

AUG 2010

MONTHLY NEWSLETTER

TWISTARS USA

GYMNASTICS NEWS



HIGHS AND LOWS

ONLY THE STRONG SURVIVE

KEEP YOUR EYE ON THE PRIZE

The worlds toughest sport will have it's highs and lows, it's up and downs and through it all we must keep our eye on the prize.

COVER GIRL CLASSIC/VISA CHAMPIONSHIPS

This sport can turn on a dime. You can be standing on top of the podium one minute and with the blink of an eye, watching from the stands the next. One wrong landing, an untimely illness, a twist of this or a tweak of that and BAM! Knowing this ahead of time may prove to be helpful down the road. Keep your eye on the prize! It may be elusive, but worth the wait all the same. Keep your eye on the prize!

Jordyn's accomplishments this year have been staggering. Pacific Rim Champion, Cover Girl Classic Champion! Then one wrong landing and the dream of repeating as the Visa

Championships AA winner had to be just that... a dream. Keep your eye on the prize.

Grace Williams has been named to the Regional All Star Team, earned a trip to Europe, was crowned the Level 10 national Champion and yet a sore elbow, then ankle, then back made productive training days a premium coming down the home stretch. 22nd in the elite world is nothing to shake a stick at, but still ... keep your eye on the prize!



Upcoming Events

Aug. 19-22



Team Camping Trip

The Twistars Team is headed to the sunrise side of the State. Oscoda, Michigan here we come. Hope the bears are friendly.

Aug 30

Fall Session Times Begin

August 30th marks the beginning of our fall training times. Check your official team roster for times and days.

Sept 3-6



Labor Day Vacation

We will be closing the gym for the Labor Day Holiday Weekend. Enjoy the last weekend of summer with your family and friends.

Sept. 7

Fall Session Resumes

After the break we restart the fall session on September 7th.

Sept 17-19

Hot Shot Camp

Those girls 12 years old and under who meet a specific skill criterion will be eligible for this select camp in the Chicago area. Coaches will be communicating with those that meet the skill criterion.

FROM THE OFFICE

Our office staff would like you to know that we are here to serve you. If at any time we can be of assistance in handling your questions please do not hesitate to contact us.

September 1st marks the beginning of a new membership year. Your accounts will be automatically assessed the \$95 membership fee which is good for one year. This applies to all Boys and Girls Team and Preteam (including StarFires).

With the beginning of each year also comes the annual USAG Membership fee which is required by our national governing body in order to enter sanctioned competitions. This membership entitles you to the USA Gymnastics Magazine, and secondary insurance for injuries that may occur at sanctioned gymnastics events. This fee is \$59 and will also be assessed to your September account.



Please be reminded of the tuition policy that states that outstanding tuition may not exceed \$500 or training privileges may be suspended or revoked. If you have a temporary financial problem please see Management to make appropriate payment arrangements

We are still missing important registration and waiver paper work from some members. Several requests have been issued. Paper work was due July 20th. All paper work must be on file prior to FALL HOURS which being August 30th. Athletes will not be allowed to train without this material on file.

Burdens of Life

Accept that some days you are the pigeon and some days the statue.

Keep your words soft and sweet, just in case you have to eat them

If you can't be kind at least have the decency to be vague.

If you lend someone \$20 and never see them again, it was probably worth it.

Never put both feet in your mouth at the same time or you won't have a leg to stand on.

Birthdays are good for you. The more you have, the longer you live.

Learn from Crayons... some are sharp, some dull. Some are pretty and some not so much. some have weird names and all are different in some way... BUT they all live just fine in the same box.

ODDS AND ENDS

ANNUAL GOLF OUTING



The Twistars Booster Club annual golf outing will be held on Saturday September 25 at the Centennial Acres.

The entry is \$75 per person or \$300 per foursome and includes golf, cart, all you can eat, all you can drink, raffle prizes and more. This promises to be a blast! Don't miss it!

Watch for more information in your mailbox soon or contact Carrie Hylek 242-6081 or Jen Young 281-8033.

GRACE WILLIAMS WINS AWARD

SHHHH its a secret but Grace Williams has been named the Region 5 Junior Olympic Athlete of the year! Grace will be one of a select few honored at the Region 5 coaches congress awards banquet on September 10th in Chicago.

This honor comes on the heels of her Level 10 National AA and Uneven Bar Championship Title. Congratulations Grace for this well deserved recognition. You earned it!



AMAZING STUFF IN THE GYM

This summer has been sizzling hot... but even hotter in the gym.

Miracles happen- Amber Wobma learned a major release move on bars (a nice one too!).

New Series talent- We seen many new series on high beam this summer including Lucy Jones, Anna Dayton, Olivia Dopkiss, Kim Wilson, Cici Talcott and more!

New Releases- Alexis Moore, Izzy Hutchins, Kelsea Fischer, Bayle Pickle, Rachel Haines, Rachel Cutler, Lena Franck, Lindsay Lemke, Bailey Lorencen, and Arlyn Amore have all caught big release moves on bars.

