

TWISTARS USA PRESENTS

GYMNASTICALLY SPEAKING

JANUARY 2013

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

IT'S A BALL

Catch your breath! The 2013 Twistars USA Invitational is a mere week away. The fact that our showcase event always comes on the heels of the holiday season gives us a reason to continue the holiday atmosphere of celebration.

I know there has been many emails and notices to the membership encouraging prompt attention and 100% effort on your individual tasks and assignments. I am hopeful that 2013 membership is geared up and ready to continue our tradition of excellence as we once again play host to one of the finest invitational gymnastics events anywhere.

Over 1700 athletes with friends and family in tow will be embarking on Lansing next weekend. The success of this meet is a result of the wonderful effort put forth by previous memberships. The task at hand in 2013 is to make sure the word spreads for the 2014 event. This is where you come in.

A few reminders: 1- The Invitational orientation meetings to go over the details and answer any questions are scheduled for

Tuesday and Wednesday, January 8-9 at 7:00. Each family should plan on attending one of these times.
2- Each family (less Inv. Chairs and Co Chairs) must participate in the event clean up on Sunday night, Jan 13.

Members will sign in and out beginning around 6:00 PM.

3- Dress the part- The theme is Masquerade Ball. We encourage costumes.

SUPER HOLIDAY THANKS

On behalf of the staff and management at Twistars USA, I would like to extend the biggest heartfelt thanks to all our Twistars family and friends this Holiday season. We were simply overwhelmed with holiday gifts, cards, letters, candy and baked goods.

Your thoughtfulness during the Holidays is very much appreciated. The holidays are always a special time of year and to know that we were in your thoughts, even in tough times, is something that made 2012 all that much more special.



BATTLE OF CHAMPIONS

Some of the girls team members have been wondering about the assignments for the Battle of Champions Invitational scheduled for January 18-20. We can not disclose the entire list of competitors as of yet due to needing a bit more data to make a decision. This competition will be using 6 athletes at each level. We will be putting teams together based on TEAM score potential which may or may not include using an athlete that is particularly strong on one or two events depending on their impact on a potential team score.

We did want to give as much advance notice to those that we feel are TENTATIVELY in.

- Level 4- Michael, Lance, plus 4
- Level 5- Rios, Croff, Guerrero, Bellmore, Plus 2
- Level 6- Jones, Seville, Millikin, Plus 3
- Level 7- Al-Ashari, Bremer, Johnson, Swinehart, Plus 2
- Level 8- Bellmore, Arnold, Rivers, Hylek Plus 2
- Level 9- Harkness, Jones, Brown Plus 3
- Level 10- Gardner, Haines, Williams, Plus 3



BATTLE OF CHAMPS
January 18-20
Toledo

OAKLAND CLASSIC

We do have a schedule change to announce. We originally had half of our compulsory level team going to Splitz on January 18-20. That meet was cancelled so we added the Oakland Classic on January 25-27. This meet will be held in Birch Run.

Sunday January 27

- Level 7- Check in 8:00 AM Woodland, Bartlett, Hamp, Swinehart, Johnson
- Level 5- ALL- Check in 8:30 AM
- Level 8- T Brown, Arnold, Gleeson, Bellmore, Bremer, Al-Ashari, Hylek, Jackard, Young

The Meet times look like this:

Friday January 25

Level 4s- All- Check in at 11:30

Saturday January 26

Level 9- Jones, McDowell, Robinson, Thrush(?), Blaney(?), Duvernay(?), Harkness, Rivers(?), Brown, Bonofiglio, Daniels.

Level 10- ALL Check in 3:30

Level 6- ALL Check in 5:15

The level assignments are of course tentative pending level advancement criterion being achieved. Those with the potential for advancement may want to keep both meet times available just in case (this would be assuming the meet hosts can make the needed changes if necessary).

Success is the intentional, premeditated use of choice and decision. Unless you choose— with certainty— what it is you want, you accept table scraps by default!



GOALS

Mac Anderson of Simple Truths puts goals into perspective.

The **DIFFERENCE** between what one person and another achieves depends more on goal **CHOICES** than on **ABILITIES**. The profound differences between successful people and others are the goals they choose to pursue. Individuals with similar talents, intelligence, and abilities will achieve different results because they select and pursue different goals.

Each decision affects what you become.

We form our decisions and our decisions form us.

There is no escaping this; the smallest choices are important because—over time—their cumulative effect is enormous. Yes big and lofty goals are the ones that most aspire to. **BUT** without smaller steps most get lost along the way. Set your goals but provide yourself with stepping stones so as to make the path easier to navigate.

Never overlook the obvious: The nature and direction of your life change the instant you decide what goals you want to pursue. Without goals most simply flounder aimlessly with that lost in space approach to life. Set a goal, a destination

and most importantly an intent to get there.

Once you make a decision, you start down a path to a new destination. At the moment the decision is made, your decision to pursue a goal alters what you are becoming. Just one spin of the lock's dial—a single choice—can alter your life, your destiny, your legacy.

