

APRIL  
2011

# TWISTARS USA

  
*GYMNASTICS CLUB***STATE CHAMPS!**

LEVELS 8-9-10

OH YEH ... OH YEH... OH YEH

All Championship Titles are well earned but those achieved in competitions loaded with talent are the most gratifying

## STATE CHAMPIONSHIP WELL EARNED

**T**his years Level 8-9-10 State Championships lived up to the billing of promising one of the most competitive fields of talent in Michigan gymnastics history. Now although no state championship title is ever taken for granted or under appreciated here at Twistars USA, this years team titles were extremely gratifying.



It wasn't easy but our Level 8s, 9s and 10s all brought home their respective Team Championship Trophies. And I mean it was not easy!



The Level 8s seemed to be on a mission right from the get go and

wound up outdistancing the competition by 1 point.

Level 9 was a different story. The meet actually came down to the last event and last competitor before they earned a hard fought .075 victory. Clutch performances on the heels of some fluke disasters sparked the win.

The Level 10 army was not to be denied even though the field was deeper than Michigan has ever seen. It is just tough to beat 20 determined level 10s.

**BIG WEEKEND COMING!**

## REGIONALS

### Training

#### SLIGHTLY REDUCED

The tapering process for regionals allows for a slightly shorter training session. You can plan on at least leaving at least 30 minutes early beginning Tuesday.

Those competing on Friday- Train Wednesday (even if Wednesday is the normal day off) Those competing Saturday will train Thursday (If Thursday is the normal day off, take Wednesday off instead). Those competing Sunday will train Friday.

### Travel

#### One Day Prior

Athletes need to travel one day prior to competition. Please do not plan to travel to the meet on the competition day.

### Arrival

#### 15-30 Minutes prior to Check In

Athletes should plan on arriving 15-30 minutes prior to the start of check in. Those with 7:30 AM check in may use 7:30 as the arrival time since that is already padded.

### Awards

#### Mandatory

Athletes need to participate in the awards ceremony and related apparel processing in full warm up attire.

# GENERAL INFORMATION

**D**on't shoot the messenger is the theme of this request. I have recently received several different accounts of situations where parents/customers have been .... let's say ... "less than cordial" when dealing with my office staff. Now granted we have had some abrasive personalities working at the desk in the past, BUT I really can't say that now. We have worked hard to find staff that truly believe in quality customer service. (If this is not the case please let me know specific examples and I will certainly handle it).

Sometimes the office staff simply delivers messages that you don't like to hear. Enforcing policy and adhering to management directives is simply their job. Don't shoot the messenger! If you have a legitimate concern by all means see our office manager (PJ) and if need be the business manager (Kathryn) and if that doesn't meet your needs you can take your chances with ME (John).

As members of our competitive team it is assumed that you will observe a code of conduct that reflects respect for any staff member. They in turn will reciprocate in kind. Most of our team parents (99.8%) are absolutely wonderful but I have to be frank and warn a few that are walking on thin ice ... If you continue to be a burden and inconsiderate nuisance ... it is prudent to request that you take your "talents" elsewhere.



## TUITION POLICIES

Every business has to have policies. We have tried to incorporate a user friendly approach in providing a window of opportunity to pay your monthly tuition. Tuition is due on the 1st of each month but no penalty is assessed if received by the 7th (the 8th is late). Sliding payment under the door (after hours) on the 7th would

mean the payment was received and posted on the 8th (therefore late). I know this sounds infantile BUT a clarification was needed in print.

The same would apply to the assessment of the 1.5% interest charge for payments received later than the 15th of the month (the 16th is where the late payment is LATER).



## OPEN GYM

Open gym is a great opportunity to get in a little extra training time with a little more freedom. A couple things parents need to know about open gym times.

Open gym times can not be used for make ups for missed training days. Team members may make up (room available basis) in another group by communicating with your coaches. Open gym is not an option for make ups.

Parents that assist their child during open gym should keep their instruction very generic. Making technical corrections may be counterproductive as somethings that may seem obvious are actually not. Along those same lines please do not encourage athletes to progress beyond what they can undoubtedly handle by themselves. If there is any doubt, err on the side of caution with a safety first mentality.



## BRAVO IS COMING!

The casting call has been announced. Your recreational, developmental and pre-team students are the potential stars. BRAVO IS COMING May 21 and 22. Join us for our spring recital.

As it happens (almost every year) the Bravo date falls on the same weekend

as the "pre team state meet". Pre-team members need not be concerned about missing this so called state meet. It is just the name given to this competition. Pre-team levels do not have an official state meet and many clubs do not participate.

