

Gedderts' Twistars USA Gymnastics Club

TWISTARS USA GYMNASTICS NEWS

TURN UP THE HEAT DURING CHAMPIONSHIP SEASON

Special points of interest:

- New Kids
- Good Kids
- Boys States
- Boys Camp
- Group B Says
- Jordyn report

Nothing gets the competitive juices flowing like preparing for the CHAMPIONSHIP SEASON. With States, Regionals and Nationals just around the corner our girls will be putting forth their very best efforts in training to help insure that they meet their full potential.

But what constitutes “best effort”? Effort certainly comes in varying degrees. You can try, try hard or try your hardest. You can “get through” training requirements, you can do the requirements as written OR you can perform each requirement with the intention of perfection.

Degrees of effort is an interesting concept. I was presented an idea by a parent a few weeks back on this very subject. Degrees of effort can make a huge difference.

Here is an example:

At 211 degrees water is hot. At 212 degrees water boils... one simple degree difference! When water boils you have steam and with steam you can power the strongest of locomotives. Amazingly one degree of difference can create such superior results.

One degree of difference on every attempt in training will create superior results.

I had a meeting the other day with a parent who is a former collegiate and professional athlete. He stated that his approach to training and now his advice to his daughter was/is to try to be “the best” at every practice. Being the best in training will require higher degrees of effort on a regular basis but



everyone knows that that type of attitude will reap the biggest rewards during CHAMPIONSHIP SEASON.

Turn it up a degree or two during the next few weeks. Its time to create some steam... its time to boil! Lets turn up the HEAT a degree or two and reap the rewards at States, Regionals and Nationals!

STATES AND REGIONALS

We have a couple of big weekends coming up in the month of April. Twistars USA Boosters Club will play host for the Level 8-9-10 State Championship Meet April 5-6 and the Level 9-10 Regional Championship Meet on April 25-27. Time to fire up the troops.

Not only are these important

events for our athletes as they attempt to move on to Regionals and Nationals BUT these meets also serve as an opportunity for our boosters club to shine.

Twistars Boosters club has a long history of hosting some of the most efficient and user friendly competitions. We want to carry on this tradition this year.

Lets show the best of Twistar hospitality at all worker stations. Lets show the true Twistars team spirit in support of all of the competitors. We encourage the younger team members to come watch and support their big sisters. I know our girls love it when they perform in front of the friendly and supportive home crowd .



NEW KIDS IN THE GYM

WELCOME:

Alexis VanDussen

Lucy Jones

Tori Heuhn

Mycah McNamara

I would like to take this opportunity to welcome 4 new team families to Twistars. All are represented by wonderful and talented daughters who are more than eager to learn.

Level 7 Tori Heuhn is 11 years old and comes to us from the Ann Arbor area where she was a member of GYM AMERICA. Tori always has a smile, works very hard and has already made some remarkable progress in the short time she has been here.

Level 5 Alexis VanDussen

comes to us from Phenomenal Flips where it is very obvious that she was under coached. With time, Alexis's hard working approach to training will pay off. She is delightful to have in the gym and shows great potential.

Level 5 Lucy Jones comes to us from Red Cedar Gymnastics. This is one talented little athlete, small, quick, and determined. We look forward to seeing her progress in the months ahead.

Finally Level 4 Mycah McNamara is another transfer from Phenomenal Flips. She has impressed the coaching staff not only with her work ethic but her pure love for the sport. Her progress has been incredible which is an indication of her untapped talent.

We welcome the new families and wish them the best here at Twistars USA. Thanks for giving us the opportunity to assist your daughters with their gymnastics goals.

WISH BONE* JAW BONE* BACK BONE

Yes I heard this on the radio but thought I would give it my own twist.

The radio piece by Dave Williams and the "Pastor's Minute" mentioned the 3 bones of success as being the WISH BONE, the JAW BONE and the BACK BONE.

The Wish Bone is the dream.

Yes everything does start with a dream and no we should never underestimate the power of the DREAM, but the problem is far too many people simply forget to wake up.

The Jaw Bone gives credit to talk the talk before walking the walk... which means you have to be able to say it before you can do it. Again yes this is important but

once again... some people stay in the talking phase forever.

The Back bone. Now that is where I would put my emphasis. You can dream it, you can talk about it... but nothing of substance ever materializes without putting a little effort to it. The Back bone represents effort, perseverance and determination. How strong is your BACK BONE?

GOOD KIDS

I love watching the interaction between coach and athlete, child and parent. You can tell a lot about a persons make up and upbringing by how they respond to others in various situations.

Kids that respond to directives, immediately make eye contact with adults (even when in trouble), or acknowledge an elders rightfully earned rank in life, are rare finds in today's world. NOT SO at Twistars. I love that and I

know parents have to be very proud when they nurture one of these rarities.

Olivia Dopkiss displays these qualities on a daily basis which makes her a joy to work with.

Chandler Kirnovic could be inducted into the good kid hall of fame as someone who epitomizes these qualities.

Mamie Rodriguez characterizes respect and disciplined be-

havior with a class and style to be emulated.

Michael Bigelow represents the boys team with an example of exemplary behavior day in and day out

Amy Al-Ashari could play the lead in a HBO special on "good kids". She is always pleasant, and unassuming yet confident and productive.

Wonderful children!

*PUT A LITTLE BACK
BONE IN YOUR
TRAINING*



TWISTARS BOYS BRING HOME HARDWARE

The 2008 Michigan State Championships for BOYS are over and done. As a team our boys placed 8th and 7th at levels 4 and 5 respectively.

Although the team results were not quite as expected (even with season high team totals), nonetheless, we are very proud of our boys team accomplishments this year. The key now is to continue to build and grow the programs numbers, expectations and results.

