



TWISTARS USA



A BANNER WEEKEND FOR TWISTARS USA AS JORDYN AND GRACE COME AWAY AS CHAMPIONS

AMERICAN CUP STORY

It had all the makings of a great Hollywood production or Broadway play. The new, talented up and coming yet under-rated challenger, vs. the evil, wicked eyed, world champion diva of the sport. The handsome, dashing, debonaire and perfectly mannered coach vs. the dastardly, demonic, rude and crude trainer with the heavy foreign accent. The perfect story line.

The challenger (Jordyn) is constantly eyed with disdain by the visiting gymnastics princess. They don't ever speak over the course of the 3 day event yet they communicate the obvious as loud as thunder ... they both came to claim their crown.

The Diva either underestimates her opponent or overestimates her state of competitive readiness during the 2 days

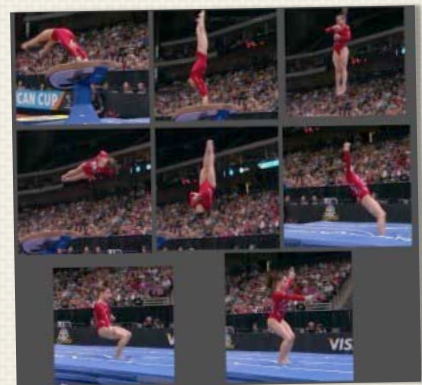
of preparation training. Jordyn labors like a focused champion. Aliya coasts through her workouts barely breaking a sweat (which may be her normal preparation mode).

A knowledgeable crowd filters into the arena as the television cameras are stationed for the ultimate angles and the NBC announcers set the stage for drama ... "can the young American, in her senior age group debut, dethrone the reigning World Champion"?

Act one has the challenger rebounding from a less than inspiring warm up to launch the most difficult vault in the world to a near perfect landing. The Champ struggles to perform the same vault yet received the complimentary nod from the judges. In what should have been more

than a .6 lead for Jordyn was mistakenly only a little more than .2. The crowd buzzes with disapproval.

Act two pits the experienced and established veteran routine against the newly upgraded version the American planned to perform. The handsome American coach instructs his athlete as his heart thumps like war drums. She performs her new and difficult combinations with ease yet relaxes



GRACE WILLIAMS

In what could be considered a weekend of all weekend for Twistars USA Gymnastics Club, Elite Jr. International Grace Williams got the ball rolling in style.

The 2011 Nastia Liukin Cup was the brain storm of it's name sake and 2008 Olympic All Around Champion, The idea was to provide a field of up-and-coming gymnastics stars with a high level competitive experience. Level 10s and Elites were eligible to qualify through a series of well established and pre-determined invitationals from around the country. In order to qualify you basically needed to place first or second at these designated meets. This experience was to be a prelude to America's premiere gymnastics event, THE AMERICAN CUP, and utilize the same venue and equipment.

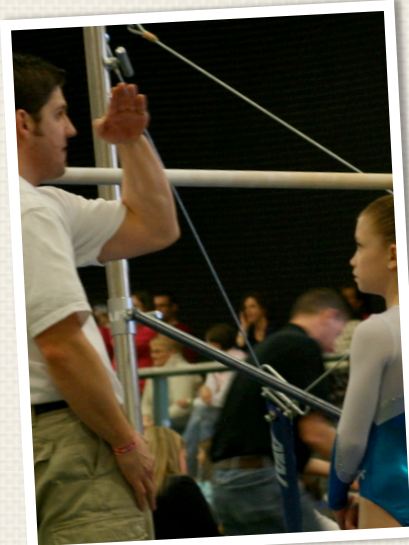
This year's event was held in Jacksonville, Florida and featured a deep and talented field of competition.

Grace Williams was coming off back to back All Around victories at two of the largest gymnastics invitationals in the country. She won at the Chicago Style meet at Navy Pier and then again at the WOGA Challenge in Dallas, Texas. This was an indication that Grace would be a force at the Nastia Cup.

And a FORCE SHE WAS! Even though she was unveiling some new skills and routines she was relentless. She rocked her routines scoring a 9.45 on vault, 9.65 on bars, 9.7 on beam and 9.725 on floor. She placed 1st on beam and floor and 2nd on bars en-route to her All Around Championships.

The Nastia Cup capped off an undefeated pre-season for this aspiring elite who hopes to earn a spot on the USA National Team later this year. Congrats GRACE!

