



TWISTARS USA GYMNASTICS NEWS

Twistars Girls Rock Indy

The Twistar “gymnastics machine” keeps on rolling along. The most recent venue of success was at the “Love or Money” meet hosted by Wrights Gymnastics in Indianapolis. What a great meet! Great energy, very friendly meet personnel, lots of awards, and plenty of FUN!



TWISTARS ROCK LOVE OR MONEY

All Levels were spectacular less our Level 10s who seemed to want to give away the team title at their respective level. YEH they won, but nonetheless the overall performance of the team was lacking a little something. I am sure the 10s will rectify that at the next competition.

Top AA Performances from each level were:

Level 4– Rachel Yee– 38.4 and Taylor Stevens–

38.0

Level 5– Sarah Peltier 38.125, Haley French 37.95

Level 6– Hannah Miller– 38.725, Kristin Morgan 38.425.

Level 7– Kaylee MacDowell– 38.425, Rachel Cutler– 38.325

Level 8– Bailey Lorenzen– 38.55, Amy Al-Ashari– 38.3

Level 9– Maya Ketner,– 38.15, Alexys Aben– 37.9

Level 10– Elizabeth Mahlich – 38.525, Brittany Holmes 36.95.

For further results check out WrightsGymnastics.com. Or check the gym bulletin board.

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HOT OFF THE PRESS

- Twistars captures Levels 6-7-8-9-10 at the Cereal City Classic.
- Level 4s and 5s finish 2nd
- Boys Teams finish 4th and 5th respectively at levels 4 and 5.
- JoJo and Kami head to the ranch for possible international assignment.
- Levels 9-10 are off to Texas’ South Padre Island for a battle in the SUN.
- Level 6s have been added to the MoTown Classic March 8-10 instead of the Wolverine Classic in Ann Arbor.

Twistars captured levels 4-5-6-8-9-10 with the level 7 squad placing 3rd. Obviously the SUPER TEAM award (combination of 6 levels) was ours too. (Extending our unbeaten streak in SUPER TEAM competitions to 12 years) (Which means we have never lost an OVERALL TEAM competition that included all levels from top to bottom) AMAZING!

IMPORTANT DATES ADDED TO CALENDAR– Pre-Team

Here are some dates to remember in the coming months.

Bravo– Our annual spring recital for pre-teams and recreational classes will be held on May 17-18. Students have the option to perform their skills on one or both days. Participants receive matching outfits,

awards and perform in front of a packed house.

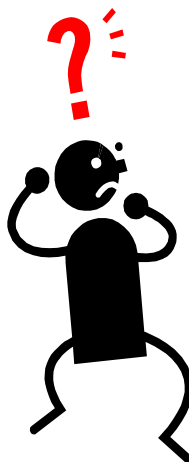
Team Testing– Our annual search for team and pre-team talent will take place on June 1 (12-3:00). Parents of invited students should plan on attending an orientation meeting prior to the actual testing so that the program can be ex-

plained in detail and all questions answered. Orientation meeting will be on May 28 or 29 at the Summit at 7:30 pm. Parents must try to attend one or the other of these meetings so as to know what exactly is involved with and expectations of our team and pre-team programs.

PRE TEAM CONCERNS

If you seek an explanation, clarification, or simply need further information... please feel free to contact your coaching staff

Learning the ropes at Twistars is an evolving process. We are constantly trying to update and improve our communication process. Recently a couple of pre-team parents brought concerns to my attention. I welcome open discussion on any of your concerns and find that this is the best way to improve our organization and reduce the learning curve for newer members of the program.



Within the discussion there was an underlying tone that I feel needs to be addressed.

There seems to be somewhat of a feeling that our PRE-TEAMS are “second class citizens”, and “low priorities” in the total scheme of things at Twistars. That just proves that the “obvious to me” is not always as crystal clear to others and that addressing concerns will in turn lead to clarifications and a better understanding. In my mind Twistars could not continually maintain our level of excellence, nor have the track record of success in competitive gymnastics were it not for our

commitment to a quality developmental program. Pre-team is KEY to our success. SO with this being said let me make it very clear that PRE TEAM is very high on our priority list.

