



TWISTARS USA



THANK YOU TWISTARS
MEMBERSHIP

LOTS TO BE THANKFUL FOR IN 2011

Those that know the sport of gymnastics have witnessed programs that come unglued when presented with the opportunities that we have been blessed with over the past few years. Failure come when clubs loose focus on the total program. We will not do that.

It goes without saying that training a World Champion and having sites set on an Olympic birth can be consuming. With this in mind we have done and will continue to do all that is necessary to ensure that the Twistar machine keeps plugging along. Is is more work for the head coaches, owners, directors and management, absolutely. BUT the bottom line is that we take great pride in our TOTAL PROGRAM.

We are so thankful for the successes of 2011. Our competitive teams continue to excel, our booster club is productive and supportive, the membership has been wonderful and the kids simply outstanding. We couldn't have asked for a better year.

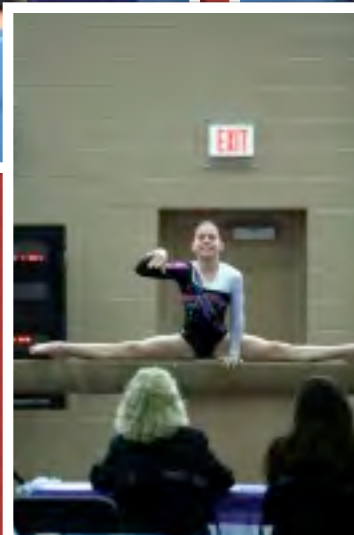
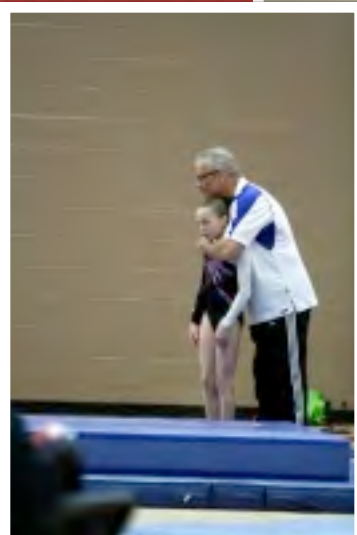
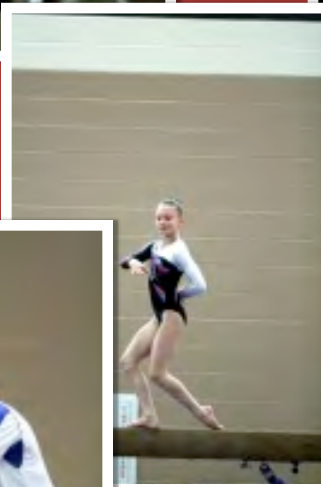
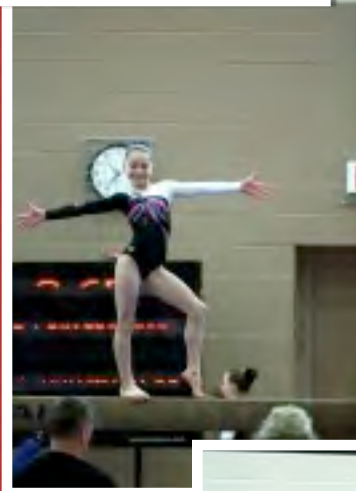
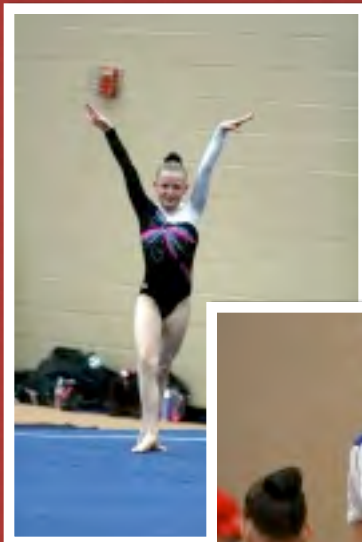
With State Championship Titles at Levels 4-5-6-8-9-10, a USA record number of Level 10 National Qualifiers, a growing and progressing boys team, 4 USA National Team Members, 8 qualifiers to the Regional All Star Trip, a multi event Elite National Champion and a WORLD CHAMPION, 2011 has to be our best year ever!

May 2012 be even better!