Think about it—your goal decisions represent and express your individuality.

You seal your fate with the choices you make.

Your dialog with success is ultimately a solo one. Decisions and goals made must be your own if you are to call your life a success.

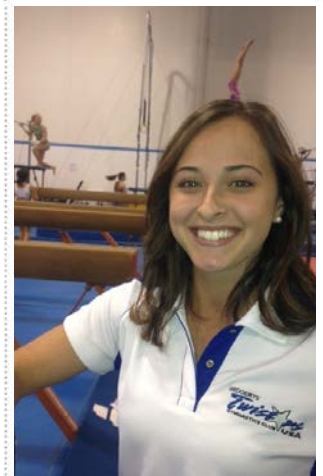
Always establish the best goals you can. Goals are the seeds of success—you become only what you plant. The quality of your harvest is a direct reflection of the quality of your seeds...your decisions!

Indecision is the big eraser of opportunity and potential. Risks and costs accompany every decision; however, the price of decision is far less than the long-range risks and costs of comfortable inaction. When it comes to decisiveness, squatters have no rights.



THOUGHT OF THE DAY:

How long have you dreamed of being, having, and doing what you really want? Think big, because when it comes to your goals, the size of your ambition does matter.



ELIZABETH MAHLICH and HER SEC CHAMPIONSHIP RINGS

ELIZABETH MAHLICH

She waddled through our doors at the age of 3 smiling from ear to ear. The smile remains the same some 20 years later. It is a smile that is genuine, comforting and simply beautiful.

The smile only played second fiddle to the talent that was held within. Talent that would guide Elizabeth Mahlich to a stellar career at Twistars USA and eventually the University of Florida.

KNOWING ELIZABETH

As sweet as she was talented Elizabeth graced our gym for 15 years, becoming a leading example of Twistars pride. Her club career was speckled with remarkable accomplishments. She was a 2 time USA National Champion, a USA National Team Member and 2 time Region 5 All Star Team Member. She captured numerous individual titles along the way.

Not being a huge fan of manual labor Elizabeth was one of the most efficient athletes ever. If the requirement was 10, she was going to be sure to do them in 10 tries (not 11). This is not to say she was not a

worker, it is just to say she was a picture of consistency and efficiency.

WHAT SHE BRINGS TO THE TABLE

Being a national caliber athlete comes with a set of tools that many coaches don't have. Being a collegiate standout at one of the top programs in the country created another base of knowledge on which to draw. Our athletes reap the benefit of Elizabeth's competitive experience. She also understands our program and the standards that go with it.

LET'S GET PERSONAL

OK she could be a little bit of a princess from time to time, and I actually think that she believed if she batted her eyes she could get away with anything. She does make the top 5 list of all time best huggers (based on consistency and sincerity)

Some call her "BB" or "Beebs" which is an endearing nick name that evolved from having a little, shall we say junk in the trunk. The nick name stuck as well as she stuck her landings.

**ELIZABETH
"BB"
MAHLICH**
One of Twistars all
time best athletes
and top 5 hugger.



10 THINGS TO GIVE UP

New goals and resolutions echo endlessly as we enter a new year. Often times conquering new objectives means giving something else up in return. Here are a few suggestions on things you can give up in order to move forward with your new agenda.

1- Letting the opinions of others control your life. Yes opinions are important but certainly not at the expense of your sanity and feeling of self worth. Do what is best for you and worry less about what others think.

2- Past failures. Give them up! Get over them! Your past does not equal your future but only serves to point you in a better direction. Failures are just mistakes and not a branded scar for life. Use your mistakes as motivation and knowledge and move forward.

3- Indecision. It is useless! You will never leave where you are until you decide where you would rather be. Decide and pursue.

4- Procrastination. Throw it away! There are 2 choices in life, accept your current situation or accept the responsibility for changing it. The best time to plant a tree is twenty years ago, the next best time in now!

5- Inaction- Give it up! We can not choose how or when we will eventually die but we can choose how we will spend the time we have. Every day provides a new chance to choose.

6- Self righteousness. Give it up! Thinking that you have all the answers is a road block to learning and progressing. Give up your need to be right all the time.

7- Running from problems. Stop running! Face the issues that need attention. Take progressive steps towards fixing the problems that cause you pain.

8- Excuses. Give them up! Most long term failures are the product of people who make excuses rather than decisions. Excuses are destructive by

nature in that they give us some underlying validation for inaction.

9- Being shortsighted. Give it up! Life is filled with positive people, events, and accomplishments. Do not overlook the positive aspects of live. You will have a difficult time finding true happiness if you struggle with being thankful for the good things in your life right now.

10- Impossible goals- Goals need to be realistic, attainable and believable otherwise they are simply a waste of time and energy. Many times goals are set without a true plan for achieving them. Big goals need little steps and an appreciation for each step that is successful. All too often we try to accomplish something really BIG without realizing that the greatest part of the process is the little steps along the way. Learn to appreciate the little things and before you know it the cumulative effect will deliver you to your final destination.



