

TWISTARS USA GYMNASTICS NEWS

HAPPY NEW YEAR

It is always a great feeling having an extended family during the holidays. I wanted to take the opportunity to let the Twistars Family know how very much we appreciate the relationships we have developed over the years. Relationships not only with the wonderful children that we are honored to coach, but also their families who support their goals and aspirations.

It takes a special character to endure the gymnastics life. Obviously the kids have to work hard in order to achieve but more than that the FAMILIES have to be recognized for their efforts behind the scenes. Parents that are willing to go the extra mile, to sacrifice, to participate in their

child's dream, have to be the duly respected. Your love for your children is inspiring.

In today's world it would be so very easy just to succumb to the temptation of the "normal life". But what is normal? Is it unfit and unfocused kids sitting for endless hours watching movies or playing video games? Is it unmotivated or un-driven children having endless "free time" to run the streets, surf the internet, or chat on line?

Parents have to be commended for directing their children in a more productive direction. The evidence is so clear that active partici-

pation in organized sports is HEALTHY. The evidence is crystal clear that the lessons learned through participation far outweigh the actual skill acquisition. Parents, consider yourself hugged by all the little athletes in this club and know that they TRULY appreciate your efforts.

Kids reading this newsletter ... I doesn't hurt, every so often, to tell mom and dad how much you appreciate all they do.

Thanks Mom and Dad and Happy New Year.



HOLIDAY THANKS

Judging from the endless cards, letters, candy, cookies, gifts and such, one could conclude that John and Kathryn must have been very good all year.

WOW! Thanks to all who showered us with their Holiday Spirit. It is heart-felt when I say that to be in

your thoughts during the Holiday Season is very moving. We thank you with all sincerity for your gracious and generous wishes.

On a related note: Thanks needs to go out to the wonderful committee work done in organizing our annual team holiday party.

I have to say I loved the venue (1 mile from my house). Thanks to the special events committee under the direction of Michelle Bass.

Thanks again to all and best wishes for a fantastic 2008!

January 2008

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Special points of interest:

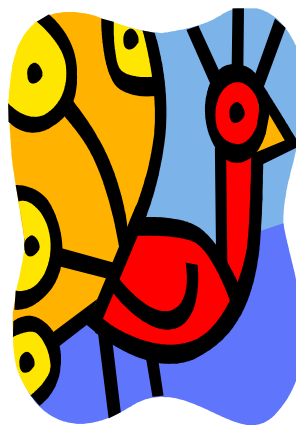
- Failing isn't "Failure" unless you give up.
- Boys team kicks off new year
- Invitational News
- Costumes encouraged
- Scheduled Session Assignments for the athletes.

SOMETHINGS ARE WORTH REPEATING

I don't normally pass on emails that I receive from athletes or parents but in some cases I just have to "feel good". I am hoping I am not breaking any silent code of ethics but I wanted to share this email.

John and Kathryn,
I wanted to say "thanks", also. I've observed my daughter both in competition and in situations away from the gym and I've noticed that she isn't afraid to try something in front of a crowd. And, if she fails, she tries again. Maybe she had some of that quality in her before gymnastics. (If she did, she

certainly didn't inherit it from me!) I really believe that gymnastics has helped to develop that quality in her and I'm confident that it will benefit her greatly in the years ahead. Thanks for providing a program that gives kids an opportunity to "fail". Thanks for holding to high standards of performance even for kids at a young age. I've seen programs



PROUD AS A PEACOCK

where every kid got a trophy just because their parents paid the money for them to participate. Life is not like that! Her success at The Cup meant so much more because it had been a long time coming and comes with no guarantees for the future. She's experienced both success and failure and is motivated by both to "just keep trying". Thanks for being a part of developing that in her!

MEGA BOYS RESULTS

Let it be known that the Twisters boys squad will be a force to reckon with this season. The recent results from the MEGA meet gave a glimpse of great promise. Continued progress will come provided the work ethic and attitudes remain positive in the gym and we TWEAK some meet discipline issues.

