

# GYMNASTICALLY SPEAKING

## TWISTARS USA GYMNASTICS CLUB

Home of World and Olympic  
Champion Jordyn Wieber  
Home of World and Olympic Head  
Coach, John Geddert

October 2014

## 10X RULE

Success in life, school, relationships, or gymnastics can be virtually guaranteed if we commit to one simple rule called the 10X RULE.

You are probably thinking that I am going to announce some earth shattering, mind bending, complex systematical approach to achieving success. Nope the secret is really not a secret at all. In fact I challenge you to interview someone who you feel is successful within their little niche in the world. Ask the business man, the scholar, or the super star athlete and I bet you will find a core component in all of their successes. They simply worked harder and applied themselves more. Dah right?

Well that is the secret folks as simplistic as it may sound. If you want to be great at something, if you want to be better than someone else, if you want the advantage all you have to do is to work harder. This is what author Grant Cardone is talking about in his book "The 10X Rule."

Excuses like "I'm not good enough, Im not smart enough, Im not strong enough often get in the way. Yep there are always going to be people out there that are smarter, faster, stronger, than we are but the 10x Rule will close and eliminate the gap in more cases than not. You see most talented people like to coast

on their natural abilities. Things come easy to them so many times they forgo the extra effort. Using the 10x Rule (do 10x the numbers, the studying, the research, Give 10x the effort, Put in 10X the time) we can outdistance those with

more natural talent.

This is a great rule for those interested in accomplishing great things in sports. We see it all the time where the super talented athlete gets surpassed by the one who choses to work harder. Be that athlete (the one who uses the 5x-

# 10X RULE

WELCOME TO TWISTARS

## CARBS ARE NOT “BAD”

Jena Heitmeyer, the director of sports nutrition for the University of Missouri wants athletes and parents to know that the stigma about Carbs is over inflated. In fact Carbs are the main source of energy. Carbs provide energy for your muscles and also fuel the brain (I have a few adults I'd like to recommend more carbs to.)

Not eating enough Carbohydrates can and will impair performance (training, academic or competitive) due to the potential for lower energy levels and inadequate recovery and fatigue. If you do not give your body enough carbs to burn as an energy source your body will turn to burning protein tissue (muscle) instead. A general rule of thumb is to create a consistent diet where carbs make up 50-60% of your daily caloric intake.

Of course there are good carbs (listed later) and bad carbs (candy, sugars and soft drinks etc are real bad and should not be a part of a Twistars athlete diet). Quick carbs (pretzels, pancakes, gatorade) have a high GI (Glycemic Index) which means they can enter the bloodstream quick causing a spike in blood sugar levels. These foods are good as a snack after practice. Foods with a lower GI (yogurt, apples, oranges, peanuts) are great for maintaining energy levels throughout practice.

The stigma that carbs will make you fat is pure misinformation. The issue

related to weight gain is simple to understand. IF you eat more than you burn off, the excess is stored. Consistently eating more than you burn whether it be carbs, fats, or proteins will result in weight gain.

Athletes need to understand that a balance of proteins, fats and carbs is essential to maintaining the best benefits from nutrition. This being said however, Carbohydrates are the most important nutrient that can be consumed for optimal performance and recovery.

### Good Sources of Carbohydrates:

- \* Beans- All Kinds
- \* Green Leafy Vegetables
- \* Citrus Fruits and Juices
- \* Bananas
- \* Berries, Cantaloupes
- \* Whole Grains
- \* Tomatoes, Tomato Sauce
- \* Sweet Potatoes
- \* Peas, Squash, Potatoes
- \* Corn, Carrots, Cauliflower
- \* Cabbage
- \* Fleshy Fruits- Peaches, Plums
- \* Dried Fruits
- \* Grains- Pasta, Pita Bread

### THOUGHT OF THE DAY:

Create a diet where carbohydrates make up 50-60% of the daily caloric intake



### FOOD FOR THOUGHT:

ENJOY THE LITTLE THINGS FOR SOMEDAY YOU WILL REALIZE THAT THEY WERE THE **BIG THINGS**



# PARENT AND ATHLETE REMINDERS

1- PRECAUTIONS- With the cold and flu season now upon us it is important to remember a few common sense rules for limiting exposure and the potential for spreading these frustrating illnesses.

\* Wash your hands frequently (or use a pocket hand sanitizer) after event rotations or bathroom visits.

\* Refrain from sharing water bottles. Each athlete should bring or purchase their own water supply. Sharing drinks is a quick and sure way to spread viruses.

