

This is yet another form of fear. It is the fear of looking bad in front of others or the fear of embarrassment. Focusing on this rather than the task at hand certainly impacts performance. You can not perform well if the

fear of embarrassment exists. Failure is part of the sport so learn to accept it and learn from it.

5- PERFECTIONISM

There is a bit of perfectionist in every gymnast. By the nature of the sport we attempt to accomplish the perfect 10.0 score. But paralysis by perfection can be a problem. Never being satisfied can take its tole on the self esteem. Find the good in every performance and then try to improve on it.

6- STUBBORNESS

Athletes that are unwilling to make changes, or make corrections are basically unwilling to learn. Without learning there can be little progress.

7- COMPETITIVENESS

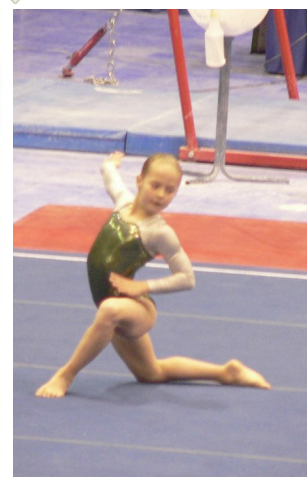
This can be an athletes ace in the hole OR their biggest challenge. Being competitive, wanting to win, wanting to be better is a good thing UNTIL it crosses the line to ALL or NOTHING. Placing too much emphasis on results can create a “whats the use in trying” mentality as we all know that only one person actually WINS. Winning needs to describe progress, effort, contributions and such rather than just being attributed to the person on the top tier of the awards podium.

It is important for athletes to identify their gremlins as in sports and everyday life one of the first steps to success is simply getting out of your own way.

Gary Mack, Dave Casstevens- Mind Gym



THOUGHT OF THE DAY:
One of the first steps to success is to simply get out of your own way.



GRACE WILLIAMS

GRACE WILLIAMS

One of the fiercest competitors ever to "grace" the gymnastics world, Grace Williams is off to a great start in her senior year here at Twisters USA.

KNOWING GRACE

A 2 Time Junior Olympic National AA Champion, A former Championships of the USA Elite Qualifier, The 2011 Nastia Liukin Cup AA Champion and a future Nebraska Cornhusker, Grace's gymnastics resume is loaded with spectacular accomplishments. NONE however are more impressive than her comeback from double elbow surgery. Grace announced to the gymnastics world that she is back in full force by posting a 38.8 AA score at this years Twisters Invitational.

LET'S GET PERSONAL

Few athletes have ever displayed as much confidence in their own ability as does Grace under pressure. She is simply a rock in competition and someone who epitomizes the "time to shine" approach. There are limited times to shine in our sport and she

takes advantage of her spotlight appearances.

Grace is from Linden Michigan and the daughter of 2 former athletes (Rob and Amy Williams). Dad is a high level soccer coach and there is little doubt that the sports, and the work hard to achieve philosophy of life has been etched in her upbringing. She also has a natural knack for coaching (always assisting her teammates with cues and corrections). She has accepted the role of big sister and senior leadership in the gym with a sincere appreciation for the responsibility.

GRACE:
One of the most impressive list of accomplishments in Michigan Gymnastics History



Grace with 2008 Olympic AA Champion Nastia Liukin



INVITATIONAL

ANY QUESTIONS?

They say the proof is in the pudding. I am not exactly sure what that means but I think it has something to do with you can talk it, debate it, think about it, discuss it, but what matters most is how things turn out.

Every once and a while I get questions “why don’t we do this?” (other gyms do), Why do we have this policy, that procedure, this approach or that way of doing things?

Well I am not one to knock what other gyms are doing. Each has their own philosophies, their methods and their own ways of doing things. What I know is what works for Twistars.

With over 2400 athletes attending the 2014 Twistars Invitational we had a very good opportunity to gauge our program. With the depth of competition being as strong as ever, our kids would be put to the test. They responded well. With our girls teams placing 1-2 at Level 3, 1-2 at Level 4,

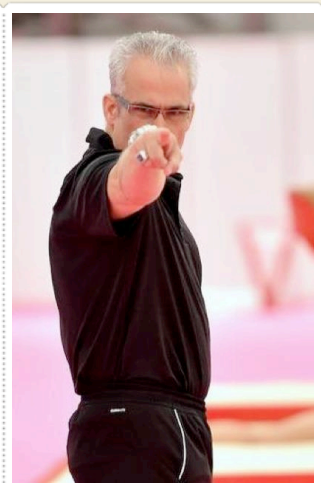
1-2 at Level 5, (we don’t do Level 6), 1st at Level 7-8-9 and 1-2 at Level 10 and our boys teams performing equally as well, I would have to say that the results speak for themselves.

What an incredible performance across the board. YES it was our home meet and there is such a thing as home field advantage. YES we are familiar with the facility. YES we got to sleep in our own beds. BUT still the results are just amazing from top to bottom. This is proof that our pudding is FINE!

Equally as impressive as the results was the team spirit (both out on the floor and in the stands) and the mental toughness displayed by our athletes. We saw very few signs of “nervous nelly”. Instead we saw athletes that were focused, confident, and ready to perform.

