

# GYMNASTICALLY SPEAKING

November 2014

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

## ATTITUDE FIX

We all know how important attitudes are when it comes to being liked, productive and successful. Attitudes, like gymnastics skills, need constant attention to improvement. We are not born with perfect attitudes so developing a plan for improvement is something that would serve all coaches, athletes and parents well.

What can help our attitudes? Here is 7 rules to put into your personal attitude plan.

1- Wait to Worry- "Anxiety does not empty tomorrow of all our sorrows but only empties today of strength." Worry creates frustration and very few frustrated people display positive attitudes. Wait to worry as in reality only 8% of the things we worry about actually come true.

2- Attitude of Gratitude- We all need to count our blessings each day. There are plenty to be found (friends, family, health). Expressing gratitude lifts the spirit. "Feeling gratitude and not expressing it is like wrapping a present and not giving it away."

3- Your health is your wealth. Take care of yourself. Eat, sleep and exercise. "One of the main qualities of success is energy, in fact it may be the most important of all."

4- Joy rebounds- "If we do something good for others, the good will rebound back to us." This creates a better atmosphere at home, school or the gym and thus helps inspire better attitudes.

5- Learn to say no- Being overwhelmed will take its toll. We do not have limitless energy,

time or interests. Trim a little of the clutter.

6- Power of Discipline- Hold yourself to a higher standard than anyone else expects of you. Being accountable is an attitude check.

7- Surround yourself with positive people who will challenge, inspire, and believe in you. "To love and be loved is like feeling the sun from both sides."



**THE POWER OF THE  
ATTITUDE**

## PROTEIN

There is lots of misleading information when it comes to athlete nutrition and particularly about the consumption of protein. Protein is an essential nutrient for performance mostly due to its function in building and repairing muscle tissue. It can be used as an energy source but this normally is the result of inadequate carbohydrate intake.

In a nut shell protein should make up about 15-20% of an athletes daily caloric intake. The misconception is that athletes need significantly more protein than the normal sedentary population. Now although they do need a bit more (due to the fact that they are constantly repairing broken down muscle fiber), they do not require significantly more. Protein should not be the main energy source as this is the role of carbohydrates (see October Newsletter). The best sports performance eating plan contains adequate NOT excessive protein.

There is currently a major push for athletes to consume protein shakes, protein bars or high protein foods designed by supplement companies. This is not needed as most athletes easily get their allotment of protein through their normal, every day (healthy) diet. Excess protein will be converted to carbs and used as an

energy source OR stored as glycogen or fat. As with most foods, too much is not a good thing.

In order to calculate how much protein you should be consuming in your diet, use the following formula: Take the percentage listed and multiply it by your total body weight and the answer equates to grams of protein per day.

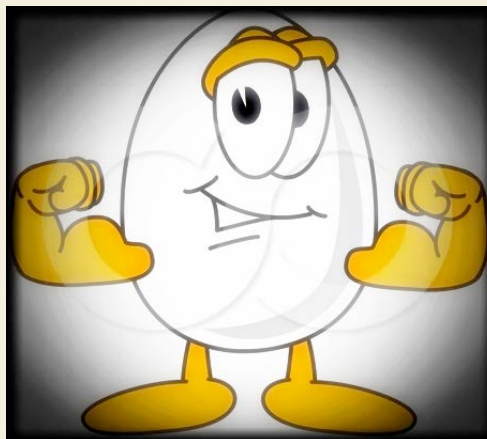
Growing Athlete: Body weight x .8-.9%

Athlete restricting caloric intake- Body weight x .8-.9.

Normal Population- Body Weight x .4

Recreational Exerciser- Body Weight x .5-.75

MAXIMUM useable is body weight x .9. This would be for Adults trying to build mass.



**THOUGHT OF THE DAY:**  
Create a diet where Protein makes up 15-20% of the daily caloric intake



**FOOD FOR THOUGHT:**

“Hold yourself to a higher standard than anyone else would ever expect of you.”