Individuals results on the other hand show great signs of promise with several of our young team members earning prominent medals.

In the Level 4 competition Luciano Velasquez was crowned the STATE POMMEL HORSE CHAMPION in route to a 2nd place AA finish. "Luch" also placed 2nd on P-Bars and 3rd on Highbar.

Brennan Clark earned a 9th

AA while placing 2nd on P-Bars, 3rd on rings and 4th on vault. Little Collin Czemenski placed 8th AA, 5th on High bar, 6th on P-Bars and 8th on floor.

Josh Moore earned a 9th place AA including a 6th place on rings, 7th on HB and 8th on Pommel horse in his age group. Sammy Parks turned in his very best AA performance and earned a 6th B-bar and 9th rings and vault finish.

First year team member Douglas Dean was crowned STATE CHAMPION on P-Bars while placing 8th AA, 4th Rings and 7th on vault. Mitchell Dahlstrom placed 11th AA and earned 9th place finishes on Pommels and Vault. Micheal Bigelow medaled 9th place on vault.

NICE JOB GUYS!

In the level 5 competition power house Jake Moore earned a 5th AA with a 3rd on P-Bars, and a pari of 5ths on Pommels

and Vault.

Connor Feckovic finished 8th AA, with a 4th P-Bar, 7th H-Bar and 9th rings. Arthur and Raymond Hill placed 8th and 9th respectively on Pommel horse with Raymond also earning a 9th on Vault.

Kevin Johnson earned a strong 7th AA with a 4th P-Horse, 5th P-Bar and 8th H-Bar finish.

Perhaps the highlight of the level 5 session was when Rob Wilson rocked a P-Bar routine and was crowned STATE CHAMPION on that event. Rob also earned an 8th place AA 6th place finishes on H-Bar, Rings and Floor.

It has been a great season for our boys team and now we set out sights on a productive and fun filled summer with the goal of improving our standing next year.

CONGRATUALIONS TO OUR BOYS TEAMS.



**3 STATE
CHAMPIONS
CROWNED**
*Luciano Velasquez
Douglas Dean
Rob Wilson*

BOYS CAMP

A reminder for the Twistars Boys team to get their camp registrations in. Level 4s and 5s along with the new boys pre-team are certainly encouraged to attend.

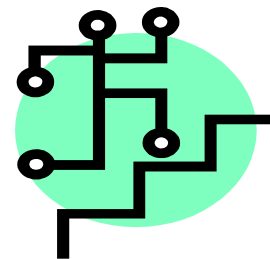
We are currently have a commitment from University of Michigan's Assistant Men's coach, Derrick Croad and have several leads for additional head-

liners. The goal is to secure the assistance of coaches that can provide some new and creative training ideas. Blaize will also be on hand but more in the capacity of assistant (so that the head coaches know where to start with our boys skills).

Boys camp is the first week of camp, June 16-19. Cost for all Twistars team members is \$275 (which is discounted from \$310).

For staffing and organizational purposes it is important that we have all registrations materials turned in as soon as possible.

Although boys camp is held in our gym, the exposure to new staff, new ideas along with the nightly FUN ACTIVITIES (mini gold, bowling, skating) makes the Twistars Camp a nice change of pace.



**HURRY DON'T
BE LATE!**

GROUP B SAYS

Although the answers to the question, “what makes Twistars USA so special”, look as if these young ladies may be bucking for a lessened conditioning load over the next few week, it is certainly nice to hear such good things.

WHAT MAKES TWISTARS USA SO SPECIAL?

Kamerin – There are lots of things that make Twistars special. They have a great coaching staff that helps every gymnast reach their long and short term goals. They also believe in us even when sometimes we don't believe in ourselves.

Jordyn– What makes Twistars special is the fun and energetic atmosphere that it has every day. Also the coaches are AMAZING and you can learn so much from them.

Maci– It's the coaches that are willing to help make the gymnast that very best they can be.

Annie– Twistars is special because of all the incredibly hard working gymnasts who are a part of this demanding gym. Although going to Twistars requires hard work, it always pays off when we win and are recognized as one of best gyms in the country.

Lindsey– Its that the coaches are always determined to make you better. If you are having a bad day they know what to do to cheer you up. They also have a great attitude towards your gymnastics.

Brittany– Because we all work so hard, never settling for good when we can be great, AND all while we are having fun TOO! Oh yeh the winning isn't bad either...

Caitlyn– What makes Twistars so special is the unique coaches that not only know how to coach well, but also know how to motivate you and challenge you to be the best you can be.

JO JO REPORT

I am quite certain that most of you have heard about Jordyn's incredible success in her EUROPEAN DEBUT last month. IF NOT let me review.... SHE WON! Jordyn posted a career best AA score (60.9) in route to winning the Junior Division of the GRAND PRIX meet in Venice, Italy. What is even more incredible is that her score was the 2nd highest in the entire competition! It was only bested by 2007 World Champion Shawn Johnson... but good enough to defeat 2006 World Champion Venessa Ferarri from Italy. For more details check out the full story on our Web page at TwistarsUSA.com

It seems that in this sport every high is accompanied by the inevitable low. Such was

the case as Jordyn attempted to qualify to the Pacific Rim Championships. This is a very prestigious annual event featuring all the countries that border the Pacific Ocean. Well Jordyn did make the team but injured her ankle in training the next day and thus had to be pulled from the competition. THE GOOD NEWS is that the ankle was just a “tweek” and she will back in full swing soon.

Jordyn success is a true bi product of her attentions to detail in training as well has her never ending desire to improve. Her ability to focus in competition and willingness to “train hard” has impressed many ... national team staff, prominent coaches and international judges. Keep up the good work JoJo



**JORDYN WIEBER IS MAKING
HER MARK**