The Level 5s were led by Jake Moore (52.35), Keven Johnson (50.9) and Arthur Hill (50.8). Other contributing to the 6th place team score of 153.6 were

Raymond Hill, Connor Feckovic, and Roberty Wilson all of whom medaled on at least one event.

The levels showed that they are right there with the top teams in Michigan. Josh Moore (51.9), Mitchell Dahlstrom (51.5) and Doug Dean (49.7) led the

charge. Brennan Clark and Luciano Velesquez had impressive AA scores considering they only participated in 5 events. Others assisting with the 153.1 team score were Sammy Parks (47.7), Michael Bigelow (45.3) and little Collin Czernerski (43.9).

There is work to be done as our boys team prepares to defend their home turf at the Twisters Invitational. Our boys are focused and eager to put on a good show.

Progress will come as long as the in gym attitudes remain positive and productive.

PRE TEAM LEVEL 4 PREPARE TO COMPETE

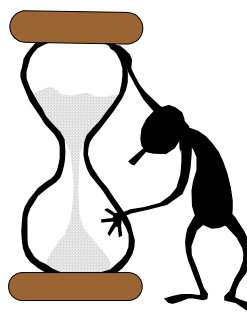
Our level 4 pre team members will get their first exposure to gymnastics competition at our upcoming Twisters Invitational. They have all been working very hard and the progress has been steady.

A word of warning however always needs to precede the first competitions for our least experienced members. REMEMBER a) this is their first experience. b) our pre-team members train 6 hours per week where some teams train

as much as 16. c) many of the competitors will be experienced and will have competed at several level 4 competitions. d) competition nerves may appear and effect performances

This opportunity should be viewed as a PARTICIPATION event with little emphasis on COMPETING against others. Have fun, enjoy, try

hard and evaluate the progress.



There will be plenty of time for "competing" in the future at Twisters but for now participation for the enjoyment of the sport is key.

Good luck to all our new level 4s.

THE CUP RESULTS

It is amazing but for the 7th straight year Twistars USA walked away from THE CUP as the overall team champions. The CUP is billed as a competition to determine the TOP overall club in region 5 (the states of Michigan, Ohio, Illinois, Indiana and Kentucky). Well, Twistars owns those bragging rights for one more year.

The competition itself went very well for all levels. Our level 5s squeaked out a .025 victory over a very tough SPLITZ team from Canton Michigan.

Our Level 6s had little problem capturing

the team title by over 3 points. Rachel Cutler rocked a 38 + AA score to lead her team.

Our level 7s got blind sided and placed second by .4. First year level 7 Bailey Lorencen led all scorers with a 37.825

The level 8s were unstoppable and clearly dominated their respective level. Lindsey Lemke posted a +38 AA.

The level 9s were impressive as they also won the team title. Brittany Holmes led the way with a 37.475

The level 10s outdistanced a tough



Arena team from Joliet Illinois while posting a 114.175 team score. Jordyn Wieber blasted a 38.85 and Shonda Clore was instrumental in the team success with her 37.425 performance.

Check the bulletin board for complete results

INVITATIONAL NEWS

I can not believe another Twistars Invitational is just around the corner. It seems like yesterday when DARTH VADOR invaded the SUMMIT and yet now it is time for CAPTAIN HOOK.

The invitations presents itself as our Boosters Clubs main project for the year. It serves as the financial backbone for boosters club operations. Without this successful event the financial commitment of our members would be double the current amount. Needless to say this is an important weekend.

You as the work force are the spokes in the wheel. The wheel wont roll smoothly unless every spoke is carrying its fair share of the weight. Come prepare to work, promote and represent this event with the highest of standards.

A couple of reminders:

- 1) Our success next year will depend on the job we do this year. A positive enjoyable atmosphere is a great marketing tool.
- 2) Every year we have people who miss an assignment. Please double check your duty roster to make sure you don't inadvertently forget a session/hour/day. Fines have to

be assessed for those who do not fulfill their obligations.

