

TWISTARS USA

JULY 2011

TWISTARS USA
9410 Davis Hwy
Dimondale Mi 48821
TELEPHONE 517-322-0360
TELEPHONE 517 668- 0805

Attitudes Are Everything

IS YOURS WORTH CATCHING?

From “Simple Truth” and motivation and inspiration resource.

We have heard the saying that attitudes are everything countless times. So many in fact that the impact of this important message may be lost in the echo of advice. It is worth repeating and hearing!

7 Rules for Staying Positive

#1- Wait to Worry-

There are not too many of us that can think about what we were worrying about at this time last year. “Anxiety does not empty tomorrow of it’s sorrow BUT only empties today of all it’s strength.” Considering the fact that only 8% of impending worries come true it is good advice to wait to worry.

#2 Keep an Attitude of Gratitude-

In other words find a reason to count your blessings and not your miseries. Likewise it does one well to express gratitude often as feeling gratitude and not expressing it is like wrapping a present and not giving it.

#3 Your Wealth is Your Health-

Eat well, exercise with purpose and enjoy a healthy lifestyle.

#4 Joy will Boomerang-

If you want to lift yourself, lift someone else along the way. The effort will be repaid!

#5 Learn to Say NO-

You do not have an unlimited resource of energy. Staying fresh will maintain your energy

level which in turn can play a role in creating a more positive outlook on everything.

#6 Understand the Power of Discipline-

It is well accepted that disciplining yourself today will result in a more enjoyable life tomorrow. Holding yourself responsible for a higher standard than anyone else would expect of you. This will build character and a bright future.

#7 Surround Yourself With Positive People-

There is much to be said for the energy that can be obtained from a positive person, teammate, coach, teacher or parent. Find people, friends (sorry you cant trade your parents in) that challenge your abilities, believe in your goals and inspire you to accomplish them.

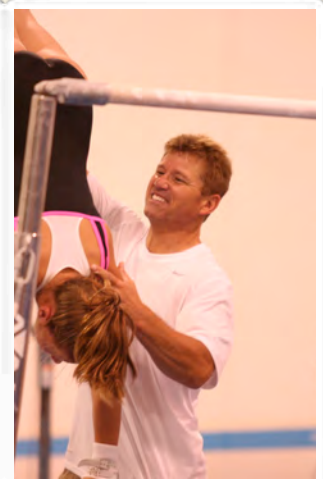
Attitudes Are Everything

HAVE SOMEONE CATCH YOURS TODAY





SUPER CAMP PROVIDES A GREAT LEARNING EXPERIENCE



SUPER CAMP

Super Camp is approaching quickly. This is a Region 5 Training Camp for aspiring Levels 8-9-10 and serves as a great training experience for those that attend.

We have been assigned to the "DeVeaus" location just north of Indianapolis. The dates are August 4-7. Those attending will depart at 1:00 on Thursday (No training that day). Hotel information details will be available soon but the initial estimates on hotel costs are about \$118. Athletes will need meal money also. Camp entry fee is paid for by booster club. Please RSVP if there is a conflict, otherwise it will be assumed that you will be attending.

Those scheduled to attend (please respond immediately if there is a conflict) are: Gleeson, L. Jones, Stong, Dayton, J Brown, Lorenzen, Daniels, Andrews, Hill, Holmes, Kinzler, Kolk, Gosselin, R Hogan, Bancroft, Stine, Robinson, Preston, McDowell. Others may be added IF room becomes available.

IMPORTANT EVENT

These training camps also serve as a fundraiser for the Region 5 Apparel Fund. These funds are used to supply apparel for our level 9-10 and elite national qualifiers as well as the revenue for that supports the Region 5 All Star Team international experience. Attendance at one of the regional camps is part of the criterion in order to be eligible for the apparel and all star team opportunities.

SCHEDULE POSTED

Parents and athletes can find more information online at REGION5CAMPS.COM. Simply find the SUPER CAMP icon.

NO PRACTICE MONDAY AFTER

Training camps are exhausting so if you would like to take the day off on Monday, by all means do so.

SUPER CAMP is a Region 5 training camp for Levels 8-9-10. It serves as a great training resource and a supplementary fundraising event to assist with some of the Regional projects.

WELCOME TO OUR NEWEST TEAM MEMBERS

Summer session has started and there are quite a number of new faces in the gym. On behalf of staff, management and booster club, I'd like to welcome our newest team members as they begin what will hopefully be a long and productive competitive team career here at Twistars.

NEW LEVEL 4-5

Spring testing identified some great potential graduating from our developmental programs. The numbers were smaller than we had hoped for BUT the quality was strong. Welcome to our new Level 4-5 Girls Team Members: Lindsay Brown, Chelsea Zerfas, Julia Gierman, Kameron Massa, Sophia Rios, Arianna Guerrero, Tiana Seville, Emily Huhn, Braedyn Miller, Jordan Pence, Destiny Aldrich and Abby Bradley. LET THE FUN BEGIN!