# PARENT AND ATHLETE REMINDERS

1- **BE ON TIME-** We are having a rash of tardiness and it seems to be becoming more prevalent. This is especially true on Saturday mornings which generally means little conflict outside of getting on the road a bit earlier.

Arriving on time is the starting point for a productive practice. Promptness is an essential component of discipline and shows the due respect to the program, coaches and teammates. We realize that the athletes are normally not at fault (unless they are holding up the departure from home) so we ask parents to consider this a serious priority. Thank you in advance for sending the right message to your child.

2- **HOLIDAY APPAREL-** The office staff has been shopping and researching, looking and bargaining to get the best possible array of Twistars USA Apparel ever. This year's assortment of Twistars gear is sure to impress and we have something for everyone!

Order forms have been distributed already and are due back by November 14th. Available items include: Team Jackets, Sweatshirts, Fleece, Twistars Blankets, Purses, Tote Bags, Team Back Packs, Head Bands, Coffee Mugs, Hats, Grip Bags, Cups, Leos and more. Show your Twistars Style this season!

3- **WHAT DO YOU NEED?** One question often asked is what apparel is mandatory. Well actually outside of the Competition attire, nothing is mandatory. With that being said however we know that most want to have the items that the team has. Looking uniformed and like a "TEAM" is certainly what we are shooting for, but again we do understand when personal finances create issues. **THUS** the reason that nothing is mandatory.

Priority items would be: Team Jacket (we would love all members to have a team jacket), Team Roller Back Pack (so everyone looks the

same on the floor), the travel t-shirt (for travel and meet support dress) and the Team Sweatshirt.

4- **HOLIDAY SCHEDULE-** In an attempt to give as much advanced notice as possible here is the projected Thanksgiving, Christmas and New Years training schedule.

Thanksgiving- The gym will be closed Thursday November 27th only. If you are planning on being out of town please inform John so that we can staff the weekend accordingly. We have a few staff members that would love to go home for Thanksgiving so if we know in advance how many athletes will be missing, we can accommodate our staff requests for time off.

Christmas- The gym will be closed on December 24-25-26 and resume normal training hours on Saturday December 27th.

New Years- The gym will be closed December 31 and January 1 and resume with normal training hours on Friday January 2.

5- **PARENTS NIGH OUT-** Ok this is otherwise known as the fall sleepover but it serves the same purpose. Parents can take advantage of our annual fall sleepover held on November 15th. Simply drop your daughter off (ages 7 and up) at 8PM and pick them up the next morning at 8AM.

The kids will be well supervised, chaperoned and entertained while you enjoy a night on the town. Cost for the sleepover is \$30 for members, \$35 for non members (invite a friend, sibling or relative) when you pre-register. Cost is \$40 at the door. Cost includes an all night sitter, games, contests, pizza and a movie as well as a Sunday AM breakfast snack. This also serves as a **BIG SISTER** bonding experience so we encourage all members to attend.

Those who are interested can register at either office location **OR** online at [TwistarsUSA.COM](http://TwistarsUSA.COM) (just click on the pink banner across the top of the page). Hope to see you there!



## THOUGHT OF THE DAY:

Training hard may not always be fun, but endure! Don't give up and live your life like a champion...  
**Mohammad Ali**

# THE GYMANSTICALLY SPEAKING- ATHLETE PROFILE

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## SUPER STARS

Twistars USA has a gym full of talent on both the boys and girls competitive teams. Recently 3 members have qualified to a prestigious talent identification program governed by USA Gymnastics.

## MYA MILLIKIN

Mya qualified to her 2nd consecutive TOP National Team (TOP A Team) after doing an impressive job on both her physical abilities and core gymnastics skills testing elements. Mya has now qualified to attend the TOP National Team training camp which will be held at the USOTC in Houston next month.