NASTIA CUP CHAMPION



LEVEL 4

SINCE OUR LAST NEWSLETTER OUR LEVEL 4 TEAM HAS BEEN QUITE BUSY. THEY PLACED 2ND AT THE LOVE OR MONEY MEET IN INDIANAPOLIS AND THEN CLAIMED THE TOP TEAM SPOT AT THE CEREAL CITY CLASSIC IN KALAMAZOO. GREAT JOB LEVEL 4S.



LEVEL 5

SIMILARLY OUR LEVEL 5 TEAM HAS ALSO BEEN PRODUCTIVE DURING THE MONTH OF FEBRUARY. THEY CAPTURED FIRST PLACE AT BOTH THE LOVE OR MONEY AND CEREAL CITY CLASSIC. IT SEEMS THAT THINGS ARE FALLING INTO PLACE WITH IMPROVEMENT ON ALL EVENTS. KEEP IT UP LEVEL FIVES.



LEVEL 6

THIS IS A SQUAD THAT COMES READY TO PERFORM EVERY TIME OUT. THE TALENT IS DEEP AND THE ATTITUDES ARE EXCEPTIONAL. NOT TO BE OUTDONE THE LEVEL 6 TEAM ALSO WON THEIR TWO OUTINGS IN FEBRUARY (L.O.M. AND CEREAL CITY). WAY TO GO SIXES!

THE AMERICAN CUP STORY

her focus for a mili-second and with a slip from the bar came the loss of an opportunity. A fall is a severe deduction in excess of 1.0 which all but closes the door on the dream of becoming the 2011 American Cup Champion.

Aliya smells blood and unleashed a routine that is the envy of the session. Smooth, fearless, dynamic and flawless she displays the reason why she is the World Champion. Her score of 15.766 as compared to Jordyn's fall laden 13.9 meant the competition as billed was virtually over. Or so most thought.

With the proverbial "smoke leaking from her ears," Jordyn set a new path of redemption. The All Around Title may have been out of reach but there were still individual titles on beam and floor. This of course was illustrated during a point blank, inspirational and highly motivational pep speech as delivered by the in-genius American coach. "It's not over until the fat lady sings", he told his star pupil to which she responded "who is the fat lady, where is she sitting and why does she sing?" (humor)

Jordyn's beam routine was nothing but astounding. Skill after skill, combination upon combination she was simply perfect. After a dismount that resembled a lawn jart hitting the bullseye, the score of 15.223 was flashed. "Where on earth did they come up with .8 in execution mumbled the crowd?"

Perhaps feeling a little pressure and realizing that Jordyn had not forfeited the remaining fight, Aliya cautiously performed her beam set. Several combinations were broken or not even attempted, a significant wobble or two and a hideous dismount after the 1:30

bell had signaled; highlighted a routine that she wished she could forget. The score of 14.866 was once again quite generous but did help Jordyn land within striking distance with one event to go.

The crowd could sense that the game was back on. The electricity was amped enough to light all of Jacksonville which was a good thing just in case someone needed to charge up a defibrillator when the American coaches heart came to a screeching halt.

The evil Russian coach informs his athlete to take the easy road and perform a less difficult routine. "Ifuuiski skrwupskii, euwillbeove, centtoski, Siberia" he says (I think thats Russian for "the only way you loose 1st place and the \$16,000 prize money is with a fall). Being a true champion Aliya refuses to perform anything less than her fully loaded and difficult floor routine.

As drama would have it the Champ would perform one spot in front of Jordyn. With the alternation of men's and women's events, we would know the score needed if she were to pull off this amazing comeback. This of course was a moot point unless the Champion suffered near disaster. The American coach in his never ending wisdom asked for a totally focused effort to scrape every last tenth of a point from this upcoming routine. "Two things to know here he said" 1- this meet will come down to a tenth or two and 2- she is going down on this routine." Perhaps it was his magical powers or perhaps just fate that sent the Diva crashing to the floor on her 3rd tumbling pass, but whatever the reason, there was now a crack in the door that led to

opportunity. It was time to open that door and walk through.

An overly aggressive first tumbling pass took off like a rocket. The added amplitude causes Jordyn's double twisting double back to step out of bounds (a .1 deduction). The rest of the routine needed to be better.

Her second pass, a 1.5 twist connected to a triple twist was straighter than ever but still a bit over done. A large step was covered well.

Jordyns dance elements are sometimes of concern but in this case she could not have done them better. A balletic triple turn followed by ballistic leaps. She planted roots on the landing of her third pass ... not a budge!

Tension mounts as the crowd appreciates the performance. The power and precision late in the routine are text book quality. The last tumbling pass is all that stands between Jordyn and a chance to pull off the upset.