- 3) Clean up is a boosters club obligation. Nobody likes it and everybody has a legitimate excuse as to why they should skip it. Please know that all families must be represented at CLEAN UP (less Chairs and "ACTIVE Co-chairs

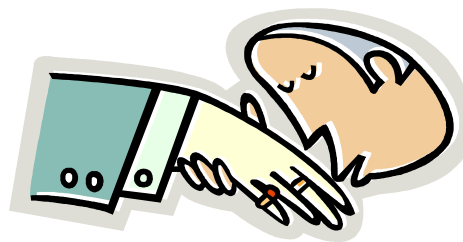
A positive enjoyable atmosphere is a great marketing tool

for invitational committees). There will be a sign in and sign out procedure to make sure everyone is accounted for. Team work is key here, and good attitudes essential. IF everyone pitches in, the venue will be dismantled in a few hours.

- 4) Orientation Meeting- In order to get everyone on the same page and orientated to the important operational procedures we will conduct 2 orientation meetings. The meetings will be held on Tuesday and Wednesday January 8th and 9th at

7:30. Facility layout, job descriptions, format and procedures will be outlined. This is also a great opportunity to get any of your questions answered PRIOR TO the event itself. Each Family should try to attend one of the meetings.

- 5) Competition Times- Session assignments for the athletes are posted upstairs at the Summit. Be sure to know your session and report 15-30 minutes prior to the listed time.
- 6) Enjoy the weekend. Take special note of the fact that NOBODY runs a gymnastics event like the Twistars USA Booster Club. You are doing great things for kids!



MAKE OUR GUESTS FEEL AS IMPORTANT AS THEY ARE

Check Out the
Latest News on the
Web

TwistarsUSA.com



DRESS THE PART FOR THE INVITATIONAL

Our Invitational takes on an entirely new flavor when we get our athletes, parents and coaches to participate in the *THEME*. Costumes for this year's Caribbean Pirate Adventure are encouraged and welcome. Little brothers and sisters will love the opportunity to participate in the *DRESS UP* just like another Halloween. Whether you are working a session, or supporting in the stands, feel free to dress the part. It will add that little extra special something that separates our meets from all the others.

TWISTAR PRIDE

YOU GOT IT CAUSE YOU EARNED IT

TWISTAR INVITATIONAL SESSIONS

The following are the session assignments for the 2008 Twistars Invitational.

FRIDAY: 11:45- Level 6- Kolk (?), Anderson, Hoffman, Silverthorn, Gosselin, Nagel, Dunsmore, Sanford, Daniels, Kirinovic.

4:00- Level 8- Lemke, LaBrie, Wobma, Fischer, Todd, K.Wilson, A. Al-Ashari, Bonofiglio, Callaghan, Overlund, Hill.

SATURDAY: 11:45- Level 5- Mealy, Hoover, Stine, Loomis, Brown, Phifer, K. Al-Ashari, Anderson, Dopkiss.

11:45- Level 10s- Seidowski, Holmes

1:00 Level 4- Jamie Pre-Team

4:00- Level 10/Elite- Wieber, Moore, Mahlich, Clore, Ciokajlo.

4:00- Level 7- Bonofiglio, Cal-



laghan, Al-Ashari, Lorencen, C. Wilson, Cutler, Allison, McDowell.

4:45- Level 4- Kristin's Pre Team and Silverstars- Mealy, Hylek,

Young, Wheeler, Alacantha, Kirinovic, McKeel, Beres, Gilbert.

SUNDAY 2:30 Level 4s- Gilbert, Samson, Grimes, Stevens, Clarizio, Yee, Webb, Parks, Dempsey, Peterson.

4:00 Level 5- Peltier, French, Grant, Shuptar, Hogan, Rodriguez, Dayton, Lyon, Bancroft.

4:00 Level 9s- Seidowski, Holmes, Sump, Hill, Lemke, MacKenzie, C Talcott, B. Talcott, Ketner, Aben.

Boys- 9:00 AM- Level 5s- Jake Moore, Johnson, Feckovic, R. Hill, A. Hill and Wilson.

Boys- 3:00 Level 4s- Josh Moore, Velesquez, Clark, Dahlstrom, Bigelow, Parks, Dean, Czernerski.