We would probably participate if it were not for our spring recital. We simply do not have the manpower to free up coaches for any other event held on the same weekend as Bravo. Most of our pre-team coaches also coach recreational classes and therefore really need to be on hand to support their students. Pre-team members are encouraged to use Bravo as the culmination of their season and since most do, we again have to give staffing priority to those students. THUS the reason for not participating in the "Pre Team State Meet".



## TALK TO YOUR COACHES

My office manager seems to have become the sounding board for concerns that really should be addressed to the coaching staff and or management. I realize that her bubbly personality creates a magnetic attraction but really she has far too many responsibilities to add anything further to her list ... most notably coaching concerns.

Parents with concerns should contact the coach that would most likely have an answer or solution to your problem. Parents with concerns more often than not find that their concern is unfounded and merely a result of miscommunication or misinformation. Go to the source (they really are nice people and all have had their rabies shots).



# BOYS REPORT

by Tom Buese

**M**arch was a huge success for the Twistars Boy's Team! They started out with a solid showing at the last ever Jason Whitfield Invitational, then really put their best gymnastics on the table at the end of the month for the State Championships.

The Jason Whitfield Invitational has been the strongest Invitational in the State for the past few years, and this year was no exception. Three of the largest and strongest clubs in Ohio, Hocking Valley, Integrity, and Midwest, came up to Michigan for the competition. The first session of the meet was the Level 6 competition. Our boys put up some strong scores across the board, including a 14.7 and 14.9 on PH and PB respectively for Dylan Weiss, a 14.8 for Rob Wilson on vault, and a 15.3 for both Josh Moore and Doug Dean on HB! Individually, the 6's came away with 4 golds, 3 silvers, and 3 bronzes. As a team they took 6<sup>th</sup>, but were still right on the verge of getting a team award. After the meet, the boys got a special treat as they watched the Wolverine Men host the Sooners in a great college meet that showcased 2 World Team members and 4 National Team Members! Up next was the Level 7-10 guys. Luc Velasquez, Jake Moore, Kevin Johnson, and Ryan Dayton continued the strong meet for the Twistars boys. Ryan had strong routines to earn 4<sup>th</sup> on FX and HB and 3<sup>rd</sup> on V, but PH and SR held him to 6<sup>th</sup> AA. Kevin placed 2<sup>nd</sup> on PH and got a HUGE 15.5 on SR for first there on his way to another AA victory this season. Jake Moore finished 2<sup>nd</sup> on V and PB then swept the rest of the events and kept his

undefeated streak alive! On Sunday the Level 5s had their chance. These guys were coming off their best meet of the year at Cereal City and lacked the focus they had there. Ryan Mefford did come away with 4<sup>th</sup> on PB, Luke Lathrop took 3<sup>rd</sup> on PH and 2<sup>nd</sup> on SR, and Noah Adams placed 3<sup>rd</sup> on V. The 5's did increase their team score at yet another meet, so they were on the right direction for State.

The week before State Championships, the boys had a mock meet to see if they could attain the scores they would need to make it to the award stand. The boys came a little short yet again, but looked ready to put it all together for the real thing...

And that's exactly what they did! Every team member had a great meet from start to finish and made the improvements they needed to up their scores. First off was the Level 5s. Luke Huisken looked strong on the Rings, his best event and placed 6<sup>th</sup> there. Luke Lathrop was clean on PH again for 9<sup>th</sup> place there. Sam Parks earned another high placing on HB for 5<sup>th</sup> place on the event. The 5's got their highest score of the year with a 255.5! Sunday started out with the Level 6 and 7's competing for both a team award and a qualification spot to Regionals. The boys brought a focus and intensity to the first 3 events that they haven't done all year. The team scores for PH, SR, and V were the highest they've gotten all year, thanks to 3<sup>rd</sup> place finishes for Dylan Weiss on PH and V, 4<sup>th</sup> on Rings for Josh, 3<sup>rd</sup> on PH and 1<sup>st</sup> on V for Rob Wilson, and 1<sup>st</sup> on SR for Doug Dean. The last three events were also strong but lacked the focus of the first three. The boys still finished off these rotations with

1<sup>st</sup> on HB for Doug, and 3<sup>rd</sup> on HB and PB for Dylan. Our last 3 events were going to make the team competition a lot closer than we wanted, but the boys pulled through and are now the Level 6 3<sup>rd</sup> Place Team in Michigan! This is the first boys team award at State for 2 years! The Level 7's were right there with them in their success. Luc competed 3 events, the most all year, and won Vault! Kevin placed 1<sup>st</sup> on PH, SR, and PB on his way to winning the AA in his age group yet again! Jake Moore continued his dominance, winning FX, PH, SR, and HB to bring him the AA victory with an unheard of 90.7! Ryan Dayton finished off the great State meet for Twistars, with his best meet of the season. While PB and PH hurt his AA placing, Ryan won FX and HB and was 2<sup>nd</sup> on V on his way to 6<sup>th</sup> AA with a score of 76.4 (0.1 short of the score needed to qualify to Nationals)!

