

# TWISTARS USA

## GYMNASTICS NEWS

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- Saying Thanks
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- Invitational News
- Team Rule Reminders
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### HOLIDAY THANKS

Although the 2006 Holiday Season went by faster than Taylor Hicks' brush with fame and fortune, it still was a "wonderful time of year." Time with family, good friends, holiday music, and holiday spirit always ranks at the top of the list for me.

On behalf of Kathryn and I, I would like to send a heart felt

thanks to everyone for the uncountable cards, letters, baked goods, candy, ornaments, gift certificates and gifts. It is truly a wonderful feeling to be in your thoughts during the holidays. THANKS to all for thinking of us.

On behalf of the entire coaching staff we would like to also thank the Boosters Club for their gener-

ous gifts to the staff. Your thoughtfulness is truly appreciated.

It is with great anticipation that we look forward to 2007. We have a wonderful staff, great athletes and a supportive boosters club. 2007 promises to be a year to remember. May the coming year deliver health and happiness to all. THANKS AGAIN



THANKS TO ALL

### WHAT DO YOU SAY?

What do you say?

I remember that being one of the most common questions coming from my Mom.

What do you say?

I couldn't seem to get by with anything without having to SAY those magic words.

What do you say?

Oh how I hated to hear those words. At the time it just seemed painful to have to answer.

What's the magic words?

That was if she got tired of asking "what

do you say"

Id like to use a recent occurrence at the gym to refresh the memories as to what it is you are supposed to say after deeds that warrant recognition.

Normally I would simply let a situation such as this pass, but it just struck me as something that perhaps parents may want to know about.

As a small token of holiday spirit Twistars USA designed and purchased a morale boosting T-shirt for each team member. We wrapped the box and had it delivered by

Santa.

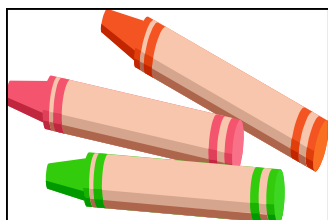
We passed out over 90 T-shirts and received 3 (no exaggeration) THANK YOUS. **THREE!** All I could hear was my mom saying "Now what do you tell the nice man.... What do you say Johnny?"

Now granted it was a t-shirt and not an IPOD or an X Box 360, but all the same it seems like something was missing and I think most parents would agree. Hey kids... Say Thanks! Take it from me ... I learned it really doesn't hurt.

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## TWISTARS USA GYMNASTICS NEWS



### MAKE TURQUOISE: YOUR CHOICE

Some may have noticed the new Twistars Boosters apparel that we had available as part of our holiday gift menu. Some may not have noticed.

Anyway, at the request of our Boosters Club it was suggested that we transition to a more noticeable color. This would help with being more recognizable but also it was simply time for a change.

We now have ( and encourage you to have) Turquoise (Honolulu Blue for the macho men who would rather not wear Turquoise) T-shirts and Polos.

At the CUP it appeared that many Twistars supporters were still in the transition phase between the OLD black shirts and the NEW Turquoise. Lets make Turquoise YOUR CHOICE!

Boosters club members are asked to wear the NEW Twistars apparel next weekend at our invitational as we want to present an organized, unified front. This color coordinated operation will also make it easier to identify boosters club members.

Thanks

### INVITATIONAL NEWS

**DON'T FORGET  
THE  
ORIENTATION  
MEETING 7:00  
on the 10th or  
the 11th at the  
SUMMIT**

The Boosters Clubs main event of the year is just around the corner. Hopefully all committee are well prepared and ready for action.

The Twistars USA Invitational is our biggest fundraiser of the year. Each year we are presented with the challenge of creating an event that will encourage teams to return the following year. Judging by the numbers we must have done an outstanding job last year as our girls entries are through the roof. Plan on a packed house next weekend with approximately 1500 athletes and 4000 spectators as our guests.

Job one is HOSPITALITY. People will return to placed that they are treated like guests. Our job is to make each person athlete, coach, judge and parent feel as if they were the most important person in Lansing.

In order to make sure our event runs smoothly, we need to make

sure everyone is on the same page. In order to do that we need to have a meeting SO, we will have an orientation meeting to lay the ground work, establish expectations, and answer questions.

