

MAY 7, 2007

# Twistars USA Gymnastics News

*Gedderts' Twistars USA Gymnastics Club*



## SPECIAL POINTS OF INTEREST:

- Boosters club board nominations
- Twistars newest elite
- Level 5s win states
- Team and Pre-team evaluation date
- Gym clean day– June 10th
- US Classic Tickets
- Competition within the gym
- Honesty in training– a gymnasts perspective

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Twistars USA Boosters is currently accepting nominations for 2007-08 board of directors positions. Those interested, or those who think they know someone who would be a good contributor to this governing body should respond by submitting their nominations to current president Lori Fata. The deadline for nominations has been extended until June 1 and general membership voting will take place at the June 7th general membership/board meeting.

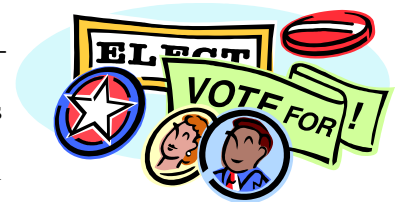
Positions on the board include President, Vice President, Secretary, Membership Chair, Travel Committee Chair, Fundraising Chair, Sponsorship Chair, Treasurer, and Special Events Chair.

Normally the nominations are for one of 9 seats on the board. Once the 9 members are determined, individual positions are assigned based on experience and desire as related to the various tasks.

Grumbling in the boosters club is inevitable no matter how productive the outgoing board has been. The great part about the democratic process is that those who have been grumbling the most can now STEP TO THE PLATE and experience first hand the responsibilities related to running a first class organization. It is not easy but certainly a rewarding experience when you consider the underlying goal of doing great things for great

kids!

Twistars Boosters is always looking for motivated, inspired individuals who can bring new and creative ideas to an already fine organization. As a business owner I want to see a boosters club that is efficient, spirited, organized, innovative and communication minded. If these are areas of personal strength then perhaps a term on the board is your destiny.



*Nominations being accepted*

## MOMS ARE VERY SPECIAL PEOPLE

Being a Mom is an endless task. It takes a special person to handle the minute to minute parenting chores that fall in the lap of most Moms. In honor of Mothers Day here are some quotes.

J Onassis– If you bungle raising your kids I don't think whatever else you do matters very much.

Dorothy Fisher– A Mother is not someone to lean on but

someone who makes leaning unnecessary.

Gregory Nunn: Anyone who does not miss the past never had a Mother.

Elaine Heffner: The self-esteem that can be found in other pursuits can be found 10 fold in mothering.

James Joyce: There are many things in this stinking world that are unsure. A Mothers love is NOT!

Barbara Kingsolver: It kills a mother to see her children grow BUT I guess it would kill her faster IF they didn't.

Jewish Proverb: God could not be everywhere therefore he created Mothers.

Chinese Proverb: There is only one outstanding, beautiful, intelligent child in the world and every Mother has it.

HAPPY MOTHERS DAY

## KAMERIN MOORE QUALIFIES TO THE ELITE LEVEL

The average age for a Junior Elite at last years Championships of the USA was nearly 14 years. Qualifying to the elite level at age 11 is simply phenomenal. Twistars USA's 11 year old Kamerin Moore recently took part in this years first Elite qualifier held at the Karoyli Ranch in Houston Texas where she qualified with flying colors. In a field of more than 40 elite hopefuls, Kamerin placed 1<sup>st</sup> on beam, 2<sup>nd</sup> on floor and vault in route to a 2<sup>nd</sup> place All Around finish.

Posting a score of 55.5 (the qualifying score is 53) proved not only was she ready for the challenge at 11, but it also signified her future potential at the sports highest level. National team co-

ordinator Martha Karoyli was delighted at Kamerin's performance and took the time to congratulate her after the competition.

Kamerin will join Twistar teammate and USA Elite National Team member Jordyn Wieber at the American Classic to be held in Houston at the end of May and the US Classic to be held in Battle Creek, Michigan at the end of July. Both will attempt to qualify to the premiere gymnastics event in the country, the Championships of the USA. Championships will be held in San Jose, California in August and serves as the countries ultimate gymnastics competition where athletes vie for spots on the USA National Team.

Accomplishments such as this are simply amazing. We are hopeful that Kamerin realizes the significance and that it doesn't happen by accident. Naturally you have to have talent BUT more importantly desire and dedication. Kam has worked very hard in order to achieve this goal. Congrats Kami!