If the results from the St Nick Invitational are any indication, it looks like 2012 is going to get off to a great start. Twistars captured every level (4-5-6-7-8-9-10) in the girls season opener.

Looking back we have to marvel at the accomplishments yet realize fully that none could be possible were it not for the contributions from all members, athletes, parents and coaches. We have been blessed with quality people who are willing to do what it takes to get the job done, all while creating a team atmosphere to be envied. Thanks to all no I mean THANKS TO ALL for making 2011 a dream come true year.

NEW TEAM RECORD



LEVEL 7S SET A NEW TEAM SCORING RECORD BY POSTING AN IMPRESSIVE 116.5 IN THE SEASON OPENING ST. NICK CLASSIC.

JORDYN WATCH

- Dec 19- ESPN Photo shoot- at the gym
- Dec 13- Sports Illustrated Photo Shoot
- Dec 14- SI In home Photo Shoot, Lansing State Journal Video- In gym
- Dec 15- SI wrap up photo shoot- over 3000 photos taken.
- Dec 19- Local Media Day at Twistars- Filming and interviews with Jordyn, Rita Wieber and the coaches.
- Dec 19- Appearance at Sparrow Hospital
- Dec 29- Wood TV 8 interview for family show to air in Grand Rapids
- Jan 3-5- Fly to LA for an appearance on the Ellen Show.

WE ARE TRYING TO WRAP UP ALL THE MEDIA ATTENTION SO THAT SERIOUS AND FOCUSED TRAINING CAN START JANUARY.

BIG SISTER DUTIES

Obviously a couple of our assigned big sisters didn't take their responsibilities seriously this year. Commitment, loyalty, team spirit and communication were some of the topics covered this year and so was leading by example. I am hoping that our Big Sisters will consider the example they set and lead with character and consideration for their actions.

It goes without saying that our established athletes take on an iconic role in the gym. Many of the up and coming gymnasts idolize, respect and adore them. This of course makes the DUTY of BIG SISTER an immense responsibility not to be taken lightly.

BIG SISTER MEETING- 12/29

1:00- Invitational Preparation



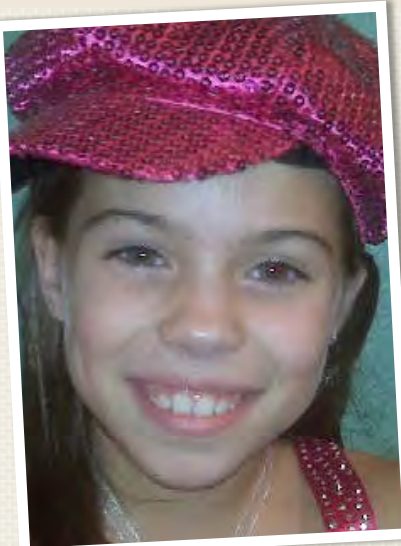
ASIA

ASIA ROSE DUVERNEY RECENTLY MOVED TO THE BRIGHTON AREA WITH ONE GOAL BEING TO JOIN THE TWISTARS TEAM. WELL ASIA WON THE AA AT THE ST NICK CLASSIC AND HELP HER TEAM CAPTURE THE TEAM TITLE. 50 LBS OF DYNAMITE, ASIA IS GOING TO BE A GYMNAST TO WATCH IN 2012.



TAYLOR

TAYLOR LIVINGSTON HAILS FROM THE ANN ARBOR AREA AND JOINED OUR CLUB THIS FALL. THE ROUGH EDGES HAVE STARTED TO DISAPPEAR RESULTING IN AN AA TITLE AT LEVEL 9 IN HER FIRST TWISTARS MEET. HARD WORKING, FOCUSED, POWERFUL AND SIMPLY SWEET, TAYLOR IS A WELCOMED ADDITION TO OUR SQUAD.



IRELAND

I AM ALMOST CERTAIN THAT IRELAND HUTCHINS' SCORE OF 38.925 IN HER FIRST LEVEL 7 MEET EVER, IS A TEAM RECORD FOR HIGH SCORE IN AN OPENING MEET AT ANY LEVEL. SIMPLY AMAZING, IRELAND IS A JOY TO WATCH IN COMPETITION... ARTISTIC, POISED AND PRECISE. GREAT JOB IRELAND!

GENERAL INFORMATION

MORE INVITATIONAL NEWS

General membership sign up for the Invitational work hours will begin Wednesday December 21 at 7 PM.