I sat back and observed much of the invitational. It is refreshing to know that I can do this without sacrificing the

quality of coaching on the floor. Our staff was amazing in the way they handled the kids. I loved the energy and passion they put into the process. I have to say I was impressed and judging by the ear to ear smiles that most left the floor with, I think the athletes appreciated the efforts also. Thanks Brett, Erin, Kristin, Blaize, Angelina, Tom, Joe, Adam, Amy, Jaycie, Mary Alice, Becca and Paige



HODGE PODGE

THINGS YOU NEED TO KNOW

Upcoming girls Meets

UNITED INVITATIONAL

Tinley Park Convention Center
18451 Convention Center Dr, Tinely
Park Illinois

FRIDAY JANUARY 24

Level 8- (Hamp/Bremer TBD)
Check In 5:00

SATURDAY JANUARY 25

Level 9 (Hamp/Bremer TBD)
Check in 8:00 AM.
Level 10- Check in 4:30

OAKLAND INVITATIONAL

Venue- Ultimate Soccer Arenas-
867 South Blvd- Pontiac Michigan-
248-648-7000

SATURDAY JANUARY 25

Level 5- 8:00 Check In
Level 7- 4:00 Check In

SUNDAY JANUARY 26

Level 3- 8:00 Check In
Level 4- 12:00 Check In.

WOGA CLASSIC- Dallas- Girls

Team Trip- February 6-10. Levels
4-5-7-8-9-10.

CEREAL CITY- Feb 14-16- All

Girls Levels including Silver Stars-
Battle Creek. The schedule should be
posted soon on the Branch
Gymnastics Website.

MEET PROTOCOL:

We had a few instances of parents coaching, talking to or distracting their gymnasts during this weekends invitational. Parent please be aware of our rules regarding this. We realize that some of our new members are very young but can assure you that we have dealt with this before. Our intention is not to limit your exposure to the children but rather to put them on a more focused and productive pathway. Cheer as much as you would like but please refrain from coming out onto the floor, motioning to the athletes to come talk to you, hand signals, coaching comments etc. We appreciate and thank you for your support on this matter.

OVER DUE ACCOUNTS

We try to run a very user friendly and accommodating business. We understand that there are more important financial priorities than gymnastics lessons. With being said however, we are running a business and we too have our bills to pay. Over due accounts need to be handled per our business manager/office manager instructions and in a timely manner. If applicable please communicate your intentions and or issues but do not simply disregard the request for action. Our only recourse is to cancel the athlete from all gym events including competitions. If this applies to you, please contact the office to come up with a plan as soon as possible.

BE-YOU-TI-FUL SALON

I want to thank those members who have been supporting Kathryn and McKyleigh's new hair and nail salon. After one year things are going well and much of the success is due to the word of mouth advertising that you folks have provided as well as your patronage. They certainly appreciate the business.

For those that have yet to pay a visit... call for an appointment today. Call McKyleigh at 580-8613. The Salon is conveniently located just east of the Lansing Mall. Twistars members receive \$5 off any service on their first visit.

Spread the word.

NEW EQUIPMENT

In a continuous and never ending attempt to keep our training facilities equipped with the best possible training aides we have recently added well over \$10,000 in new mats and equipment.

Our 2 resi pits have been recovered with new matting, and we have added 8 new skill cushions, a new wedge mat, boys pommel horse, and other training props. We want our athletes to have the very best.



BOYS TEAM

A NEW YEAR NEW GOALS

New Year...New Goals

Every year we all make resolutions to guide us towards becoming the people we want to be. This year I am resolving to get back in fighting shape and grow a ZZ Top beard. In the gym, we focus more on the goals because the resolve is already there in a sport our athletes have chosen to do (right boys?!)

At the beginning of our winter break, the coaches and the boys sat down and talked about what their goals were for the upcoming season. The boys were very ambitious with their goals. Some of the goals we heard were: qualify for regionals and nationals, win state and regional titles, win some 1st place team awards, and take some of the spots on our record board. One of the boys said he was going for an undefeated season. As a coach, I love to see these lofty (and reasonable) goals and more so to see the determination in practice to accomplish them. These goals will help lead us to a great season.

Our first meets were definitely a sign of good things to come. In the previous newsletter I reported how well our Level 4-6 boys did at Judges

Cup, and since then the older boys have had their first meet. The Dian Kolev Invitational was a great start for the Level 7-10s! Josh Harmon and Ryan Mefford both broke the 60 mark and Luke Huisken is just one event from being right there with them. Even without being able to drop any scores because they are just a three man team, the Level 7s came away with 2nd place. The Level 8 boys did very well in their first meet as optional gymnasts. Dylan Weiss and Noah Adams both posted scores that will put them in the running for qualifying to Nationals, while Ethan Guthrie and Jake Proper contributed some big scores that gave the Level 8s a second place finish as well!

The next session was the 9s and 10s. A few more falls than their younger teammates, but still a strong start to the competitive season. The Moore brothers finished in the top 2 spots on vault, and Jake added another all around victory to his resume. Jake and Josh along with Alex Wolf have it tough as just a three man team, but we can expect to see some team awards from this group throughout the year. Doug Dean

took second on Rings and finally landed a flipping vault on the hard ground! Kevin Johnson took first on Rings and third All Around in his age group. This is our biggest optional group of boys at Twistars in the past 6 seasons, and overall the best start we've had in that time!

January brings us two big competitions, our home meet and the Windy City Invitational. It's going to be exciting to see our progress throughout the year.