MEET LEADERSHIP LOCKERS SELECTION COUNTS ARE IN

BATTLE OF CHAMPIONS

RACHEL HAINES

GET YOURS NOW

The upcoming Battle of Champions is a total team competition using all levels from 4-10 to earn points for top honors. We will be sending our best potential 6 member team at all levels but this does not necessarily mean top 6 All Around Scores. Sometimes using an athlete that can post strong scores on 1-2 events (similar to how they choose the Olympic and World Teams) can boost a team score. We will consider this in our selection.

Other considerations will be meet performance at the Mock Meet, In gym situations, St Nick and our Invitational. There is no perfect way to come up with the guaranteed best combination but we will do our best.

Leadership in the gym is essential for overall team success. We have always taken pride in the outstanding leaders that we have had over the years. Leaders set the pace, they set the example, they encourage, mentor, nurture, and discipline when appropriate. They help establish an atmosphere of greatness.

We are fortunate to have a natural leader as one of our upper classmen this year. Senior Rachel Haines serves the role well with her energetic, positive approach. She is so unassuming that I would bet she doesn't even know how important her presence is in the gym. That is a true sign of leadership (setting the pace without needing recognition for doing so). Well we do recognize and appreciate.

THANKS RACHEL!

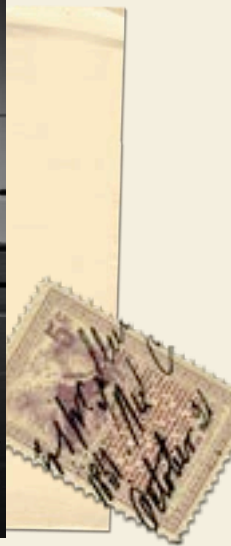
A reminder that we now have lockers available for team and pre-team members. No longer do you have to worry about losing your favorite pair of sneakers or jeans. Now you can lock them up.

Lockers rent for \$40 per year, (a mere \$3.33 per month, or 83 cents per week or 15-20 cents per practice. Get yours now before they are all gone.

See the office staff for details

TWISTARS TOP CHARACTERISTICS

- * Twistars are honest
- * Hardworking
- * Team oriented
- * Supportive
- * Leaders
- * Believers
- * Respectful
- * Courteous
- * Determined
- * Dedicated
- * Relentless
- * Tough Minded
- * Strong willed
- * Focused
- * Willing
- * Able
- * Enthusiastic
- * Compassionate
- * Trustworthy
- * Family



LOOKING BACK, LOOKING FORWARD

Looking Back...Looking Forward

Happy New Year everyone! I had a great time over the holidays and I hope you did too. Now it's time to do the New Years thing and look back on what happened in 2012 and look forward to what 2013 will bring for the Twistars Boy's Team.

2012 was another big step in the right direction for our boy's program. On the beginner level side of things, we brought in Joe Swinehart to help with Rec classes and our Level 5 boys. Joe has helped grow our rec boys, develop our Boy's Comets program, and helped the Level 5 Team to a 2nd place finish at the State Championships.

Our competitive results also reached a new high. We had three different levels place in the top 3 at States, including our level 10 team! Once again we almost qualified everyone to Regionals and we doubled the number that we qualified to Nationals...we had 2! Jake Moore reached a milestone at Nationals, qualifying in the top 7 spots through 2 days of competition to make the Pommel Horse event finals!

On top of the results, our boy's team is taking the forefront in the Michigan gymnastics scene. Our team supports the compulsory and optional clinics each year and was the only gym in Michigan to send boys to both JO Nationals and Future Stars Nationals. These are things that every gymnast, coach, and parent can be very proud of.

The Boy's Team moved into the summer by nearly doubling in size! We are going into the next season with Twistars gymnasts competing in every level, including full teams in Levels 4, 5, 6, 7, and 9! On top of that we also had an abundance of beginner boys to bring in to our Comets group. To handle these growing numbers, we brought in Adam Duncan from Texas to help with our Team boys. Adam quickly became an integral part of the team, and his youthful energy and positivity really improved the atmosphere during workouts.

The last few months of the year gave the boys a good eye opener to the new rules and routines the USA men's program is using now. Jake Moore got a taste of the Technical Sequences at Future Stars Nationals, followed by the Level 4 boys competing for the first time ever at Judges Cup in November, and the Level 7s and Optionals really seeing how they stand against the better teams in the state in December.

So now it's time to build upon last year. In 2013, the Boy's

Team needs first off the continued support and commitment of the parents. You're the brave ones that put your boys in gymnastics and it means a lot to the coaches that you've made this choice. The boys need to be ready to come into the gym every day ready to kick their own butt, they need to know that following the plan to the letter will allow them to achieve their goals, and they need to trust that the coaches are in their corner wanting them to achieve those same goals. The coaches need to be prepared every day to motivate these boys and we need to have the patience to let everything come together.

We can all look forward to another great year for the boys.