The final tumbling pass seems to unfold in slow motion and the corresponding crowd noise seems to distort as she blasts her take off. The upward trajectory soars. The descending flight resembles a nail from a nail gun as it meets soft wood. STUCK!

Pre math as added on the American coaches l-phone revealed that a 14.9 would be needed to overtake the lead. But a 14.9 score with a .1 deduction for out of bounds would not do the trick thus a 15.0 career high floor score is what it would take.

15.0- 15.0-15.0!!!

Roll the credits please.

BOYS TEAM REPORT

by Tom Buese

After an action packed January, February's pace slowed things down a little for the boys. The traveling members of the team had a great trip to Florida in the first week, and then the entire team was back in action for the Cereal City Classic.

Winter on the Beach in Panama City gave the boys a taste of what gymnastics in the south is like. The biggest thing we had to get used to was the difficult scoring. The judges from Florida were much more critical, and, although the scores were lower because of this, I felt this really separated out the better routines. Other than that, it was surprising to see the 7-10 session be the only one that had some strong competitors, including a Level 9 from my former team that could challenge for a National Team spot. Seeing him compete was an eye opener for the boys that will be moving to optionals next year. The 2 Level 5s we brought did well. Sam Parks placed 2nd on HB and 7th AA, while Noah Adams was 3rd on vault and 6th AA in his age group. The Level 6s had their first victory of the season, and even won some prize money. Doug Dean was 1st on Rings and HB on his way to yet another 1st AA for him this year. Rob Wilson was 4th AA and 3rd on PH and rings in the same age group. Josh Moore, Dylan Weiss, and Mike Bigelow were 2nd through 4th in the AA in their age group. Josh also had a victory on Rings and 2nd place finishes on Vault and HB, while Dylan was 3rd on FX, Rings, and PB, and Mike was 4th on Rings and HB. Jake Proper put up a 6th place finish on FX. Kevin and Jake

represented the 7s well again, taking all of the 1st place finishes in the level. Kevin was 1st on Rings and 3rd AA, while Jake won the rest of the events and continued his unbeaten streak this year. Ryan Dayton stayed off Rings to help heal his shoulder, but still came away from the meet with 1st on HB.

The boys' next meet was 2 weeks later in Kalamazoo. The level 5s were the group that came to play for this meet. Individually, Ryan Mefford, Luke Huisken, and Ethan Guthrie took the top 3 AA spots in the youngest age group, establishing Twistars as a very strong and young team in the state. Ryan also won PH, Luke H. had a big ring score for 1st place there, and Ethan took the gold on Floor and HB! Noah Adams was 3rd on Floor and PB on his way to getting the highest Level 5 score for the team this year with an 82.9. Luke Lathrop was right on his tail with 3rd on Rings and an 82.3 AA score. Sam Parks continued to excel on HB with 3rd place there, while Judah Pemble looked a little rusty in his return to competition. Overall the Level 5 boys finished 3rd as a team, and got their highest team score of the year by almost 2 points. Unfortunately, the Level 6s seemed to lack some focus this meet and only Dylan Weiss and Rob Wilson turned in solid meets. In the same session, Kevin Johnson also had it a little rough, but did show off a much improved Horse routine good enough for 2nd. Jake Moore seemed the only one who came to play in that session and he was very close to a new high in his AA with an 88.9, which continued his unbeaten streak. Ryan Dayton returned to AA

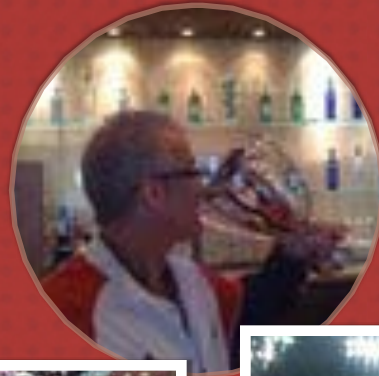
competition (even though Rings still had to be watered down as he waits for his shoulder to heal), and had solid FX and HB routines for 4th and 3rd on those events, respectively.

The boys have only the Jason Whitfield Invitational left before they enter their post-season. The previous meets this year have given them some valuable lessons and experience that they will use to have a great finish to the year.

The Starboys and Developmental classes have been looking good as well. The Boy's Program would like to welcome Cody Dexter to the Boy's Developmental class. I would also like to announce that we will be doing a Boys' Team & Developmental Tryout to be held at the end of April. Look for flyers around the gym and from your coaches for more information about this great opportunity to advance in the Boys' Program!