Sometimes it is difficult to communicate the reason behind every decision, plan or policy. This does not mean however that parents should blindly follow. IF you need an explanation, clarification, or simply need more information on any subject PLEASE feel free to contact your coaches OR me personally. My EMAIL ADDRESS is USATwistar@aol.com.

DON'T MESS WITH KIDS

A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large mammal its throat was very small.

The little girl said Jonah was swallowed by a whale.

Irritated, the teacher reiterated the impossibility.

The little stubbornly said, “When I get to heaven I will just ask Jonah.”

The teacher snapped back, “what if Jonah ...well... went the other way....”

The little girl replied, “THEN YOU ASK HIM.”

A Sunday school teacher was discussing the Ten Commandments with her 5 and 6

year old students. After explaining “honor thy Father and thy Mother”, she asked is there a commandment that teaches us how to treat our brothers and sisters?

Without missing a beat one little boy (the oldest of his family) answered, “YEH... Though shall not KILL!”



The children were lined up for lunch in the cafeteria of a Catholic Church. At the head of the table was a large basket of apples. The head nun

made a note and posted it on the basket: “Take only ONE, God is watching.”

Moving further along the lunch line at the other end of the table was a large plate of thick chocolate chip cookies. Sitting on the plate was a note that was obviously written by a child, “Take all you want. God is watching the apples.”

A teacher was explaining the long term benefits of a classroom group photo. “In years to come, when you are all grown up, you will look at this photo and say ‘there’s Jen, she’s a doctor, or there’s Mike, he’s a fireman.”

A small voice in the back of the room said and YEH, there’s the teacher ... She’s dead.

Cool Facts

No word in the English language rhymes with month, Orange, silver or purple.

Dreamt is the only English word that ends in mt.

Our eyes remain the same size from birth but our nose and ears never stop growing.

A goldfish has a memory span of 3 seconds... somewhat like a level 10 gymnast.

A jiffy is an actual meas-

urement of time indicating 1/100th of a second. Can anything really be done in a Jiffy?

A snail can sleep for 3 years.



Almonds are a member of the peach family.

An Ostrich's eye is bigger than it's brain.

Babies are born without knee caps. They don't develop them until 2-6 years old.

There are more chickens than people in the world. Most chickens reside at other gyms.

NUTRITION- MAKE GOOD CHOICES

Membership on a Twistars gymnastics team means developing and adhering to sound nutritional habits. Our motto has been simply "Make good choices". We want our athletes adopting the essential attitude that "Gymnasts eat to live NOT live to eat!" In this STRENGTH to WEIGHT oriented sport, maintaining lean, strong WELL NOURISHED bodies is essential to success.

In establishing sound nutritional habits some of these concepts may be used to help you make good choices.

* Learn to read a label. Sometimes what you think is healthy (say some granola bars) are actually fat saturated "cookies". Read the labels and try to limit your Fat Calories to 25% or less of the total calorie count. In the AMERICAN SOCIETY... this is a tough challenge.

* Spread your calories out over the day using larger percentages early in the day and tapering off towards dinner

time. With this idea, breakfast should be your main meal of the day. AGAIN this is a tough challenge for most families.

* Small dinners OR snacks after practice. Eating a full meal at 8-9-10 o'clock at night is not a good idea. Try to eat prior to practice and keep post practice meals smaller in portion. This of course will lead to WANTING to eat a good breakfast BUT also you wont be "sleeping on a large number of calories."

* Bake is better than Fried.

*Boiled is better than Fried.

* Broiled is better than Fried ... Get the picture here?

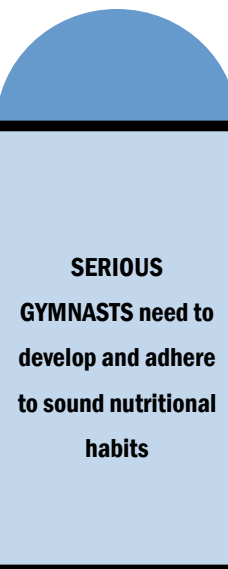
* Loosing weight should be a result of increased exercise in conjunction with a reduction in calories. Major cut backs in your calorie consumption will only be a short term fix. Diets DON'T WORK... changes in life

styles and fitness habits are the only long term solution.