Booster club members will receive an email with a link to the online sign up page. Simply click on the link and then follow the user friendly directions. Fill out all of the requested information as this system does not keep any information from previous competitions. If you have any questions please contact booster club president and invitational chair Wade Cutler at WadeCutler@TwistarsUSA.com.

For those new families or those that may need a quick refresher course a complete list of job descriptions will accompany the information email. Please read and understand the jobs that you are signing up for. There will also be some on the job training so don't be afraid to sign up for something.

Each family will sign up for 24 hours of work time over the 4 day period of the invitational (Thursday through Sunday). This requirement does include first year Silver Star families.

MORE GAME FACE- PRE GAME VISUALIZATION

Now that the competition season is upon us, athletes will want to continue to train the mind as well as the body. Kim Lannon, Psy D from the USECA states in a recent article that "when the mind and body are on two separate pages, it is a recipe for disaster."

One of the best tools for maximizing performances is the use of visualization. But like skill acquisition, visualization or mental rehearsal is a learned skill that needs to be practiced daily. It is also a step by step process, similar to learning a full routine. Gymnasts should start with small increments, even skill parts if needed and progress from there. Eventually they will be able to visualize the entire performance.

It is important to blend key words in with at important points of the skill being visualized. Key points like punch, lift, stretch, hollow, block! Execution reminders can also be inserted to enhance performance. Keys like squeeze, smile, point, extend.

The final phases of visualization rehearsal and perfection would introduce the relaxations keys. This would start with a deep breath prior to beginning followed by words of confidence and encouragement... "relax, I can do this, I've done this countless times, I am going to rock this!"

The good thing about visualization practice is that it can be accomplished anywhere, at any time. Sure it is important to incorporate this into your daily training in the gym, but you can also do it at home, at school, or on the ride to the gym. The more you rehearse, the better the results will be.

JAKE MOORE- FUTURE STARS RESULTS

Future Stars is to the USA Mens program to what TOPs is for the womens. It is a talent identification and

training program designed to point athletes and coaches in the direction of international success.

Jake Moore improved on his national ranking over last year by placing 20th in the USA. The recent evaluation was hosted at the Olympic Training Center in Colorado Springs, Colorado. Congratulations Jake, keep up the good work!

FOODS TO BOOST YOUR IMMUNITY

Beth Gevirtz, Dietician for the USECA gives the following advise. As the competition season approaches so does the cold and flu season. Including a well balanced nutritional diet will help ward off the uglies and promote more productive health related results.

Fish contains 3 fatty acids that are known to boost the immune system and decrease inflammation in the body. They also increase the activity of your white blood cells and ward off bacteria.

Protein- Zinc, a mineral found in liver, beef and lamb works with protein to help strengthen the immune system. Certain immune cells in your body can not function without zinc.

Citrus- bell peppers, grape fruits, oranges are rich in vitamin C which in turn inactivates histamine (the substance responsible for runny noses).

Fruits and Vegetables- most brightly colored F/Vs are antioxidant that are immune enhancing.

Nuts- Instead of junk snacks reach for a handful of nuts. These contain great protein, good fat and Vitamin E

MORE GENERAL INFORMATION

NUTRITION CONTINUED

which is another powerful antioxidant and can help fight respiratory infections and colds.

Yogurt- Research has shown that adults who ate 1/2- 3/4 cup of yogurt per day had at least 25% less colds than those who didn't. Yogurt helps with decreasing virus production, which in turn decreases your chance of getting sick.

Water- When you live in a dehydrated state, your ability to defend against an illness drastically decreases. AND if you do get sick your body needs even more fluids to help rid yourself of the illness. SO DRINK, DRINK, DRINK, DRINK!

NEW OFFICE

Just in case you think you've lost your mind when you try to find our office at the summit ...we've moved. You can

**PROPER NUTRITION
DURING THE COLD AND FLU
SEASONS CAN HELP
PREVENT ILLNESS**

now find our reception desk in the classed in area upstairs at the Summit.

Our hopes is that this will give a more professional look to our front line customer service area and provide the opportunity to expand and promote an extensive pro-shop. I know our office staff is fired up!

