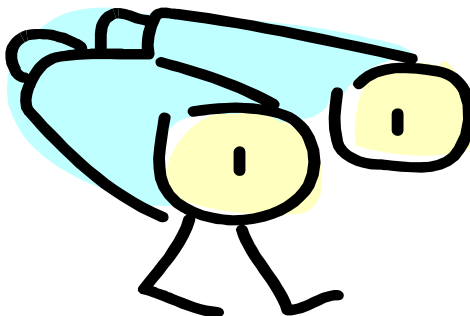


TWISTARS USA GYMNASTICS NEWS



SIGHTS SET ON 2008...EYE ON PROGRESS

The 2007 season provided us with a treasure chest of memories and accomplishments. We all have to feel proud of the results, coaches, athletes and parents alike.

If history has taught us anything about success it is that there is always someone (some club) who wants to take it away. That is the nature of sports. Knocking winners off the top of their mountain serves as ample motivation for those always looking up.

It is fairly certain that we are still at the top of the gymnastics mountain in Michigan but there are several clubs who have learned to climb very well. They are closing the gap and that gets my blood pumping. There is nothing like worthy challengers to sharpen the

competitive spirit. We will answer this challenge with a renewed focus and determination.

Coaches will need to dig down a little deeper, find new ways to deliver the messages, new and improved ways to motivate and TEACH.

Athletes will need to refine their training rituals. GOALS are important as nothing worth while ever gets accomplished without setting a PURPOSE. Then there needs to be follow through on the stated goals as there is nothing more futile than goals without INTENTION. Intention is the daily effort and focus on what it takes to get to the desired target. AWARENESS is key to keeping intention on track. BE AWARE of what you are trying

to accomplish, BE AWARE of your goals, BE AWARE of your mistakes and how to correct them, BE AWARE of your effort level (are you trying your best?).

PURPOSE, INTENTION and AWARENESS is your monitoring system for KEEPING AN EYE ON PROGRESS. Progress doesn't happen by accident. It doesn't happen simply by walking through the doors at TWISTARS. You need to Keep an EYE ON PROGRESS in order to know when things are going in the right direction and when you need to adjust the course.

THE GOAL for SUMMER 2007 is to KEEP AN EYE ON PROGRESS as we head into 2008.

Inside this issue:

US CLASSIC	1
NEW BOARD	2
BOOSTER BARGAIN	2
FUN STUFF	3
SUPER CAMP	4
ELIZABETH MAHLICH SIGNS	4

US CLASSIC TICKETS

Hopefully the entire Twistars family has reserved July 27-29 on their calendars as Michigan plays host to the US CLASSIC. This will provide a rare opportunity to see some of the nations top female gymnasts as they attempt to qualify to the CHAMPIONSHIPS OF THE USA. Twistars will be well rep-

resented with the 2 youngest elite athletes in the country (Jordyn Wieber and Kameron Moore).

In an attempt to PACK THE HOUSE we have reserved some ticket packages. I have 14- 3day passes remaining that are at the same price as a single day at the door (\$30).

Please contact me to claim a package. Training is on the 27th, International Elite competition on the 28th (Kami and JoJo) and Hopes on the 29th.

Those who have already reserved tickets can now pay for them by submitting a check to Twistars.

BOOSTERS BANG FOR THE BUCK

A recent conversation with an established booster club member led me to believe that a booster club plug was in order. Is there a misconception as to the benefits of booster club? I hope not. Hopefully the following will illustrate the benefits.

\$1000- was this years financial commitment. Yes this was a \$250 increase BUT that was strictly related to adding 1 week of camp (\$250) to the equation so that families could fundraise camp tuition.

The \$750 remaining has been the level of commitment we

have had for several years. Although travel costs, meet fees etc have risen significantly, the booster fee has remained consistent. This is due to strict budget management and productive fundraising and sponsorship efforts.

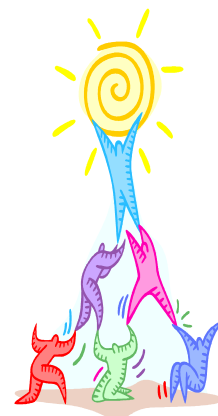
Lets break down the remaining \$750. Booster club pays for all meet entries which can range anywhere from \$35-\$100. The average is in the neighborhood of \$70. Our team members attend 10-14 meets per year. Take 11 as an average (11@\$70= \$770). Now between camp and meet fees your financial commitment of \$1000 is already covered.

Now throw in coaching fees. Some members may be unaware that boosters "rents" the coaching staff for off site events. Coaches are paid \$75 per session (including driving time this puts them at about \$10 per hour) (a bargain). Boosters also pay mileage (.36 per mile) (another bargain), meals at \$25 per day, hotel, air fare etc. These fees work out to be about \$4-500 per family.

Now add in Airfare. Boosters pay 50% of all airfare for members. Obviously this is somewhat of a different situation as those who fly more often would reap a greater benefit but the bottom line her is that airfare comes out to about \$270 per family benefit. Since most have the opportunity to fly at least once, and with airfares approaching \$400 for most meets.... Most families receive this benefit also.

Then there is the misc. expenses like team entries, administrative costs, social functions (Holiday party, banquet etc). The budget shows this to equate to about another \$150-\$200 per family.

Sometimes it is just a good idea to review the sunny side of things. Twistars USA has one of the most productive, most efficient and cost effective booster clubs to be found. As an owner I am thankful to have such a great organization that takes the role of supporting the families very seriously. After looking at the above, one should certainly be able to see the phenomenal benefits of our Booster Club.



**TWISTARS USA
HAS ONE OF THE
FINEST BOOSTER
CLUBS IN THE
USA!**

NEW BOARD

On a related topic, the benefits of boosters club would not be available were it not for the outstanding volunteers that administer the organization.