\* Flu Shots are often viewed as un-necessary but let me tell you a personal story that hit my family hard just last year. My 21 year old nephew (healthy as anyone) died last winter from influenza. Yep the flu! Did I scare you?

\* Proper rest and nutrition is a great deterrent . When the body gets worn down it is more susceptible to illness.

2- LOCKERS AVAILABLE- I think we forgot to inform the new team and pre team members (and remind the old) that we do have lockers available in each of the locker rooms. We purchased a supply of new lockers so that athletes did not have to use the lockers in the lobby area. The cost is very reasonable (\$10 for the final 3 months of the year Oct/Nov/Dec and then \$40 for the year) That breaks down to \$3.33 per month or .15-.20 per work out day. You simply supply the lock (register the combination with the office)

Don't risk leaving your gym supplies, apparel or valuables out in the open in the locker room. Get you own personal locker today. See our office staff for details.

3- FALL MIXER THANKS- Our annual fall mixer has come and gone. From all accounts it was a great event, well organized and lots of fun

for all.

Thanks to the special events committee chaired by Amy Croff (who actually hosted the mixer at her house in Lansing) and her able helpers/committee members. Thanks to Elizabeth Bielski, Rina Woodland, Michelle Zaccagni, Adam Duncan, Julius Maurer and Dave Al-Ashari for helping to make this event a success.

4- BIG SISTER DATES- Just to make sure everyone is on the same page here are the confirmed dates for our Big Sisters Program Meetings. All meeting are held on the designated Saturdays at 1:00. Please make special note of these dates so that you can arrive on time.

October 11 and 25, November 8 and 22, and December 6 and 20.

What is Big Sisters? This is our mentoring program where we use our experienced athletes to help deliver important concepts and information to our up and coming athletes. Meetings will have specific topic hosted and run by BIG SISTERS. Each team member has been assigned a BIG SISTER.

5- NEW MEMBER QUESTIONS- Sometimes the rules, policies, forms and document requirements, time lines and procedures can be a bit overwhelming. How are you doing? Remember questions are expected and encouraged. Questions show a desire to learn and a responsible attempt to gain the needed knowledge. Are you up to date on the fundraising opportunities? Do you know who to submit your commitment checks to? Do you know your standing committee yet? If not please search out the answers.

Have you marked your calendars for our 2 major fundraisers which will be run by booster club members (to keep the financial commitment manageable). The Twistars Invitational is January 9-11 and the Level 7-8-9-10 State Championships



## THOUGHT OF THE DAY:

Personal lack and struggle can limit success if you let it OR you can let it serve to make you stronger.



PRESLEY ALLISON



### PRESLEY ALLISON

A long time member of the Twisters family, Presley Allison has quickly established herself as a quality instructor. She follows in a long line of Twisters athletes that simply “get it” when it comes to being reliable, dependable while at the same time knowing how to relate to students.

### KNOWING PRESLEY

Presley capped off her gymnastics career as a dominant force on the High School Gymnastics scene. In fact she helped lead the Grand Ledge HS Team to 3 State Team Titles while capturing an AA gold herself during her stint as a Comet.

### PERSONALLY

The daughter of Conn and Ann Allison of Grand Ledge, Presley has 2 sisters (Haven and Coralee) and is currently attending LCC as a Freshman.

### WHAT SHE BRINGS

Known for her dazzling smile very polite personality she is sometimes mistaken

for being somewhat shy. Her students were quick to learn that being quiet does not necessary mean lacking in confidence, in fact she can crack a whip if needed. Our staff has been very impressed with her organizational and motivational abilities given she has just started coaching. Some people just have a natural knack for delivering quality instruction and Presley is one of those people.

Welcome to the coaching ranks



Presley:  
Don't let the  
dazzling smile and  
polite personality  
fool you, she can be  
as tough as she  
needs to be.

**FOOD FOR  
THOUGHT:  
EVEN IF YOU ARE ON  
THE RIGHT TRACK  
YOU WILL STILL GET  
RUN OVER IF YOU  
SIMPLY SIT THERE**

# THE GIRLS GENERAL PLAN

As an attempt to give as much information as possible while at the same time emphasizing that it is still far too early to etch anything in stone, here is the general plan for the upcoming season.