NEW SILVERSTARS

I love watching the energy and excitement on the faces of the youngest members of the Twistars team ... THE SILVERSTARS. Welcome to our littlest hot shots! Izabella Jahjah, Savanna Adams, Amina (Pedro) Vakili, Elizabeth Hamel, Nowai Upson and Lydia Hawkins.

NEW TO TWISTARS

We have also had some new team members transfer from other gyms or move to our area. Please welcome Reagan Ammon- Grand Rapids, Lauren Powers-Flint, Allison Countryman- Flint, Erica

Rodgers- Cold Water, Lyndsey Rees- Battle Creek and Ben Tuckey- Lansing.

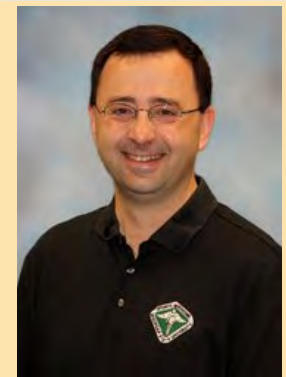
REGIONAL AWARD WINNERS

Long overdue is the understatement of the year (decade). Finally some recognition for a resume of accomplishments that have, for lack of a better term, been snubbed by the less than gymnastically educated.

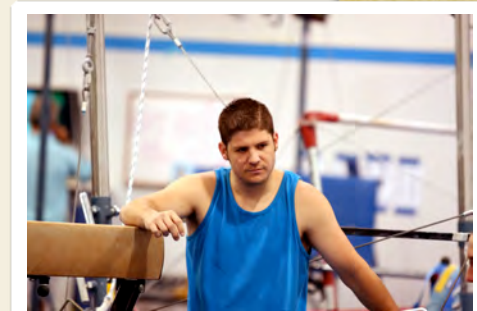
Daniel McCarty was recently named the HORIZON AWARD WINNER for Region 5 Gymnastics. This honor is given each year to the UP and COMING coach that gains notice through competition results. Daniel has certainly done that over the past several years with several L8-9 state regional and national champions to claim. Congrats Daniel!

Twistars team physician, Dr Larry Nassar also earned a Regional Award nod. His well deserved CONTRIBUTOR OF THE YEAR award was dealt for his undying support for the athletes in our state, region and nation as well as for his passionate work on his Dr. Gymnastics Autism Foundation. Well done Larry!

Oh yeah, Kathryn and I were also named COACHES OF THE YEAR based on the phenomenal results for the Twistars teams this past season (most notably a record 14 national qualifiers!). Congrats Kathryn!



CONTRIBUTOR OF THE YEAR



2011 HORIZON AWARD WINNER

The Twistars USA Staff added a couple more awards to their already impressive resumes **CONGRATS STAFF!**

HEY BOYS- TOM IS OUT OF TOWN SO MORE NEWS NEXT MONTH

REGION 5 ALL STAR TEAM ANNOUNCED

WILLIAMS, HAINES, AND LEMKE RECEIVE HONORS

One of the highlights of the competitive season is the naming of the annual Region 5 All Star Team. This honor is earned based on competitive results through the season, where the highest AA averages are compiled and ranked accordingly. The top 8 Junior Olympic (Level 10) and top 4 Elite athletes are named to this DREAM TEAM. The reward is an all expense paid international experience. This year the All Star Team will be traveling to Rio De Janeiro, Brazil. How cool is that!

Out of the top 8 regional spots, Twistars USA claimed 3! No other team has more than one athlete represented. USA National Team Members Lindsey Lemke and Rachel Haines as well as 2011 Nastia Cup

Champion Grace Williams all earned their spot on the team.

Cracking the top 8 spots in a region that is as talent rich as Region 5, is something to be commended. What a great accomplishment! Twistars USA is extremely proud of our representatives and the fact that 3 Twistars members have qualified is proof positive of the depth of talent in our gym. Great Job LADIES!

Other members named to the squad include Keely Kmeciak-Phenom, Hayley Scaman-IGI, Tenille Funches- Arena, Kate Kluz- Oakland and Amanda Wellick- Legacy Elite. Now that is a DREAM TEAM!

NEW WEB SITE

Let this serve as a reminder that Twistars USA has launched a new web site. This high tech version should provide members with an informational outlet to stay up to date, and review all policies, news, schedules and more!

BUT WE NEED YOUR HELP

Members and COACHES will want to log on to TWISTARSUSA.COM and Subscribe to receive all the latest news and updates released by booster club and or Twistars inc. You do this simply by entering your email in the box on the top right of the home page. For TEAM SPECIFIC news you will want to do the same thing on the TEAM HOME PAGE (click on the TEAM HOME tab on the top left menu on the HOME PAGE).

This is going to be a phenomenal informational resource SO don't be left in the dark. Subscribe today!

ATTENTION TEAM PARENTS/ATHLETES/ COACHES



RIO DE JANEIRO BRAZIL - ALL STAR TEAM DESTINATION