Now most of the boys are preparing for Regionals in Columbus, OH to be held in conjunction with the NCAA Championships! The rest of the boys are already looking ahead to the summer and season beyond. Our Twistars Camp this summer should be another good time for the boys. It will be held June 20-23<sup>rd</sup>, and we are pleased to have former Twistars coach and National Team Coach Juha Tanskanen as the camp guest head coach.

For all of the Starboys and other recreational boys out there that would like to get in on the success, please sign up for the Developmental and Team Tryout to be held Sunday June 5<sup>th</sup> from 2-4pm. Look for a handout in class next week, and ask your instructor for more information.

## TWISTARS ROCKS

### WHY GYMNASTICS



A recent article in the Tumble Trak newsletter provides some great information on the benefits of gymnastics. Check out the full article at

TumbleTrak.com. Here is a brief overview:

By providing great historical information of gymnastics, Dr. Sands lists for us the benefits both physical and mental, that the typical gymnast experiences. We all can see the physical strength and beauty in an elite gymnast, but did you know that among collegiate level teams gymnasts tend to have one of the highest average GPA's. Many parents of gymnasts will tell you that in addition to the physical discipline these athletes acquire, they have a keen sense of time management, focus and the ability to perform in front of a crowd. These athletes tend to be mature, self-reliant, self-motivated and drug-free. Why gymnastics.....why not?



### THE DIRTY DOZEN

Are you thinking of going "Organic"? Well there are many benefits but as an article in the Elite Coaches Assoc. Newsletter states ..."be careful". They list the 12 most and least contaminated foods as:

#### MOST CONTAMINATED:

Peaches, Apples, Sweet Bell Peppers, Celery, Nectarines, Strawberries, Cherries, Pears, Grapes, Spinach, Lettuce, Potatoes

Be sure to wash and clean all organic foods well before consuming BUT especially the above listed.

#### LEAST CONTAMINATED:

Onions, Avocado, Sweet Corn, Pineapples, Mango, Asparagus, Sweet Peas, Kiwi, Banana, Cabbage, Broccoli, Papaya

Any nutritional questions? Contact Beth Gevirtz MS RD at [Beth@Food4FuelAZ.Com](mailto:Beth@Food4FuelAZ.Com). She is the nutrition consultant for the USECA.

## GOOD STUFF

**Some great performances and accomplishments this year at Twistars.**

### UNDEFEATED

Thus far Jake Moore has been undefeated in the All Around at Level 7. This is one of the more competitive levels in boys gymnastics so to remain undefeated through the invitational and state championship meets is quite an accomplishment. Great Job Jake!

### OFFERS ACCEPTED

One of our ultimate goals for all of our athletes is to have them eventually compete at the collegiate level. This takes a great deal of commitment so once achieved it has to be considered a season highlight.

Recently Arlyn Amor accepted a full ride scholarship offer from Southern Utah and Cici Talcott and Alexis Moore have accepted invitations to join the gymnastics squads at Wisconsin Whitewater and Ball State University respectively. Congrats ladies!

### ALMOST PERFECT

How about a performance that nets you a 9.9 score. That is what Rachel Haines posted at the Arena Invitational in Illinois in early March. That was amazing!

### FUTURE STAR AWARD

The boys team accolades seem to be mounting. Doug Dean was nominated and named one of the FUTURE STARS for the state of Michigan. The well deserved award was presented at the State Championships. Congrats Doug!

### 40 PLUS CHAMPIONS

Twistars USA Boys and Girls team piled up more than 40 State Championship titles (individual, AA and Team) at the recent Boys (all levels) and Girls (8-9-10) State Championship Meets. This is a record for a weekend and we couldn't be more proud of our athletes. Great Job guys and gals! You proved it... Twistars ROCKS!

"The routine of the weekend award has to go to Cassie Robinson who basically saved the Level 9 team victory with a beam routine of a lifetime"

Jim McKay  
ABCs Wide World of Sports