THANKS to the outgoing board and specifically LORI FATA who served as president for the past 4 years. Few have done more for our club and her contribu-

tions will always be appreciated.

The new board consists of Dan Sump (Pres.), , Shari Margraves, Kristin Moore (Treasurer), Michelle Bass (Special Events), Michelle Hill (Membership) Candice Rodriguez (Fundraising) Rita Wieber (Secretary), Ann Allison (Sponsorship), Chisty Lemke (Travel).

Twistars Inc is looking forward to a productive and supportive relationship where both organizations strive to assist one another in an attempt to make this gymnastics experience beneficial to all.

Thanks to all the new and returning board members. Your efforts are appreciated.



A SWEET LESSON IN HUMANITY

Moral: before passing judgement, first treat others with respect, dignity and courtesy

5 years ago, Twisters boys team standout Kevin Johnson approached the counter at a local ice cream shop. Being short in stature he clumsily climbed onto the stool. "How much is an ice cream sundae?"

A grumpy old man answered \$1.50. He didn't have time for kids... he had big paying customers to wait on.

KJ dumped the change in his pocket on the counter. He slowly counted the

pennies, nickels and dimes.

The old man sighed.

"Well how much would a single scoop of ice cream cost?"

Impatiently the old man said \$1.25.

Again Kevin counted the change and then agreed to purchase the ice cream.

The grump muttered under his breath as he served the nice little boy his request. Kevin paid the man and was sure to say thank you.

Later the man returned to clear his dish and when he picked it up he felt a lump in his throat. There on the counter KJ had left 1 dime, 2 nickels and 5 pennies. The old man felt so small. It became apparent that the nice little boy had enough money for the SUNDAE but sacrificed it so that he could leave the man a tip.

FOOD FOR THOUGHT

* A child's life is like a piece of paper on which every adult can leave a mark.

* The game of life is the game of boomerangs. Our thoughts, deeds and words return to us sooner or later, with astounding accuracy.

* When you reach for the stars you may not quite get one, BUT you won't come up with a handful of MUD either.

* Those who always attempt to go one step further than everyone expects, normally find themselves out in front.

* If all I am remembered for is a good gymnastics coach (gymnast) then I have done a terrible job with the rest of my life.

* Flexible people never get BENT out of shape.

* Success isn't permanent and failure isn't not fatal.

* Nothing is EASY to the UNWILLING.

* Have you ever seen a monument erected to honor a pessimist?

* Some think it is HOLDING ON that makes you strong. Sometimes it is LETTING GO.

* Anger is the only thing to put off until tomorrow.

* The bitterest tears shed are for words left unsaid and deeds left undone.

SUGGESTION BOX

There are many occasions where we have an idea, concern or suggestion and yet not sure who, when, or where to go about expressing it. Well now we have a suggestion box located under the Booster Club bulletin board.

Feel free to use this the next time a light bulb goes off.

CHILDRENS MIRABLE NETWORK

Once again this summer Twisters USA will be attempting to raise some money for a very deserving organization... the Childrens Miracle Network and Sparrow Hospital.

Details will follow a meeting with our team members on July 9th conducted by a representative from CMN. Participation is voluntary but we are hoping that all will see the importance.

Our fundraiser will take the form of a Cartwheel athon to be held in conjunction with the TYSONS FITNESS CHALLENGE and NATIONAL GYMNASTICS DAY on August 4th. There are many details to follow so STAY TUNED.

Gedderts' Twistars USA Gymnastics Club



**WE'RE ON THE WEB AT
TWISTARSUSA.COM**

SUPER CAMP– Super camp will be held on Aug 3-5 at Mills Gymnastics in Southgate Michigan. This is an annual event for our level 7-8-9 and 10s (minus national qualifiers and those 12 year and younger (they will go to HOT SHOT CAMP). Ketner, Aben, Dyer, Holmes, Mackenzie, Seidowski, Talcott, Talcott, Sump, Overlund, Todd, K.Wilson, Wobma, Al-Ashari, Amor and Fisher.

If there is some reason that you can not attend this event, please inform John ASAP as registrations are now being processed.

BB SIGNS ACCEPTS FLORIDA OFFER

College recruiting has really changed over the past 5 years. It used to be that athletes narrowed their selections down to 5 schools then schedule official visits to scope out the various campuses, check out the coaching staff's and meet the team members. All of this happened in September and October after college coaches came to the gym starting July 15 (marking the official beginning of the recruiting season).

Now offers start flying as soon as the athletes start their junior years and although official visits can not be scheduled until they start their senior years in High School.... Unofficial visits can hap-

pen anytime (a self paid visit to the campus).

Many of the top athletes in the country are put in the pressure cooker as the lure of attractive offers come in. Some are veiled as colleges weight their athlete options. This puts athletes in a waiting game and creates a domino effect. If a schools number 1-2-3 choice chooses another school then number 4 might get an offer etc.

Well the waiting game is over of one of our 08 graduates. Elizabeth Mahlich was anticipating an offer from University of Michigan, she had offers from MSU and others. Then as soon as nationals were over the UNIVERSITY OF FLORIDA fell in love

with BB. They wanted her bad. BING BAM BOOM, offer on the table, a quick visit to Gainesville and wah-lah... SHE IS A GATOR.

U of Florida was the number one team in the country for most of 2007 and finished 3rd at NCAA Nationals. BB will be in good hands at the finest sports school in recent years, #1 in Football, # 1 in Basketball the last 2 years, #3 in gymnastics and climbing.

Congratulations to BB and Mom and Dad. It was a long road and although the club career is not over yet, it has to be a great feeling to know that her college education is now paid for. Fantastic!

Great Job ELIZABETH!