Tumbling High- Maci Sump- Piked Doubles, Erin Frier- Triple Fulls, Kameron Moore is flipping again, Sammy Daniels- Double trouble, Brittany Holmer Double Layouts. WOW

KEEP UP THE GOOD WORK

COMPETITION

CALENDAR

SEPTEMBER

Sept 1-5 Pan American Games
Guatelajara, Mexico

Sept. 10-12- Region 5 Congress
Itasca Illinois-

Sept.17-19 Hot Shot Camp
United Gym Academy- Frankfort Illinois

Sept. 25-26- Boosters Golf Outing
Centennial Acres- Sunfield

Sept. 25-26- Level 5/6 Qualifier
Michigan Academy- Westland

Sept. 21-28- All Star Team
Venice Italy, Ljubljana, Slovenia

OCTOBER

Oct. 1-3 High Tech Camp
U of Michigan- Ann Arbor

Oct. 9- Star Bucks Auction
During AM and PM Training

Oct. 23-25- NAWGJ L5/6 Qualifier
Eastern Michigan University- Ypsilanti

Oct. 28-31 National Team Camp
Houston Texas

NOVEMBER

Nov. 17-18 Level 5/6 State Meet
All American Flames- Port Huron

Nov. 28-31 National Team Camp
Houston Texas

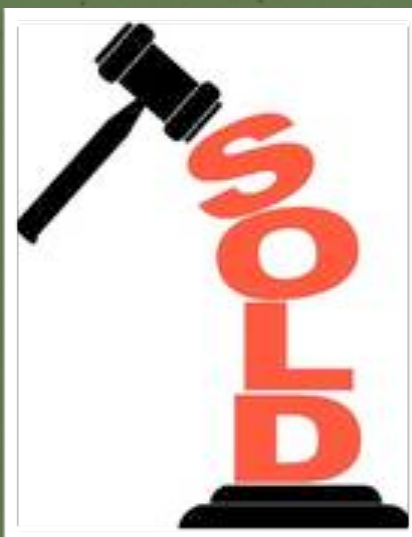
OCTOBER 9th

STAR BUCKS AUCTION-

Each team member has been earning "money" to be spent at the Star Bucks Auction. The harder they work the more they can earn.

The Auction will take place on Saturday October 9th. Each member should try to bring something for the Auction. Items can be new or used but should be something that teammates may enjoy.

Plan ahead.



TAINTED PERSPECTIVE

You have two choices in life: You can stay single and be miserable, or get married and wish you were dead.

At a recent cocktail party one woman asked another, hey aren't you wearing your wedding ring on the wrong finger?" The woman responded, "well yes I am... Im married to the wrong man."

A lady place an add in the classifieds "Husband Wanted". The next day she had hundred of responses. They all said the same thing ... "You can have mine!"

A woman is incomplete until she is married... Then she is finished.

A little boy asked his father, "Daddy, how much does it cost to get married?" The Father replied, "I don't really know son, I am still paying daily."

A scorned woman stated. "I really never knew true happiness until I was married ... but then it was too late!"

Wedlock does serve a unique purpose. Just think, if it weren't for marriage, men would go through life thinking that they had no faults at all.

One guy boasts, "my wife is an angel." His friend responds, "Dang you are lucky, mine's still alive."



Kim Lennon, Psy D. sheds some light on the importance of affirmations in our development as people and athletes.

What is an "affirmation"? Basically it is every thought you think and every word you say as it relates to your self image. We either affirm something positive or negative about ourselves with every word or thought. Thought patterns about ourselves start to form

AFFIRMATIONS

realities in our minds. In other words we are what we think we are.

If this is indeed true then we must design our thoughts and words carefully. Fend off the negative words, spit out the destructive thoughts.

No you can't simply convince yourself that you have olympic talent just because you affirm that daily. BUT conversely you certainly can convince yourself that you are not by the consistent use of self doubt and negative thoughts.

It is easy to affirm the negative but it takes some work and time to affirm the positive. Work on it daily... I am a good person, I do work hard, I am honest, I am a



good friend, I am important, Yes I can do that skill, Yes I will learn that skill.

Positive thoughts and words to ourselves can fend off the negative thoughts and words of others. The more determined you are to affirm the positive aspects of your being and character, the more confidence you will deliver to your self esteem.

Boys Report

by Tom Buese

With the summer almost over, the boy's team is beginning to look towards the upcoming season. Summer has been somewhat of a roller coaster this year for many of the boys, with many of them going back and forth as they rebuild their strength from their summer vacations. Overall, however, the boys are now looking ready to make the final push they need to accomplish their summer goals of making the move to the next level.

This summer the boys spent a good deal of their practice time improving their strength and flexibility, and the results have been noticeable! The youngest group in particular, has focused

their competitive nature towards their flexibility and would easily challenge some of the girl's team members. The strength gains that all of the groups have shown is also impressive, and will really help once season rolls around. Although the boys have maybe not learned all of the skills they need to at this point, the strength and flexibility they have worked on will help them learn these skills faster as they get closer to meet time.

The schedule for the upcoming season will be out soon, and will only have minimal changes from last year. Some of the major competitions include Windy City Invitational, Circle of

Stars, Jason Whitfield Invitational, new invitationals throughout the state, and a new location for the team travel trip. It should be another exciting season for the Twistars Boy's Team!



Mens Gymnastics takes a special type of athlete. No teammates to help you look good ... just you vs. physics. Many rate it as one of the most difficult sports of all.

DID YOU SEE THAT CRAZY BOY!

NEW SKILLS

We have seen some definite skill development this summer from our boys team. Some skills are simply amazing as they require courage, strength, flexibility and hours of work to perfect.

Ryan Dayton- Diamidov on Ps, and D- Magyar and Sivado on Pommels.

Jake Moore is swinging like a high bar champ and also learned the D-Magyar on Pommels.

Group 3 (Noah, Ethan, Luke, Judah, Ryan and Luke) all have their circles and back handsprings.

Kips on P Bars for Dylan, Jake Yost, Sam, Jake Proper and Mike Bigelow.

Josh Moore has really improved his front giants.

Jake Proper- Back uprise on Rings and Dylan has learned multiple back handsprings.

Great Job Guys