Our compulsory level team members are currently gearing up for the upcoming Mock Meet on November 8. A mock meet is an in gym evaluation used to determine competition readiness and to assess problem areas. Compulsory athletes participating in their first year at any level need a Mock Score of 32 AA (8.0 average) in order to be considered ready for competition. Athletes trying to advance levels and who have not completed a full second year at

their current level need a score of 34 for consideration for advancement. Those attaining the minimum required scores (as outlined in our team handbook) will be eligible for competition in December (The Christmas Classic in Novi)

New team members coming from our developmental (Pre Team Program) will participate in the Mock Meet situation with little expectations for anything other than assessment feedback. In other words their target first competition is usually our January Invitational. Some first year members may be considered for the December meet depending on the outcome of the Mock Meet.

Mocking always seems to ruffle a few feathers. Parents

please remember it is not our intention to limit competition opportunities but rather to make sure our athletes are prepared. We want their competitive experiences to be plus positive and thus start creating a greater self confidence. So often mental issues develop when athletes are rushed into competition. We will be patient but fair.

Optional Level athletes are currently in the midst of our most intense conditioning cycle. Soon we will be transitioning into meet preparation mode with the target date for most optional athletes (Levels 7-8-9) being the Christmas Classic December 12-14. Established Level 10s will open their season with our January Invitational.

**SOME TEAMS ARE  
SIMPLY FASCINATED  
BY WORK...  
THEY CAN SIT AND  
WATCH IT FOR HOURS**

## MEET SCHEDULE

Coming soon to your mailboxes AND via boosters club email will be our 2014-15 Competition Schedule.

It is assumed that all team members will attend all listed competitions but we realize that there may be conflicts that prevent participation in some events. All members must sign and return the competitive schedule to the office (This is our double check that you have been notified of the schedule). Those with conflicts simply indicate such on the schedule so that we do not enter you in that competition. Withdrawing from a competition after the deadline date will result in repayment of the entry fee to booster club.

# FROM THE PRESIDENT

## Newsletter info from the Booster Club

If you still are not receiving the booster club emails, please sign up today. This is our primary way to communicate booster club information to you. Just go to the booster club website:

<http://www.twistarsusa.com/team-home/members-only/>

and follow the directions on how to sign up to receive emails. This IS different from the emails you get from Twistars Inc.

As we approach the upcoming meet season, everyone is probably anxious to know the details of the team and the level 9/10 trips. Once we have all the final details locked in, we'll send out an email with all that information. In the meantime, please do not ask our Travel chair for that info. She is busy putting all the pieces together and plans can change on a weekly basis and we don't want to give out the wrong information.

Our next booster club meeting will be held on October 13 at 6pm at the Summit. During this meeting we will be having an important election on updating the current booster club bylaws. Each booster club member will be receiving the election form, which will be in your mailbox this week.

We are happy to announce that we will be using the power of the National Football League (NFL),

Major League Baseball (MLB) and your favorite college teams to help raise funds for your son/daughter booster costs! We will be selling Spirit Cups, Spirit Travel Cups. Your child's profit for this fundraiser will be **\$7.00** per item sold. Each unit will sell for **\$18.00**. This profit goes directly into your child's booster account. This fundraiser will run from **October 4<sup>th</sup> – October 27<sup>th</sup>**. This will allow us to make sure that the products will be here for the Holidays. The cups are great gifts. The order forms are placed in mailboxes on Saturdays. There will also be sample cups for you to look at.



PRESIDENT WADE CUTLER and RACHEL

You can also look at the Spirit Cups and Travel Cups online at:

<http://www.braxfundraising.com/fundraising-products/>

Please make sure that all checks are made payable to: **Twistars Booster's Club**. ALL money and orders are turned into **Victoria Pyrett's** folder no later than October 27<sup>th</sup>.

If you have any questions regarding this fundraiser please feel free to contact or email Lisa Pyrett at [lpyrett@grandblancschools.org](mailto:lpyrett@grandblancschools.org) or 810-869-4010, you may also text instead of calling. Thanks so much! Happy Selling!!

NEXT BOARD  
MEETING:  
October 13 at 6:00  
at the Summit

# GENERAL INFO

## FORWARD PROGRESS CAMP

The final regional training camp of the year is the Forward Progress Training Camp. This camp is for Level 8-9-10s and will be hosted by Hunts Gymnastics 25325 Henry B Joy Blvd, Harrison Township, Michigan on November 7-9.

Check in Friday Nov 7- 12:00, Saturday Nov 8- 12:30 and Sunday Nov 9- 8:30. Be 15 minutes early for all check in days.

### Hotel Information:

Holiday Inn Express (Group name Forward Progress)  
45805 Marketplace Blvd.,  
Chesterfield MI 48051  
586-598-4000.  
\$124.99 + tax/night

Hampton Inn  
45725 Marketplace Blvd.,  
Chesterfield MI 48051  
586-948-2300.  
\$99 + tax/night.