* Eliminate "recreational eating". This is not to say you cant enjoy eating (Fruits make great desserts) it is just that IF you are serious about your gymnastics careers, eating out for fun, desserts every night or every occasion, unhealthy snacks, impulse eating are things that will create problems for the dedicated athlete. Discipline is key.

* Spread your calories out over 5-6 snacks/meals rather than 2-3 larger. This is a more efficient use of fuel.

Sound nutritional habits are essential in the development of an athlete, in fact nutrition is the catalyst that sets everything in motion. Nutrition provides the energy, the ability to rebuild and strengthen muscles, to fight off illness and fatigue Nutrition is KEY. Serious athletes will take nutrition seriously and simply make an effort to make good choices.



ALUMNI NEWS

It is a great feeling when I get emails and updates from our alumni or their coaches. It sounds like many of Twistars graduates are making strong contributions to their collegiate teams.

Ashley Jackson was recently named BIG 12 Gymnast of the Week after she posted a 39.3 AA score which helped University of Oklahoma defeat arch rival Nebraska. Ashley has been a major contributor for UO but just recently started competing in the All Around again. 39.3 isn't bad.

Our U of M teammates, Maureen Moody and Kari Pearce are helping Michigan climb in the rankings this year. U of M has been ranked as high as 5th in the country. Maureen is competing vault and bars and has been ranked as high as 10th in the nation on bars. Kari has been competing on Vault and Floor

where she has been rock solid. We would expect nothing less from these former Twistar standouts.

2007 graduate, Taylor Zondervan is now at U of M also. She transferred from U of Oklahoma.

Emily Ruff who is at Northern Illinois IS FINE after the recent ugliness on the NIU campus.

MSU's Nicole Curler is off to another great start this season as one of the Spartans top performers and should be a contender for a NCAA na-

tional AA qualifier .

Arizona's Breanne Workman (2005 Twistar Grad) is rocking the PAC 10 with consistently strong vault and Floor performances. Bre is one of the strongest vaulters in the country.

Maryland's Allie Dama is still battling shin problems but is holding down a solid spot in the TERPS bar line up. She recently visited MSU where she scored a 9.675 on bars.

Pittsburgh's Mallory Brewer is consistently in the Panthers Vault and Floor line up and gets the nod every so often for balance beam.

To keep up to date with our alumni simply google the school they are at along with GYMNASTICS and you will find links with updated information.



BOUNCE BACK

One of the single most redeeming features in a successful athlete is their ability to "bounce back" or "rebound" from adversity.

This sport is loaded with situations that create adversity. Issue like inner group conflicts, frustrations related to learning new skills, road blocks or plateaus in progress, injuries and more create adverse situations which athletes need to learn to deal with.

Life is about dealing with adverse situations. Life is

about "bouncing back". We try to instill this in our athletes.

"Rebounding" or Resiliency is the ability of the athlete to use their mental abilities to bounce back from any set back. Those with this refined ability will spend more time learning, and less time wallow-

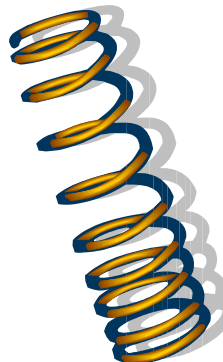
ing in self doubt, or self pity. This will inevitably lead to greater self esteem, confidence, motivation and success.

How can adults help? 1- Use productive feedback with specific instructions on how to fix a problem.

2- Stay optimistic that the issue will be resolved with effort and determination.

3- Communicate openly in regards to goals, intentions, direction.

4- Be consistent in handling your athletes/children.



FOOD FOR THOUGHT

* There is no such thing as a MINOR lapse of integrity, there is no such thing as a minor lapse of character.

* There is no such thing as a self made person. We reach our goals only with the help of others.

* Motivation is everything. You must inspire the guy

next to you who will in turn inspire someone next to him.

* Help others get ahead. You always stand taller with someone on your shoulders.

*Each of us has special talents. It is our DUTY to make sure we make the most of them.



* Hold yourself to a higher standard than anybody would every expect of you.

* It is a fundamental fact of life that you succeed best and quickest by helping others to succeed.