FINISH STRONG

It has been said that the will to achieve goes dry without continuous reinforcement. In a perfect world we would hear a goal, set it, and never have to revisit it again. Well the world I live in is not perfect so a good old fashion shot in the arm is needed from time to time. Goals will encounter set backs, frustrations, fears and disappointments. During those times it is important to reinforce, encourage and motivate. All to often our support groups allow us to give up, quit, or prematurely change course. Stay the course and pursue that goal with undying passion and commitment. Reinforce, encourage and motivate so as to keep moving forward, step by little step, until the satisfaction of goal achievement is realized. LETS FINISH STRONG!

THE EXTRA EVENT

IN GYMNASTICS MOST WOULD TELL YOU THERE ARE 4 OR 6 EVENTS. THOSE THAT EXCEL IN THE SPORT FULLY REALIZE THAT IN ACTUALITY THERE ARE 5 OR 7. THE EXTRA EVENT IS WHAT HAPPENS OUTSIDE OF THE GYM AFTER THE TRAINING HOURS ARE OVER.

THE EXTRA EVENT REQUIRES YOU TO TAKE CARE OF YOUR BODY. WHETHER IT BE NUTRITIONALLY, WEIGHT MANAGEMENT, RE-HABILITATION EXERCISES, ICING OR GETTING PROPER REST, THE EXTRA EVENT IS JUST AS IMPORTANT AS VAULT, BARS, BEAM AND FLOOR OR FLOOR, RINGS, PBARS, POMMEL HORSE, HIGH BAR AND VAULT FOR MEN.

WEIGHT MANAGEMENT SEEMS TO BE THE TABOO WORD OF THE WEEK BUT LETS FACE IT FOLKS, IN A STRENGTH TO WEIGHT RATIO, POWER ORIENTED SPORT, IT IS SIMPLY MATTERS. THOSE THAT TAKE THIS ISSUE SERIOUSLY HAVE A MUCH GREATER CHANCE OF SUCCESS. THIS IS PURE FACT.



LINDSEY LEMKE REALIZES A DREAM

There is something to be said for having a glowing personality. Combine that with talent and hard work and dreams will come true.

Sophomore Lindsey Lemke accepted an early offer from the University of North Carolina this past week. The offer was for a full ride athletic scholarship! Lindsey is a 2011 USA Junior Olympic National Team Member and National Bar Champion.

Now some may think that accepting an offer in your sophomore year is a little premature. Quite the contrary. First of all, sophomores seldom get offers but when they do come, one would only have to ask a couple simple questions. Is this where I want to go to school?, Does this school fit my needs

academically and athletically? Will there be subsequent offers that would be better? If you answer YES, YES and NO then the decision is simple.

North Carolina is one of the top academic institutions in the USA and their gymnastics program is solid. Lindsey has always had NC near or at the top of her list so when the offer came (somewhat unexpectedly) she snatched it with the enthusiasm that she displays daily.

With 3 full competitive seasons remaining at Twistars, Lou will have plenty of time to sit back, relax and coast into her collegiate career, RIGHT? **NOT!** She still has goals to achieve and with the scholarship stress gone, she can devote full attention to her budding club career.

Besides, it may take her 3 full years to research and discover the true definition of a TAR HEEL.

**CONGRATULATIONS
LINDSEY**



INVITATIONAL NEWS

The 2012 Invitation is right around the corner. Be sure to get your rest over the holidays as this years event is the biggest ever!

A few things to remember-

1- The THEME- The Royal Bash. Feel free to dress the part! Kings, Queens, jesters, are all welcome. Use you imagination and don't be shy. Costumes really add to the atmosphere.

2- Orientation- We will conduct 2 separate orientation meetings. It is important that you attend one so as to know the details of the event, and answer any questions. On site training is difficult, so these meetings really assist us with getting the information distributed in an efficient manner. Meetings will take place upstairs at the Summit on Wednesday and Thursday, January 4 and 5 at 7:00.

3- Clean Up- Just a reminder that clean up is a total club responsibility. All families (less committee chairs and co chairs) need to be represented at clean up on Sunday January 8th. Beginning around 7:00. There is always a sign in and sign out system. Please plan ahead.

4- Dress- If you are not in costume we would like everyone in a Twistar booster club t-shirt. ~~The order form~~

5- Spirit- Our meet has a tradition of having a fantastic atmosphere. This brings return customers which in turn grows our meet. Remember the customer first philosophy in providing the best experience for our guests.