Kami with USA National Team Coordinator Martha Karoyli

## LEVEL 5s WIN STATES!

### LEVEL 5S CROWNED TEAM STATE CHAMPIONS

Some things are just worth waiting for. Sometimes you have to dig down really deep in order to accomplish great physical feats. Our level 5 team should be very proud of their recent STATE TEAM TITLE. It wasn't easy but they were determined, focused and motivated to accomplish this goal. Congratulations ladies! Remarkable job!

The 2007 State Meet took place in Battle Creek and for the first time featured 3 separate levels of competition. For some reason our illustrious state board of directors thought that 3 divisions would be better than 2. They thought there were too many "disappointed" athletes in the 2 division system but fail to realize that no matter how many divisions you create you will always have disappointed



kids. I digress.

Back to the State Meet itself: It basically was a war in the National Division (the highest of the 3 divisions) between Splitz and Twistars. Splitz gave us all we could handle but fell just a bit short. 115.25-114.9. It was a nail biter all the way. In the American Division (2nd highest) Twistars placed a very respectable 3rd which is a perfect example of the flawed thinking behind the 3 tiered system. 3 tiers basically waters down the depth of any squad and makes it a roll of the dice as to which teams will actually field the strongest team. Are you really the state champions (at the lower tiers) just because your team was lucky enough to land enough top scores in that particular divisions. No disrespect to the teams that won the lower divisions. That is not my point as ALL teams are in the same position. I just feel there is really only ONE best team at any level. I digress again.

Twistars had more than its fair share of individual state champions and personal best performances. State Champions include: Natalia Milashus (38.15)- AA-V-UB-FL, Hannah Miller (38.425)-AA-UB-

B-FL, Reed Anderson (38.1)- AA, Haley Smith (37.95)-AA-FL, Victoria Olson (37.75)-AA-UB, and Makayla Thrush (37.425)-AA-V.

Persona Best performances were just about turned in by every athlete (barring the MetroPlex nutty scores meet) including the aforementioned and Rebekah Grant-36.65, Alex Hatzopolous-34.925, Anna Dayton 36.125, Megan Kline 37.475, Olivia Gosselin 37.025, Shannon Wood 37.075, Arianna Costillo 36.5, Kelli Hoffman 37.40, Hailey French 36.975, Janet Kolk 37.075, Sami Daniels 36.575, Madelyn Nagel 37.4, Elissa Silverthorn 37.875, Cassie Dunsmore 37.575, Sarah Peltier 37.075, Victoria Olson 37.75, Kierstynn Lyon 36.25, Rachel Hogan 36.5, Brooke Hosfield 35.875, Mamie Rodriguez 35.2.

Even those that didn't have personal best STILL turned in great AA scores to be proud of: Madison Hoover 34.925, Lena Shuptar 35.35, Lauren Sanford 36.275, Chandler Kirnovic 36.8.

WOW Now that is a team!

## PRE-TEAM AND TEAM EVALUATIONS

Let this serve as a reminder that our annual search for talent will take place on Saturday June 2nd from 2-5:00 at the Summit.

The annual team and pre-team evaluation is conducted with the athletes participating in physical abilities and core gymnastics skill tests. Current Pre-team members will be evaluated for advancement to team, Silverstars, or Level 3-4 Pre-team. Current recreational students will be evaluated for spots on our existing pre-teams.

We encourage all current pre-team members to participate even if they are planning to remain on pre-team. This evaluation serves as a progress report and provides us with information as to how to group the new pre-teams.

In order to provide as much information regarding the various levels we will be having a couple of PARENT ORIENTATION MEETINGS on May 23 and 24 at the SUMMIT (Choose one or the other). These meeting will start at 7:00 upstairs in one of the designated meeting rooms. These meetings will explain the programs in detail so that you can make an informed decision about joining team or pre-team.

The evaluation itself does carry a \$25 registration fee. This is to help assure that we are only testing athletes with a sincere desire to accept a team or pre-team spot. Our evaluation should not be used merely as a progress report. \$10 of the \$25 fee will be credited to your December tuition as an incentive to continue. The other \$15 goes towards covering staff and facility

costs.

Parents should receive their information packets this week. Please read over the material so has to form any questions that can be answered at the Orientation Meetings.



EVALUATION DAY: June 2

## GYM CLEANING DAY

Each year the boosters club conducts a "Gym Clean Day" where many things are accomplished. Most items on the "to do list" are boosters club related tasks but some are tasks meant to help Twistars Inc maintain a 'presentable" facility.

