

TWISTARS USA

MAY 2010

GYMNASTICS NEWS

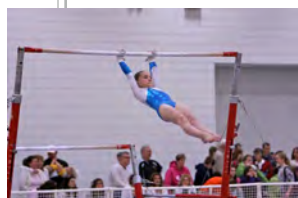


*State, Regional,
National and
International
Champions- All in
the same month.*

CHAMPIONS GALORE!

GRACE WILLIAMS- LEVEL 10 NATIONAL CHAMPION

The 2009 season didn't quite end like Grace would have liked. A freak stubbing of the toe left her unable to compete in the championship season. This of course is very frustrating for someone ready to shine! Even more frustrating because it was a stubbed toe!



2010 would end on a better note. Grace's hard work and talent propelled her to a well deserved Level 10 National

All Around Title in the Jr A (youngest) division. Her score of 38.175 topped a loaded field of talent and included a 9.5

gold medal performance on Bars, and 9.725/9.575 second place finishes on vault and floor. Grace was simply on fire!

Erin Freier wins national bar title

With precision that caught the eye of the judges, Sophomore Erin Freier posted a 9.6 on the uneven bars and capture the GOLD MEDAL and national title. She also placed 8th on Beam.

Holmes and Wobma Contribute to National Team Title

Region 5s sting of 21 straight years of national championship team titles was kept alive thanks to consistent performances from Twistars sophomore Brittany Holmes (37.1 AA and 7th place beam) and junior Amber Wobma (37 AA

and 8th beam/10th vault). Region 5 has won at least one age division at each of the past 21 national championship events (the longest winning streak in the USA).

17 National Titles at
Levels 9 and 10 provides
proof positive that
TWISTARS ROCKS!

Amor, Haines, and Higgins claim Eastern National Titles

Recent years have shown that the Level 9 Eastern National Championships is the Twistars stomping grounds.

JOKE:

I wise man once said ... "I never knew true happiness until marriage....

... and then it was too late! (or was it a wise woman that said that???)

For the second consecutive year Twistars USA crowned 3 National AA Champions at this event. On top of that we added 7 individual event and 3 Team titles

In the Jr 8 Division Bri Higgins won the AA and placed 2nd on vault, 4th on bars and 9th on beam. As a first year level 9, Bri showed the depth of her talent and that her future in gymnastics is clearly bright.

In the Senior 1 age group Rachel Haines successfully defended her 2009 national AA title by posting the highest AA score of the weekend ... a remarkable 38.15. Rachel destroyed the competition, winning 3 events (V-UB-FI) and placed second on beam. This was a fantastic farewell to Level 9 as Rachel will certainly be a powerful and productive Level 10 next year.

In the Senior 3 age group, 15 year old Arlyn Amor showed her talent by winning the AA title by .6. She also added 2 event titles by posting 9.6 on vault and 9.425 on floor. She also place 2nd on bars and 4th on beam. Like her aforementioned teammates, Arlyn too has a bright level 10 future.

Franck and LaBrie win national Bar Titles.

Annie LaBrie may very well have established a record that will stand for years to come. If it is not a record it still illustrates the pure and simple fact ... this kid can rock a bar routine! Annie successfully defending her 2008 and 2009 National Titles on this event with a score of 9.6. She also placed 5th AA and 5th on Beam. The goal now ... to repeat that at Level 10 in 2011.

One of the most improved athletes on the Twistars team over the past 2 seasons is Alena Franck and the event that has improved the most ... UNEVEN BARS. Lena won the Jr 8 Eastern National Title on this event with a score of 9.55. She also placed 9th AA.

Don't forget about me!

Winning a national title is something special. It may be the pinnacle of an athletes career and thus deserves all the accolades. BUT let us not forget about our other medallists and national qualifiers who in their own right have achieved great things this year.