Camp is dismissed at 6:30 on Friday and Saturday and 1:20 on Sunday. Brett will be the coach attending.

Transportation and lodging is the responsibility of each parent or car pool.

Apparel- Wear last years Twistars Tank Leotard on Friday. The Red Michigan Regionals Leo on Saturday. Any other Twistars Leo on Sunday. If you do not have one, try to borrow one from a teammate that is not attending.

Those scheduled to attend: J Brown, Hylek, Kinzler, Lewis, Lehman, Bremer, T Brown, Clevenger, Hamp, Young, and Swinehart.

## FALL SLEEPOVER

Our Annual Fall Sleepover is scheduled for Saturday November 15 at our Outlet Mall Facility. This is a team bonding event that is chaperoned but also uses our BIG SISTERS to help run the scheduled activities and such. All team members are encouraged to attend as this is a great way to kick off our BIG SISTERS programs (no better way to get to know someone then having to spend the evening with them) and help facilitate a more cohesive team atmosphere here at the gym.

The cost of \$30 (Members pre registration), \$35 (Non Member friends pre registration) and \$40 at the door. The cost

includes an all night sitter (hmmmm parents night out), pizza, a movie, games and contests, glow sticks and a Sunday morning snack. Drop off is at 8 PM on Saturday and Pick up is at 8 AM on Sunday.

## GOAL SETTING

It goes without saying that every athlete needs to have a plan. Without a plan there really is not direction. Goals are the foundation of every plan.

- \* Plan your skills
- \* Plan your drills
- \* Plan your work outs
- \* Know your goals for each rotation
- \* Know your goals for the day
- \* Know your goals for the week, month, year, season
- \* Plan your path to get to your goals
- \* Plan your method of evaluation (feedback)
- \* Plan your PLAN





# FALL UPDATE

Wow! Already one month into the fall schedule, it will be competition season before we know it. The fall schedule always takes some time to adjust to the demands of later hours and being back in school, but the boys are looking like they're in the swing of things. Here are some of the new skills the boys have learned:

Luke Huisken made a blind change on HB as he's training for his Future Stars season

Doug Dean and Josh Harmon have both shown giants on rings and double backs on floor! We're going to have an awesome level 10 team!

The new level 6 boys are making great progress on their front giants on HB and their moys on PB.

A couple of our new guys, Yev Dierauer, Tucker Harkins, and Jorge Quiala, have all gotten their press handstand on parallelles.

Ben Stirton learned his roundoff back handspring on floor!

Noah Adams and Dylan Weiss seem to have broken through the wall and are now doing giants to handstand on PB! This will give their scores this year a huge boost.

Jake Moore is more motivated

than I've ever seen him. He's doing Arabian double fronts and back 2.5 twists connected to a front ½ on floor. Rings is swinging very well for Jake with much improved Yamawaki work (double front holding onto the rings).

Kevin Johnson is getting pretty good at his Layout Jaeger and double layout on HB, doing some more powerful tumbling on floor, and has a potential start value on horse that could put him on top of the award stand at nationals.

Judah Pemble and Wesley Pasikowski are making headway towards being level 7s this year. Judah has his giant both directions on HB and Wesley can do all of the bonus skills on PH.

Alex Wolf is doing a flyaway from giants on HB! Huge breakthrough for him.

At this rate the boys look primed to have a great season! Noah Adams, Dylan Weiss, Ryan Mefford, Luke Huisken, and Cooper Kim are competing at Future Stars Regionals in the middle of the month. Cooper is looking to show he's among the best in the region, while the other 4 boys are trying to earn their way to Future Stars Nationals at the Olympic Training Center! As long as they keep

progressing like they are now, they will have a shot at that awesome experience.

Recently, the Twistars Boy's Team reached another milestone on its way toward reaching national prominence. Jake Moore was named to the Region 5 Elite Team that will compete against other regions in the country for a team title. Jake earned this spot based on his placement at the US Qualifier, JO Nationals, and Regional Championships which all took place earlier this year. Congratulations Jake and way to represent the Twistars boys!

The World Championships takes place October 3-12 in China. Team USA is looking to improve their results against the other strong countries after the 5<sup>th</sup> place finish at the Olympics. Hopefully, everyone got to read the last article about studying your sport! There will be a ton of great videos online. Look at the USA Gymnastics and FIG Channel on YouTube or just search the 2014 World Artistic Gymnastics Championships and you're sure to find something. Go USA!