Please mark June 10th from 1-6:00 on your calendars. We can use as much help as possible.

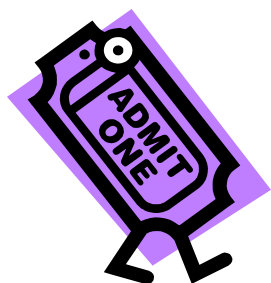


Jobs like, hanging state championship banners, cleaning team locker rooms, transferring boosters club items to storage, dusting and cleaning are some of the tasks to be

accomplished.

We all know how tough it is to give up our valuable weekend time in the summer but this is a worth while assignment for the club. We look forward to a fantastic turn out at this years GYM CLEAN DAY.

## US CLASSIC IS COMING TO TWISTARS



A limited supply of \$25 -3 day passes are available

## US CLASSIC (ELITE NATIONALS) TICKETS

Some of you may have missed the opportunity to grab some discounted tickets for the July 27-29 US Classic (Elite Nationals) competition. This meet will be held in Battle Creek and is a rare chance for our club to witness elite gymnastics up close and personal. If you missed the May 7th deadline for discounted tickets DO NOT FEAR. I

purchased a few extra 3 day passes for \$25. If you are interested see me. Normal gate prices will be \$20 for the training day (Friday), \$30 for competition day (Saturday) and \$20 for the Hopes Division (Sunday) which is for up and coming elites.

Twistars will be well represented as Jordyn Wieber and Kamerin Moore both will be

competing in this meet. We are hoping for a large Twistars USA contingent at this meet so that our girls can experience some "home court" advantage as they try to qualify to the CHAMPIONSHIPS of the USA. More details to come later.



## HONESTY IN TRAINING

By Taylor Medrea

Every once and a while a gymnast encounters that undisciplined feeling where they feel they don't need to do extra, or that not doing one little routine won't kill them, or who will know if I don't finish requirements just this one time. Well the truth is doing the extra skills and routines and making the requirements will only make you stronger in the long run. It is working through the tough times that creates that inner self confidence in competition and develops a never say die attitude. It is easy to work when all is going well. Champions work when times are tough.

Honesty and integrity are the two most important things an athlete can have. Being honest shows that you have good character and respect for others and yourself. The requirements that the coach assigns should never be viewed as punishment but simply a way of trying to help you improve. If you don't finish them how do you expect to get better?

The only way to be honest is to have the integrity to get your stuff done. You have to want to get better and want to get your stuff done but you can't just say your going to do it. You have to follow through with the assignment and requirements on a daily basis. Taking the easy way out (skipping on your assignment) hurts you, your team and more importantly the entire training process. If you skimp, why cant someone else? What if everybody skimped a little every day? The result is obvious... Twistars would not be as good as they are! You would not be as good as you could be!

When you go to practice from now on you should want to do your best and do it only for you. Be honest with yourself and everyone around you, and everything will become a lot easier and more fun! Train hard, train honest and success will be yours.

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

## COMPETITION AMONGST TEAMMATES

I have always been a firm believer that competition is a driving force in life. Although certainly debatable, competitive spirit is what separates the mediocre from the superb. Whether it be inner competition with your own standards or an active competition with others, I feel competition teaches us many great things.

We do however have to keep a positive perspective when it comes to who we are competing against and why. Is it healthy to have an in gym rivalry? I think it can be. I think comparing performances or skill level to others and using that as a benchmark for a new goal, has positive potential. I think when 2 athletes push

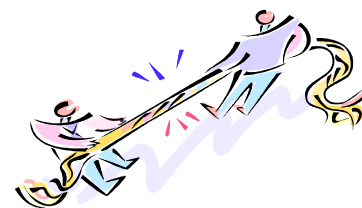
each other to work harder, focus better, learn more, that competition is great.

The key here is to maintain and create a positive and productive competitive spirit with teammates. They are after all, **YOUR TEAMMATES**. If you had to be defeated by anyone ... anywhere ... wouldn't you rather it be someone from your team? Wouldn't you want that person that **YOU** helped push to become better win rather than some stranger from another gym?

True Twistars are team players. Yes they want to win, yes they want to be competitive, and yes they are good sports

no matter who finishes on top, **BUT** when a teammate is crowned champion we all feel a sense of accomplishment.

Push each other, compete against each other but above all else support each other. That is the true Twistar spirit.



***Competition Can Make Us Stronger***