Bad timing or bad luck? In either case Level 10 Lyndsey Lemke and Level 9 Alexis Moore were both unable to show their full potential at nationals due to injury issues. Lil Lemke battled but had to withdraw from Vault and Floor competition. Refusing to submit to the back spasm pain she attacked the final 2 events with a determination to be envied. She posted 9.5 (4th place) and 9.45 (5th place) on Bars and Beam and walked away from nationals with her head held high. There is something to be said for tough kids! Alexis however experienced a bigger misfortune when a re-occurring elbow problem kept her from competing at all and road blocked her goal of defending her 2009 national titles on Bars and Floor. Sorry Alexis, you earned better.

Qualifying to Level 10 Nationals is an accomplishment in itself. Considering that Region 5 is one of the toughest regions in the USA, advancing to nationals is always to be respected.

Anna Hill has been one of our best surprises all year. Surprising only because of the fact that this is her first year at level 10 and she ended the season as our 2nd highest AA average. Expectations were high going into nationals but a uncharacteristic fall on the balance beam put an end to national team aspirations. Anna placed .525 from national team counting the .7 fall. Anna did place 6th on bars with a 9.45.

Maci Sump may not have placed on an event at level 10 nationals, but her first nationals experience still has to be considered a success. Maci turned in strong performances on Bars, Beam and Floor and ended the year with her highest AA score 36.95 of the season.

Sometimes nationals is a learning experience for the up and coming. This was the case for Bailey Lorencen- Level

10 and Kacey Overlund- Level 9. Bailey did some good gymnastics but being the Twistars rookie, she is well aware that better nationals are yet to come. Kacey will admit to having an off day but knows very well that qualifying to nationals is something to be proud of.

Sometimes kids just run out of gas. Dealing with a season long injury, Jodi Andrews pasted routines together with guts and determination during the final weeks of the season. She refused to use a lack of training time as an excuse not to qualify to her second straight national event. Operating on pure memory she put together a fantastic regional meet and earned her nationals spot. Then reality hit as the reason why we train for long periods of time in preparation for the national spotlight became very apparent. Jodi was a trooper but just didn't have the numbers needed to finish the season like she would have hoped. BUT again ... she was a national qualifier and should feel great pride in that accomplishment knowing what it took to get there.

Rachel Cutler was within clawing distance of a National AA Title in the Jr 3 age division at Level 9 Nationals. She posted a 37.15 which was good enough for 4th while placing 2nd on bars (9.5), 4th on Vault and 8th on beam. She has to be proud of her accomplishments and we all expect this meet to be a launching pad for bigger and better things to come.

One of the greatest thrills of coaching is witnessing an athlete succeed after numerous set backs and frustrations. Athletes with the willingness to persevere are priceless and thus is Kim Wilson. She not only battled through tough times but she represented her efforts with a strong showing at her first national meet. Kim placed 4th on bars, 7th on vault and 9th on floor.

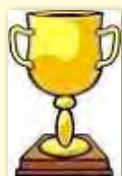
Twistars USA was ranked as the number one club in the USA for 2009. Results from 2010 certainly exceed those of 2009. State team titles at 6-7-8-9-10, 18 National Qualifiers at level 9-10, 17 National Titles, and countless regional titles certainly provides a strong case for a repeat honor.

GREAT JOB LADIES!

More News

HUTCHINS WIN N.I.T TITLE

Isabelle "Izzy" Hutchins participated in the National Invitational Tournament in Dallas and walked away with the title of N.I.T FLOOR CHAMPION. Similar to the N.I.T. college basketball tournament the concept of this competition is to provide an opportunity for national exposure for those athletes that barely miss qualifying to the National Championships. It is held in the same facility on the same weekend as nationals.



11 year old Izzy got off to a rocky start but then ended very strong posting the highest score of the entire competition, a 9.65 on Floor. She followed that with a 9.4 (3rd) on vault and finished 5th AA. Great Job Izzy!

CONFERENCES COMING SOON

It is that time of year again. Parents may now sign up for individual year end conferences to discuss progress, and future goals. Look on the booster club bulletin board for your groups sign up sheet soon. Groups A-B- John, Group C- Kathryn, Group D-E-F- Daniel, Group H-N Tamara, Group I-J-K - Carrie, Groups L-M- Kristin, All Boys Groups - Tom.