PHOTOS FROM THIS YEAR



THOUGHT

WHEN DID COMPETITIVE EATING BECOME A SPORT? WHAT? DID WATCHING THOSE WELL TRAINED ATHLETES SITTING AT THE POKER TABLE BECOME SO BORING THAT WE NOW HAVE TO WATCH FREAKS OF NATURE GAG DOWN A FEW HUNDRED OSCAR MYERS HOT DOGS ON WATER SOAKED BUNS!!!

THOUGHT

WOMEN SAVE YOURSELF SOME PAIN AND LEAVE YOUR EYEBROWS ALONE. HERE IS HOW MOST MEN THINK ABOUT EYEBROWS ... DO YOU HAVE TWO OF THEM? ... GOOD ENOUGH.

LEVEL 8 REGIONALS- 4/6 STATES

Just a little heads up for booster club families. Twistars USA is the host for the Level 8 Regional Championships. This event will serve as our 2nd major fundraiser for the year and will be held on the weekend of April. In anticipation of a successful event the booster club board decided to waive the March commitment fee payment. Therefore the event needs to be productive and financially successful.

As usual there just are not enough weekends in the season to avoid conflicts between levels. The level 8 Regional event (which requires family participation from all booster club members) conflicts with the Level 4 and 6 State Championships in Traverse City. I am sure no member would assume this frees them from their obligations to the Regional event but wanted to make sure that although inconvenient members will need to fulfill their time commitment for this important responsibility.

This may require some extra planning with those with athletes competing on Saturday being sure to work set up and then Sunday hours. Those competing on Sunday would do set up and Saturday early Saturday hours. Obviously I would not plan on making a family weekend vacation in Traverse City.

Another more viable option may be to consider hiring help to fulfill your hourly commitment. A third option would be to have one parent attend the state meet while the other handles the regional obligations.

We fully realize this is not a perfect situation but in keeping with the "fairness to all" philosophy we can not simply ask the booster club to pick up the slack for 25% of it's membership. We know this is tough but if everyone just buckles up for the ride using our normal team oriented attitudes and dispositions, everything will work out fine.

MENTAL TOUGHNESS

State meets are rapidly approaching and should prove to be some of the most competitive in years at all levels across the board. Michigan gymnastics is on the rise with many clubs producing quality results this year.

With all things being equal it will be mental toughness that prevails. The numbers have been logged, the bodies are physically prepared. The final touches to a championship season will come in the form of mental inspiration, focus and determination. The unwillingness to fail is a powerful tool.

Overcoming adversity- Gymnastics is a sport of set backs and frustrations. Crashing through these minor obstacles is what champions do. Take the Green Bay Packers, this years super bowl champs. They lost to the likes of the Detroit Lions but still made the playoffs where they had to win 3 road games as underdogs in order to advance. In the

ultimate game they suffered several key injuries on offense and defense. The team remained focused on things they could control and that was individual performance. One wide receiver dropped passes on 3 crucial plays early in the game yet went on to contribute 9 important catches including a TD. He simply blocked out the earlier mistakes and moved on. The ability to overcome adversity led them to the coveted title of SUPER BOWL CHAMPS.

Our team can do the same thing. We can put poor performances out of our mind as if they were impossible. We can have the mind set of being unstoppable, confident, aggressive, and determined. This mind set is what separates champions from those that in the end wind up offering hands of congratulations. Be a champion. Be mentally unstoppable!

MENTAL TOUGHNESS IS OFTEN THE DETERMINING FACTOR IN SPORTING EVENTS

THE KEY TO A GREAT CHAMPIONSHIP SEASON

You may know me
I'm your constant companion, I'm your greatest helper and
yet your heaviest burden.

I will push you to succeed or drag you down to failure.

I am at your command constantly.

I do your tasks perfectly if you train me right.

I am easily managed if you just give me direction.

I am the servant of all great men and women.

I have made all the winners who have ever lived but I too
have made the failures and losers.

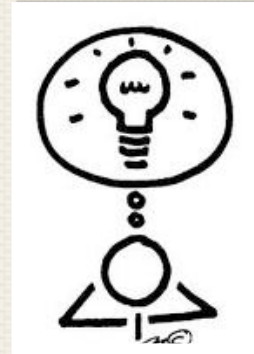
I am a precision machine.

Be easy on me and I will ruin you!

Be firm with me and I will put the world at your feet.

I am Habit

BE TOUGH



THINK IT



REHEARSE IT



BELIEVE IT



DO IT!