The meetings will be Wednesday Jan 10 or Thursday Jan. 11 at 7:00 upstairs at the SUMMIT. We encourage each family member who is WORKING at the invitational to attend ONE of these times. If this is not possible at least one representative from each family should be present, take notes and PASS ON any vital information to those who can not attend.

THESE MEETINGS ARE IMPORTANT. It is not possible to individually orientate members once the event gets under way. To do so really creates problems. Please try to attend. THANKS.

CLEAN UP- An important requirement for ALL FAMILIES (Less Invitational Chairs and ACTIVE co chairs) is the CLEAN UP

REQUIREMENT. All Families must be represented at Clean Up. This is to ensure that we have adequate manpower to QUICKLY and EFFICIENTLY dismantle the competition venue. There are substantial fines that will be assessed by boosters club for violation of this requirement. This normally is not a problem as most realize the importance of pitching in as a TEAM.

COMPETITION ASSIGNMENTS- Some of our levels have been split into 2 sessions.

Level 5B- Saturday 11:45 Check In- Sanford, Nagel, Hoover, Kirnovic, Castillo, Hogan, Rodriguez, Dayton, Hosfield, Gosselin, Grant, Wood, Hatzopolous, Lyon (?), Peltier (?)

Level 5F- Daniels, French, McDowell, Smith, Anderson, Silverthorn, Thrush, Margraves, Miller, Kolk, Kline, Milashus, Hoffman, Shuptar, Dunsmore.



INVITATIONAL  
NEWS

## TEAM REMINDERS

Here are some procedural reminders for our team members and parents to keep in mind.

- 1) **COACHING FROM THE SIDELINES**– Please leave the coaching to the coaching staff. If you want to coach ask to be put on staff.
- 2) **TEAM PARENT SEATING**– Team parents seating for observation is **UPSTAIRS ONLY**. The downstairs seating is reserved for recreational parents.
- 3) **ATTENDANCE**– Level 10s– We do not have a 3 day training plan for level 10s. We encourage 5 days but require a minimum of 4. IF for some reason we cancel training on one of your training days **YOU** should still assume that you need to train 4 days that week.
- 4) **TEAM TRIPS**– Parents should remember that it is impossible to room all members of a certain training group together or even assign them

to the same chaperon. Our chaperon guidelines, van restrictions, sleeping arrangements make it impossible to keep training groups in tact when we travel. We fully realize that this is not a perfect situation **BUT** placing 8-9 kids in a van, or with a chaperon or in a room isn't possible.



**DON'T FORGET**

## CHAPERON MEETING

In order to establish guidelines, review rules and policies and to answer any questions, we will be having a **CHAPERON MEETING**.

All assigned chaperones need to plan on attending a meeting on Tuesday night 7:30 upstairs at the **SUMMIT**.

I did look at the schedule and there is not a day where all chap-

erons are scheduled to be at the gym at the same time. Add to this the possibility of dealing with car pools etc and it would be nearly impossible to find a day that is convenient for everyone. **SO** I picked a date that was most convenient for **ME**, the gym, the invitational and the Dallas Trip itself.

I commend some of the chaperons for their pre-planning. Please

bring any plans or ideas for plans to the meeting so that the options can be discussed.

It is also helpful to read over the travel guidelines and in particular the chaperon responsibilities that can be found on line at the **TWISTARSUSA.COM** web site.

**DALLAS  
CHAPERONS-  
MEETING  
Tuesday  
January 16 at  
7:30**

## HODGE PODGE INFORMATION

- 1) **Big Sisters Meetings**– The next scheduled big sisters meetings will be on January 6 (Goal Setting), January 27 (Team Spirit and Developing mental anchors) and February 3 (integrity, honesty and Twistars standards). All meeting start at 1:00 so please be on time.
- 2) **Passports**– If you don't have a passport it is probably a good idea to get one. **NEW** boarder regulations will require a passport as of Jan 27. This is of particular interest of our group going to San Diego and the related day trip to Tia Juana, Mexico (the tourist area... not downtown.)
- 3) **NEW WEB ADDRESS**– the web address for our web site has been changed to **TWISTARSUSA.COM** ( you no longer need the number 1)
- 4) **COACHES EMAILS**– We now have an easy access to coaches via our web site. Simply remember the coaches name **@TwistarsUSA.com**. For example **John@TwistarsUSA.com**