## LILIA COSMAN

6 years olds are not old enough to qualify to attend a training camp BUT Lilia Cosman did earn her spot on the TOP Diamond National Team Squad. This is quite a feat for such a young athlete and a great sign of future potential. Lilia is currently a Level 3 with sights set on Level 4. (Sorry couldn't find a photo but she is really cute)

## COOPER KIM

Cooper qualified for Future Stars boys regional developmental team (which equates to being one of the best 8 year olds in our 5 state region). A second generation Twistar (mom Heather was one of our first athletes back in the mid 80s) Coop is not only a great little athlete but also a lady killer.

Congrats Mya, Lili and Coop!



**FOOD FOR THOUGHT:**  
**The true measure of who we are is assessed by what we do with what we have.**

## WHAT LITTLE GIRLS WISH YOU KNEW

1- How you love me is how I love myself.

2- If you ask how I am feeling, actually listen to my answer.

3- I learn how I should be treated by how I see the adults in my life treating others.

4- If you are angry with me I will certainly feel it, so please explain why. I can not read minds.

5- When you show compassion and understanding I learn to trust people a little more each time.

6- How you talk about women is what I believe to be true (even when you are joking).

7- How you handle my heart is how I will allow others to handle it.

8- If you encourage me to find challenges and seek joy, I will do so.

9- If you teach me what safe feels like when I am under your wing, I will know how to better guard myself when on my own.

10- Teach me the benefits of education and culture and I will learn that it matters more than a dress size.

11- Embrace my changes as I grow or I may feel there is something wrong with me.

12- Teach me how to say no as this is a very valuable tool in the real world.

13- Even though I may voice my need for independence,

never stray to far as I always need a safe place to return.

14- When you let me help fix the car or paint the house I learn I can do anything a boy can do.

15- When you display tenderness I will learn to embrace my own vulnerability rather than fear it.

16- I know when you are watching and it matters no matter how much I deny it.

17- Correct me if I am way off base but let me have my own voice and opinion so that I learn to stand up for myself.

18- I need to know that you value me and what I stand for before I can appreciate my true value.

**You may not be able  
to help everyone  
but everyone can  
help someone**

### MEET REMINDERS

- 1- Report at least 15 minutes prior to the check in time.
- 2- Remember it is considered bad manners to eat during awards
- 3- Parents are encouraged to cheer and show their Twistars colors with class and dignity at all time.

# LAUGH TIME

Recently found in a British newspaper:

**FREE YORKSHIRE TERRIER:**  
Hateful little "BLEEP BLEEP" Looks like my mother in law and bites worse.

**FREE PUPPIES**  
Mother is a kennel club German Shepherd. Father is SUPER DOG, able to leap very tall fences in a single bound (thus the puppies)

**FREE PUPPIES**  
1/2 Cocker Spaniel the other 1/2 very sneaky next door neighbors dog.

**WEDDING DRESS FOR SALE**  
Worn once by mistake

**ENCYCLOPEDIAS FOR SALE**  
Complete set of Encyclopedia Britannica, 45 volumes. Great condition! No longer needed, just got married, wife knows everything.

**CHILDREN ARE QUICK:**

Teacher- Johnny why are you late?  
Johnny- Class started before I got here.

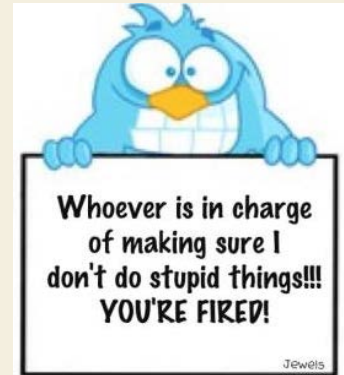
Teacher- Johnny, how do you spell Crocodile?  
Johnny- K-R-O-K-O-D-I-A-L  
Teacher- That is incorrect  
Johnny- That may be true but you asked me how "I" spelled it.

Teacher- Johnny what is the chemical formula for water?  
Johnny- H-I-J-K-L-M-N-O  
Teacher- No that is incorrect  
Johnny-hmmmm, yesterday you said that it was H to O.