BIG SISTER MEETING

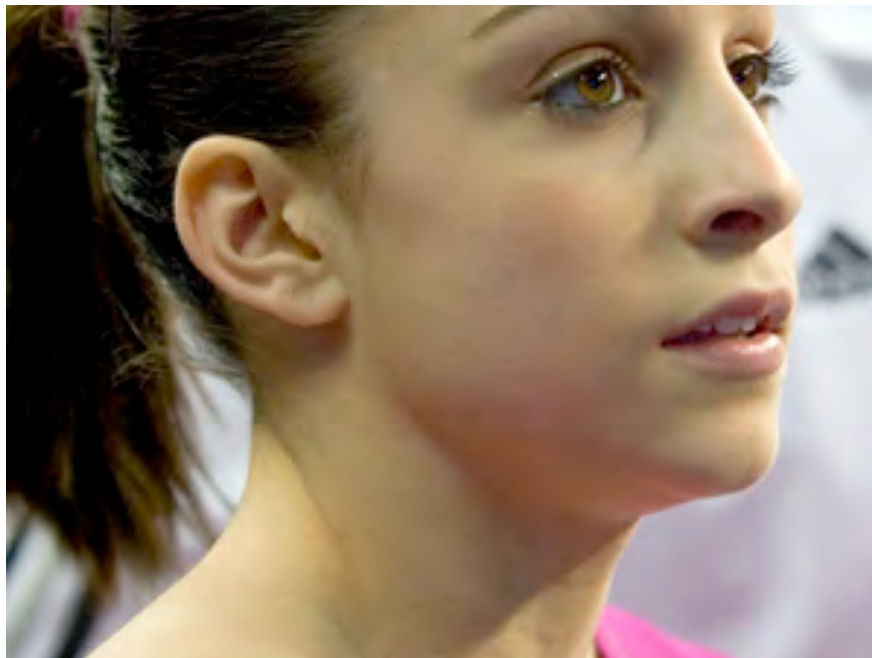
A very important year end wrap up meeting with the big sisters is scheduled for Saturday May 22 at 1:00. The topic will center around evaluating goal accomplishments and where to go from here (re-setting future goals). Information on an important team project will also be distributed. Don't miss this important meeting.

DANIEL RECEIVES STATE HONOR

Long overdue recognition for coaching excellence has been awarded by the Michigan USAG Board in the form of Optional coach of the year. Daniel McCarty is the recipient.

Needless to say, based purely on results, this is a well earned award. Congrats Daniel

CHAMPION DOWN UNDER



The PRIDE OF TWISTARS USA and USA GYMNASTICS - PACIFIC RIM CHAMPION JORDYN MARIE WIEBER

Jordyn Wieber wins Pacific Rim Championship

While her teammates were tearing up the 6-7 state meets and level 9 nationals, Jordyn was representing the USA, Michigan, Region 5 and Twistars USA at the Pacific Rim Championships in Melbourne Australia. This competition features some of the strongest gymnastics nations in the world with the only limiting criterion being that the participating countries must border on the Pacific Ocean. Tough competition was expected from teams like China, Russia and host Australia.

A Fantastic comeback.

Gymnastics fans everywhere anticipated Jordyn's return to international competition. She had been patiently and protectively sidelined while healing a hamstring injury for 14 months. Some wondered if the extended layoff would impact her skill level and more importantly her ability to compete under

pressure. The answers to those questions could not have rung more clearly ... Jordyn was back!

She posted the highest AA score of the competition, junior or senior (59.55) leading TEAM USA to a 15 point pounding of the defending Olympic Gold Medal Team from China. Host team Australia place 3rd.

Her Gold Medal AA performance (one of the highest scores in the world this far this year) also qualified her to all 4 individual event finals. In finals she won 2 more gold medals Bars- (14.825) and Floor (14.65) and a silver medal on Vault (14.95).