**INFORMATION  
GALORE**

## CLEAN SWEEP AT THE CUP

The 2006-07 competitive season could not have started on a more positive note for Twistars USA Girls Teams. For the 6 consecutive season we captured the overall team title at the REGION 5 CUP. This is a meet that invites only Region 5 teams for a competition designed to name the top club in the region. Now although all regional clubs do not attend this competition every year, few could argue our claim as the TOP top to bottom club in REGION 5.

As they say proof is in the performance and Twistars performed to the tune of capturing FIRST PLACE at EVERY LEVEL, 4-5-6-7-8-9 and 10! This is something that has never been done before... not even by US! The meet was filed with outstanding performances and personal best scores.

Level 4– Our first major team championship at level 4! Team score of 112.85. Sara Stine (1st AA-36.45), Kierstyn Lyon (1st AA– 37.675), Abby Mealy (1st AA– 37.8) and Sara Peltier (2nd AA 37.35) made a great team!

Level 5s– This group actually was divided into 2 teams with both winning their sessions and the final result had Twistars scoring in excess of 115! These young ladies have come a long way! Highlites included Hannah Millers 38.45 (1st AA), Kaylie McDowell (1st AA– 38.15), Hayley Smith (1st AA– 37.425), Natalia Milashus 37.8, Alyssa Silverthorn (37.7), McKayla Thrush (37.5) and Reed Anderson (37.25). Check the web site or our boosters club board for the rest of these OUTSTANDING RESULTS.

Level 6s– A small but mighty team scored a 113.2 ( only 5 deep). Presley Allison (37.05– first AA), Anna Hill (37.675– first AA) and Christine Wilson (37.05– first AA). Lydia Wood posted a 9.85 in her first ever level 6 meet ( Beam) and Bailey Lorenzen rocked also.

Level 7– This is not normally one of our stronger levels BUT it was this year posting over a 113. Lyndsay Lemke 1st AA 38.325, Madison Bonofiglio (1st AA– 37.575), and Arlyn Amor ( first AA– 37.8) plus Amy Al-Ashari (2nd AA– 37.75) and Katie Callihan ( 37.625), Payton Reilly (first AA), Danielle Hoffman and Kacie Overlund provided depth.

Level 8s– led by Amber Wobma ( 37.45– first AA) and Dena MacKenzie (first AA 36.25) Annie Fata ( strong 3 events), Cici Talcott and Maci Sump posted a 111.375.

Level 9s– were beatable after some shaky beam performances but pulled it back together to post a 110.25. Kameran Moore rocked with a 37.65 first place AA, Brittany Holmes won her age group with a 35.95 in her first ever level 9 competition, Kristin Siedowski (first AA) and Caitlyn Ciojtko (2nd AA) proved strong enough.

Level 10s– Posting a 113+ with a partial team is remarkable. This is one of best opening meets ever! Nicole Dayton led the way with a 37.7 (1st AA), and Kari Pearce (37.25 1st AA) Elizabeth Mahlich ( 1st AA), Mallory Brewer, and Emily Ruff provided the much needed depth.

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## FOOD FOR THOUGHT



### THINK ABOUT IT

You can either complain about the fact that rose bushes have thorns OR rejoice that THORN BUSHES have ROSES.

The manner in which a gift is given is worth more than the gift.

Success seems to be largely a matter of hanging on long after others have let go.

The best bridge between despair and hope is a good nights sleep.

Leadership is the art of getting people to do what you want because THEY want to do it.

A real leader has no need to lead, he is content to point the way.

Anyone can hold the helm when the sea is calm but the real measure of a man is not where he stands in times of comfort but rather where he stands in times of challenge and controversy.

Fortune favors the brave.

Why have great accomplishments always historically encountered violent opposition from mediocre minds?

Every successful artist was first an amateur ... it seems we must all start somewhere.

If hard work is assumed to create a better product then why don't we all work harder?