

Twistars USA Newsletter

November Edition

I am currently staring at the gorgeous snowfall outside! Also looking at a pile of Gloves, Hat and Jacket that are now required for every excursion into Winter Wonderland....

Hard to beat the beauty of a fresh snowfall, but Puerto Rico sure had this temperature beat!!!!!!

Some quick housekeeping items and upcoming important dates to begin:

1. November 23rd: Mock Meet for Compulsories and new Level 7's. Start time is 1:30 pm. Full meet attire (Leos, hair done, bun cover, etc.)
2. November 23rd: Booster Club Casino Trip. 6 pm. All of these fundraising opportunities are important! And they can also be lots of fun.
3. November 30th: Holiday Orders are due for Gym Apparel purchases. Get your new gear for an incredible season to come!
4. Thanksgiving!!!! Gym will be closed on Thanksgiving Day only (Thursday). Normal practice times for Friday and Saturday.
5. Thanksgiving night... The gym will be hosting a Sleepover for all you Black Friday Shoppers!!!! Drop-off will be at 8 pm on Thursday evening and pick-up will be at Noon Friday. This should give you some great free time to go fight the crowds and get the best deals!



Snow and Snowdays!!!! (and flu season)

We all know that winter brings snow and frigid temperatures. This also bring about ugly roads and bad driving conditions... Please be careful getting to the gym! Also, because these days pop up unexpectedly and can disrupt the normal training schedule, do your best to plan accordingly regarding other extra curricular activities. If you plan on missing a number of extra days for concerts, class projects, studying, movies, football games, etc... you may run into the problem of too many missed days stacking up unintentionally and therefore see a stall in progress and preparation for season. Just be aware that you can never completely plan for the unexpected. So think ahead and try to prioritize your practices to preemptively battle the possibility of missed training opportunities.

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Foodpack for Faith in the 517

As a gym and program, we would like to thank Heather Cooper Kim for her organization of this wonderful event and for inviting us to participate. Our Saturday morning training groups took a practice off and went to the Lansing Center to participate in a Foodpack for underprivileged individuals and families in the local Lansing Community.



Pictured above is the table that churned out the most Meals at the foodpack!!! Unofficial Statistic... but pretty sure it is correct. Table 15 rocked the house!!!!

What was hopefully not lost on everyone involved, is the service that was performed for a community in need. The statistic was passed along at this event, that 1 in 4 children in the area do not know where their next meal is coming from. This is both heartbreaking and also eye opening. The Foodpack that we participated in packed approx. 88,000 meals in one morning. That is 88,000 meals that will help mothers, fathers and children in need this winter. I certainly hope that while our athletes had a great time bonding together, we also enjoyed the act of doing service for a purpose! These kids helped make other people's lives a little bit better. So THANK YOU to all of the athletes, parents and coaches that participated!!! And THANK YOU to HCK for putting this together!

“It is what difference we have made to the lives of others, that will determine the significance of the life we lead.”

-Nelson Mandela

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5 Ways Young Athletes can Reduce Stress and Anxiety

1. What can I control???

When things go wrong or not as planned, what is your reaction? Do you fall into a state of despair and disappointment? Or do you look in the mirror and try to assess what to do next? Separate the actions that are in your hands from the actions out of your hands... Then take action! Shift your negative energy into uplifting tasks and take back your power!

2. Less Social Media...

First and foremost social media can be a major distraction and time waster. Social media often brings about unnecessary comparison of the different journeys that we all take. Cut out some of the distraction.

3. Have a support group.

Humans need each other. In terms of mental health, anxiety and stress, the more we can speak our truth to others, the more they can relate and inspire us to heal. Sometimes we just need a sounding board. The act of putting our thoughts into statements and releasing them can be healing unto itself. However, not everyone is a good fit for your support group. Identify who lifts you up and who brings you down. Taylor your group accordingly.

4. Be your biggest hype man.

Talking down to yourself is the absolute worst thing you can do... write down affirmations that you can say to yourself daily. What are your strengths and how do you learn to appreciate them and amplify them daily?

5. Recognize how far you have come.

It is always easy to look at what you aren't doing well at this very moment, but how about spending your mental energy on recognizing how far you have come. How much have these skills improved? Can you remember where you were a year or two ago and appreciate the improvements in any or all aspects of your life?



The input determines the output!!!!