Needless to say her return pleased everyone but her competition. Her coaches, the national team coordinator, Marta Karoyli, and the national office are all thrilled. She is back on the road to London, and although nobody will ever eliminate the bumps and pot holes along the way, we all know now that Jordyn is back on track and headed in the right direction.

MORE RESULTS

LEVEL 5 TEAM PLACES 2nd

Just .5 separated our Level 5 team from completing a sweep of the State Championships for the State of Michigan. Just .5 of a point! So close BUT placing 2nd to a very strong SPLITZ team is still a commendable accomplishment.

Jordyn Valley, Jori Jackard and Brooke Hylek captured the AA titles in the 3 youngest age groups and several members won individual event titles including Delaney Harkness - B, Fl, Ashley Bremmer - UB, Micheala Johnson V, Beam, Hylek-UB and Aissa Al-Ashari- UB. Reporting the countless medals would take more space than allotted here. Check the web site for complete results. Congrats Level 5s!



LEVEL 4 TEAM PLACES 2nd

Less than .2 separated our Level 4s from capturing the state team title. 113.9 (Stars and Stripes)- Twistars 113.725. The 4s performed very well and should be proud of their accomplishments.

Natalie Woodland stole the show posting a 37.95 and winning AA and all 4 events. Allison Haller won AA-V, as did Brooke Wood, Allie Piper won UB, Jessica Thomashow placed 2nd-V (4th AA), Alexis Nickoloff 2nd Fl- (7th AA) and Taia Vinson was 2nd AA-UB.



Other contributing team members included Brecken Quoss, Hannah and Hailey Pike, Kielee Decker, Emma Garbeschweski, Josie Pemble, Caitee Webster and Devin Carapelluci all of whom are new to competitive gymnastics and have shown great improvement over the course of this competitive season.

GREAT JOB LADIES!

LEVEL 6 AND 7 STATE CHAMPIONS



Following the lead of our Optional Team State Champions at Level 8-9-10, the Level 6 and 7 teams were not to be denied

Twistars Level 6-7s follow suit- win States.

Well if the Level 8-9 and 10 teams could do why not follow suit? The Twistars USA Level 6 and 7 teams did just that by claiming their respective State Championship Team titles. The Level 6 State meet was held in Holland hosted by Champion USA, and the Level 7 State meet was hosted by the Midland Gymnastics Training Center.

Level 6 Determination

Of all of our levels this year, it was the level 6s that left the biggest question mark. Early season effort levels were not up to normal standards and results certainly showed room for improvement. Then something clicked! The effort improved, the focus and determination became apparent and not a moment to soon. It is always inspiring to see a team recognize what needs to be done in order to better their chances of success. The Level 6 athletes and coaches had a plan and a goal and they pursued it with the determination of a champions. The Level 6 team edged out the always tough SPLITZ team 112.975-112.55 for well earned team title.

Individual awards were plenty with 3 state AA champs (Abby Mealy, Hannah Kinzler and Jade Brown) and 9 individual

event champions- Mealy-UB-B-FL, Brown-UB, Kaleigh Carlone (2nd AA)- Beam, Kinsler-UB, Sarah Stine- Vault, Wren Anderson(3rd AA) and Kelsea Anderson (3rd AA) on Beam.

Top event placements for other team members were 2nd UB- 3rd AA for Mamie Rodriguez, 4th UB- 8th AA for Amanda Peterson, 4th UB- 7th AA for Alexis VanDussen, and 17th V-B for Kaleigh Grimes.

Level 7 Domination

The level 7 team had faired well all season so the expectations were high. They did not disappoint! With 4 AA champions (Anna Dayton-38.05, Emily Jewell 38-125, Lucy Jones 37.8 and Hayley Smith) and 7 individual event champions (Dayton V-UB-Fl, Jones-Fl, Jewell B-Fl, and Olivia Gosselin Beam-9.375. Twistars were on fire. The competition at level 7 is always tough and Emily Stong was up for the challenge placing 2nd on UB-B and AA as was Mariah Gleeson who placed 3rd on Beam and 7th on Floor.

They outdistanced the second place team by almost one full point. Twistars 114.45- All American Flames from Port Huron- 113.525.