Teacher- Johnny give me a sentence that starts with I.  
Johnny- "I is....."  
Teacher- (interrupting) No Johnny, I am ..  
Johnny- All right ... "I am the 9th letter in the alphabet."

Teacher- George Washington not only chopped down his fathers prized cherry tree but also admitted it. Now Johnny why do you think his father didn't punish him?  
Johnny- "Thats easy, because he still had the axe in his hand."

Teacher- Johnny do you say your prayers before dinner?  
Johnny- No I do not have to. My mom is a real good cook.



- Who is your idol?
- 1- Pick your favorite number 1-9.
  - 2- Multiply by 3, then add 3
  - 3- Multiply again by 3
  - 4- You will get a 2 or 3 digit answer
  - 5- Add the digits together.

- Your Idols
- 1- President Obama
  - 2- Michael Jordan
  - 3- Payton Manning
  - 4- Taylor Swift
  - 5- Bill Gates
  - 6- Superman
  - 7- Oprah Winfrey
  - 8- Kid Rock
  - 9- John Geddert

Don't worry I have that effect on lots of people. (stop picking different numbers... you know Im your idol)



## FUTURE STARS SUCCESS

### Future Stars Success

The Twistars Boys did a great job at Future Stars Regionals last October! Noah Adams, Ryan Mefford, Dylan Weiss, Luke Huisken, and Cooper Kim comprised our team's biggest showing ever at this event. They proved the saying "strength in numbers," as we also had our most successful showing. Dylan Weiss qualified for his second straight Future Stars Nationals, which will be held in just a couple weeks at the Olympic Training Center in Colorado Springs, CO! Cooper was the boy's team's first 8 year old Future Stars competitor, and he earned a spot on the Region 5 Future Stars 8 Year Old Team! His 6<sup>th</sup> place AA also earned him a plaque, a sweatshirt, and a picture in USA Gymnastics Magazine! This will also be the first time a Twistars Boy's Team member was pictured in the magazine. Noah, Ryan, and Luke also had good competitions, and the meet was a great experience that will help them in their next chance to go to a national competition.

### Meet Season Starts This Month!

For the rest of the boy's team, the competition season starts this month. The compulsory boys will be mocking this week to prepare for Judges Cup to be held

November 23<sup>rd</sup>. We have an army of 12 Level 4 boys this year!

They're all very new to the team, but by the end of season they will be a tough team to beat. Our level 6 team is also going to be a tough team to beat this year. They have a strong one-two punch coming from Cooper and Kellen and a strong backing from Sawyer, Chris, Robbie and Jason.

The level 7-10 boys will be mocking in early December, as their first meet is the Christmas Classic. The Level 7 team of Judah, Wesley, and Gubi has worked hard to get their skills this summer and fall. Our Level 8 and 9 teams are both just 3 person teams, also, but will place very well when they all hit. Kevin Johnson in his senior year, finally has a team competing with him. Together with Jake, Doug, and Josh Harmon those boys are going to really push each other this season.

Let's start strong this season boys, and good luck to Dylan at Future Stars Nationals!



### SHIFTING GEARS

Due to a multitude of issues we are sorry to announce that Jorge's stint as assistant boys coach has come to an end. We appreciate his expertise but various issues have made it difficult for this match to work long term.

Jorge was hired in to be Tom's assistant when he really is used to being a head coach himself. He was hired in at an agreed upon wage and specific number of teaching hours per week which he has now determined to be inadequate for his needs. Initially his significant other was supposed to be employed by Twistars also. Her employment lasted 4 weeks due to a number of personal, health and social issues that she struggled in dealing with. This created a financial strain and understandably Jorge has been stressed. This situation has left Twistars caught between a rock and a hard place. Jorge expressed interest in pursuing other coaching positions so rather than being reactive, we are taking the proactive approach and filling the position immediately. We can not afford to shift gears in the middle of a competitive season and with no guarantee of if or when Jorge will find a new position, we opted to move quickly.