Nutrition... As in every math equation, the input on one side will always determine the output or answer. As the saying goes, "Doing the same thing and expecting different results is the definition of insanity."



So when making the decision to lead a healthier life... we must boil it down to

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whether or not we are ready and willing to fully commit to our healthiest lifestyle.

Some of us are ready to do that and some of us are not. Sometimes we are half-in to the goals and things that are important.

Nutrition is not just about looking good... or losing weight. Nutrition is about providing the body with the proper fuel to ensure maximum energy, brain function and performance. Eating good clean food, staying away from excessive sugars, salts, preservatives, etc. can be a great place to start. Below are 27 health and nutrition tips.

1. Don't drink sugar calories
2. Eat nuts
3. Avoid Processed junk food
4. Don't fear coffee
5. Eat fatty fish
6. Get enough sleep
7. Take care of your gut health with probiotics and fiber
8. Drink some water, especially before meals
9. Don't overcook or burn your meat
10. Avoid bright lights before sleep
11. Take Vitamin D3 if you don't get much sun exposure
12. Eat vegetables and fruit
13. Make sure to eat enough protein
14. Do some cardio
15. Don't smoke or do drugs
16. Use extra virgin olive oil
17. Minimize your sugar intake
18. Don't eat a lot of refined carbs
19. Don't fear saturated fat
20. Lift heavy things
21. Avoid artificial trans fats
22. Use plenty of herbs and spices
23. Take care of your relationships
24. Track your food intake every now and then
25. If you have excess belly fat, get rid of it
26. Don't go on a diet (live a healthier life)
27. Eat eggs, yolk and all

All of these tips can be found on healthline.com. The article is 27 Health and Nutrition Tips that are actually evidence-based by Kris Gunnars. There is more information associated with each bullet point as well. Please take the time to check it or other resources out as we all stand to benefit by increased nutrition and wellness information.



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BOYS REPORT

This time we will start off the boys news a little differently. Let's start with a pop culture pro tip! It is the season of thanks, and giving. So what better way to do both by giving and then getting. What I'm talking about is Disney plus! One day in, and I'm already hooked. For your sons or super daughters it has all the marvel universe on there, if you have a princess at home it has all the Disney princess movies! For those like me who grew up on Disney movies, it's a fantastic place to go relive those memories and movies. It's a perfect gift because you can pretend to get it for your kids, but really get it for yourself and binge watch all the superhero movies. Like stated before, one day in, 10/10 recommend. If you get it, feel free to come up and tell me what your favorite show or movie is.

Back to reality that we tend to lose sight off. Our reality in the gym is really creeping up on us with meet season approaching! That's right, our first guys meet is this month! Our level 4s will be starting us off at Judges Cup. This is essentially the girl's version of a mock meet except the complete opposite. No stress... no worries... just a nice kick in the butt to get the little guys excited for the upcoming season. It's a great place to start, also a great way to support Michigan Men's gymnastics. I don't want to give out false information, but if you're looking to start racking up the medals and hardware, this isn't one of those places. This meet is great because it lets the gymnasts and the judges get to talk to each other, and the gymnast can receive immediate feedback from the judging side of things. The first meet for everyone else will be the MEGA meet, December 14th weekend!

Expectations for our B1 group will go UP this year. It's a sad but good scenario. Losing kids is never a good thing. Sometimes it just doesn't work out. Although when you get slightly smaller, that means you get more attention and one on one time with coach! The Optionals are starting to look like actual gymnasts putting together routine parts, some even putting together full routines already! The 7s are looking great!! Already with more bonus skills in their routines than probably the entire season last year, with some pieces getting healthy, on paper they look like the team to beat in Michigan! For me this year for the 7s is all about setting themselves up to be in a good place to go level 8 or 9 next year pending age. Let's keep up the great work and practice habits!

Some Critical dates and information to keep track of. Sunday November 17 all the healthy guys will be coming in and doing a 1 on 6. That means they will salute their routines on all 6 events, this is a good way to let them see where they're at, in a competitive environment (will be required to have uniform, can wear last years or this years). NO PRACTICE THURSDAY, FRIDAY, OR SATURDAY after thanksgiving. The next date is the Wednesday before Turkey Day, we will be running a morning practice, info coming soon. The next date would be December 15th that is the MEGA meet!

Happy Thanksgiving everyone! Please enjoy the time with your families! Also lets remember that Christmas music shouldn't be played until December. HAHA