BOYS TEAM REPORT

**Aptent morbi nibh mauris a,
tortor eu vel.**

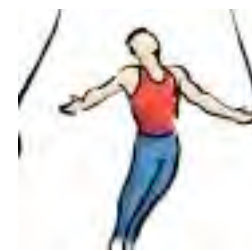
Congratulations to Ryan Dayton for qualifying to JO Nationals and having an outstanding L9 season! Ryan had many great accomplishments this year including 4 individual event and AA State Titles, earning a spot in both the State Elite Camp and Region 5 Camp, and he became the first member of the men's team to make nationals in many years!

JO Nationals was held in Knoxville, this year, and was a great experience for both Ryan and I. Unfortunately, Ryan had some shoulder issues pop up the day before competition, and he ended up having a few falls during the meet. He was still able to pull out his best looking high bar routine of the season and hopefully gained some insight to what he will need to do next year to improve his performance as he makes the move to level 10.

Not to be forgotten, many of Ryan's teammates joined him at the Regional Championships in Indianapolis. This was the first Regionals for most boys but they put together some solid routines. Ryan went 5 for 6 and earned 6th place on High Bar and qualified for a spot at Region 5 Camp, while

Jake Moore also had a great meet, going 5 for 6 and placing 9th on Pommels and 6th on Vault! Jake had an awesome first season in Level 7.

The Level 6s were looking good too! Luc Velasquez led the 11 year olds with an 83.35 AA score and 10th place finishes on Pommels and High Bar. Connor was right behind him and finished 10th on Vault. Doug Dean worked very hard to make it to Regionals and he had a good showing there as well. The other Level 6 session paired Josh Moore with Kevin Johnson and Rob Wilson. It was nice to have Josh there as the only Level 6 member in the younger age group, and I'm very pleased that he is making the push to stay on track for success at the upper levels of the sport. Rob surprised even himself with a 7th place finish on Pommel Horse, continued his success on Vault by earning 5th place, and was 8th in the All Around. Kevin Johnson had a slight memory lapse on his first event, Rings, but was solid the rest of the way through and he had the best results of the entire Twistars Men's Team. Even with his mistake, Kevin placed 2nd on Rings, then went on to 4th on High Bar, and topped all of that with 1st



place finishes on Floor, Horse, P-bars, and the All Around! Kevin and Rob also earned the 3rd place team trophy in the older age group! Everything considered, it was a great first Regionals for all of these boys.

The team is now looking forward to a productive summer as they are looking to compete at the next level this coming season. A few of them will also be participating in the Future Stars Program this year. Future Stars is similar to the women's TOPS program and can lead to National competition, Regional camp, and national team and camp! It is a great opportunity for younger athletes and has produced current National Team members Tim Gentry, Chris Brooks, and Jonathan Horton. The whole team will be attending the State Clinic in mid-June before the Twistars Camp. Jake and Ryan have also qualified to select camps, with both of them going to the State Elite Camp and Ryan going to Region 5 Camp.



The Twistars Boys program is productive and growing thanks to the efforts of head coach Tom Buese

BOYS SUMMER GROUPS

GROUP B-1- M-T-W-Th-F 8-12:00 Wilson, Feckovic, Josh Moore, Jake Moore, Velasquez, Johnson, Ryan Dayton-

GROUP B-2- M-T-W-Th- 12:30-4:30 Proper, Dean, Bigelow, Urbaniak, A. Hill, R. Hill, Yost, Weiss, Parks

GROUP B-3 M-W 3-6:00 (Option Day Th- 12th30-4:30) Adams, Guthrie, Guild, Huiskens, Pemble, Mefford, Lathrop

GROUP B-4 T-Th 4:30-6:00 Pearson, Schlagel, Ross-Walker, Anson Weiss, Isaac Johnson, Hursey- This groups is considered our Boys Pre-Team. They are not required to be booster club members but may do so if they wish. Non booster club members will reimburse booster club for all expenses related to any competitions that are entered. This includes the registration fee and a split portion of the associated coaching fees (which are split equally amongst those participating). Participating booster club families would of course have all expenses covered by the booster club budget.