TWISTARS SUMMER CAMP

Organizational plans for the 2008 Twistars USA Summer Camp are well under way. Twistars Booster Club members are reminded that one benefit of membership is ONE WEEK OF CAMP paid for by booster club.

We would like to break up our team so that half would attend week one and half week two. (no week is better than the other). I want to split up our talent so that a) we don't overload one week over the next b) so that visiting clubs have the opportunity to train with our team members

(one of the most commonly stated reasons for coming to Twistars Camp).

A couple things to remember are a) Booster Club will only pay for ONE family member. Subsequent members would pay \$275 (discounted from \$310) b) a second week of camp for Twistars members will cost \$225. c) If you are not attending a second week of camp you would have that week off as there will not be any scheduled team training other than for camp.

Group Assignments: Week

1- All Boys, Groups A-C-E-G-I. Week 2- Groups B-D-F-H-J and Silverstars (own expense).

Current and newly selected Pre-Team members are invited to attend.

If you have conflicts please let me know so that we can switch weeks if possible.

Everyone should find camp brochures in their mailbox OR you can download it from our web site. Please complete the form with all the required information and return it to the office by March 1.

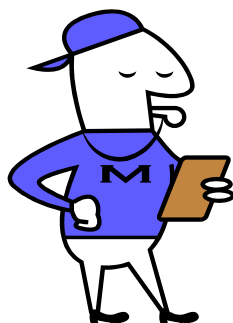
TWISTARS SUMMER CAMP

June 16-19 and 23-26. Registration forms due March 1.

COACH MIC

Some of you may have noticed a new coach in the gym. We are happy to announce the addition of "Mic" Gonzolez to the Twistars staff.

Mic is a very valuable find in that he has experience dealing with all levels. He can coach pre-school and age group recreational classes, boys rec and team levels,



girls developmental and entry level team as well as cheerleading. We will be giving him an opportunity to experience a wide range of responsi-

bilities and then placing him in the PUZZLE where he fits the best.

Mic coached in Texas at a very reputable club called A.S.I Gymnastics, as well as Midland Gymnastics here in Michigan. He is married with 5 children and serves as a youth church group supervisor in his "spare time".

We're on the web
at TwistarUSA.com

GROUP A SAYS

When asked what it means to be a TWISTAR, here are some of the comments from our more established team members:



"Being a Twistar means:" **Elizabeth "BB"**- "that you have a responsibility to be the best you can be." **Maya**- "when you walk into a competition, everyone knows who you are and knows you are one of the best." **Shonda**- "that you have skill, passion and respect for all aspects of the sport." **Dena**- "means learning how to manage your time, which is very important in life." **Nicko**- "when you realize that even though you've just done one of your very best routines ... there is always a way to improve it." **Kristen "Syd"**- "being a Twistar means giving 110% effort and undying loyalty and support of your club and teammates." **Taylor**- "being a Twistars carries a responsibility of being a role model for those that follow."

TWISTARS
BOYS ROCK!

SWEET CEREAL CITY

The Boys team competed in Battle Creek over the weekend at The Cereal City Classic. Adding two more trophies to their collection this year!

The Level 5 team won their first trophy of the season with a 5th place finish out of nearly 20 teams. This was a big achievement since Raymond Hill was out with a broken finger, competing only Vault and Floor (kind of). This left our 5 member boys team battling against some very strong Michigan and out of state teams.

The level 4 team placed 4th as a team in an equally strong field. They are really starting to show

they can hang with anyone. Luciano Velasquez and Brennan Clark really showed that they were veterans this weekend. Not only by having the 2 highest AA scores but also helping me by making sure the next person was ready to go and behaving.

This weekend is The Circle of Stars Invitational in Indianapolis, Indiana. This is one of the largest boys meets in the entire country SO we will have to bring our A GAME. Let's keep the success and improvement going guys.

The talent search for new boys level 4 team members has begun. Talk the program up... I know there are some kids out there that would love gymnastics at a TEAM level.

It has been a very good year in that our boys are not only making good progress BUT also ENJOYING Gymnastics. This is a tough combination to perfect ... enjoyment with discipline, fun with progress. Hats off to Blaize for balancing the two ends of this continuum. You can't build a boys team without enjoyment of the sport first. You can't have success without effort. The key is balance!