Team/Pre-Team Evaluation

This year's team and pre-team evaluation will take place on Saturday June 5 from 2:00- 5:00. This is our annual talent search for students that not only have shown exception skill and potential but also have the desire to take gymnastics to a more advanced level.

Contrary to some beliefs, team and pre-team at Twistars does not require absolute and undying commitment. We have avenues for all individual goals and aspirations ranging from beginner low level intensity to national and international intense training.

There will be 2 separate orientation meetings prior to evaluation day so as to explain the program details and to answer any and all questions that parents may have. We want parents to have all vital information so that an informed decision can be made as to whether to pursue gymnastics at the competitive team level or not. Parents of invited students should make attending one of the meeting times a priority. The meetings will take place upstairs at the Summit on May 26 and 27 at 7:00.

To help form your questions it will be helpful to review out team handbook on line at TwistarsUSA.com, under booster club tab, click on forms, then girls team handbook.

JOHN WOODEN

NEW BOARD

Undoubtedly one of the most successful coaches of all time is UCLA's John Wooden. His 10 NCAA championships including 7 in a row, 88 straight wins, 38 tournament playoff wins, 4 perfect seasons are all at the top of the record books.

What was his formula for success? Simple-Championships = C(Conditioning)+ B(Basics) + U(Unity).

During his remarkable coaching career Mr. Wooden never emphasized winning. He focused on basics, the present and supporting your team. Winning would take care of itself if you concentrating on doing your best not beating the other team. Doing your best always leaves you with satisfaction and piece of mind which in turn leads to furthering self motivation.

SOME WOODEN QUOTES:

"Long term success requires short term focus"

"Don't mistake activity for achievement"

"Condition yourself to love the struggle"

"Things turn out best for those that make the best of the way things turn out"

"A good leader never stops learning, A great leader never stops teaching"

"Success must be based on how close you come to reaching your own particular level of competency"

He was a remarkable man!

The results of the election for the 2010-2011 Twistars Booster Club Board are now in. You will see that most positions are repeats from last year which should make for a smooth transition and create momentum for the implementation and expansion of new and creative ideas. I have to say as a gym owner we have been blessed with some very dedicated boards in the past but few have been as committed to the total picture as our most recent group. Thanks to the new board for volunteering for these very important positions. Thanks to outgoing board members for their service this past year (Wendy Anderson-Membership and Kathy Seidowski-Secretary).

2010-2011 Board

Michelle Hill- President
Wade Cutler- Vice Pres./Inv CoChair
Ken Lorencen- Secretary/Inv Co Chair
Kristin Moore- Treasurer
Candice Rodriguez- Fundraising
Michelle Klein- Membership
Margi Dayton- Publicity
Lisa Bremmer- Special Events
Christine Stine- Travel

Next Meeting- Monday June 14th 6:00



*DIRECTIVES ARE BASED ON
EXPERIENCE WITH THE GOAL OF
MAINTAINING COHESIVE DISCIPLINE.
EVERY ATTEMPT TO RESPECT
DECISIONS SHOULD BE MADE*

Don't Do That

Respect for the program and coaching directives

Every ship needs a captain. Sometimes the deck hands may not like the Captains orders but for the sake of unity and discipline they follow orders to the letter. If there is a problem they discuss it but other than that they respect the rules of the ship.

The captains on this ship are our coaches. They try to be lenient and flexible where they can when it comes to rules, policies, decisions and directives. Every attempt should be made to respect the decisions. Don't lie to circumvent,

Don't disregard a directive you don't like. It will eventually lead to problems and besides respecting rules, respecting authority is a great life lesson for kids.

Airing your concerns

Parent/Athlete concerns will always be addressed based on their merit. Present your concerns in a professional and productive manner using the proper method and channels (usually a private meeting is best). Demeaning, or ridiculing others, or stating that you are the spokes person for others, in an attempt to make your point is not a good approach.