



TWISTARS USA



RECORD SETTING FINALE

With the dust particles of a fantastic season settling, I still try to wrap my mind around the incredible accomplishments of 2011. I have become increasingly aware that our club has grown accustomed to the notable accolades that seem to stack themselves each year like layers of bricks on the proverbial wall of fame. Each year making its contribution to the legacy of greatness as our wall towers above all others.

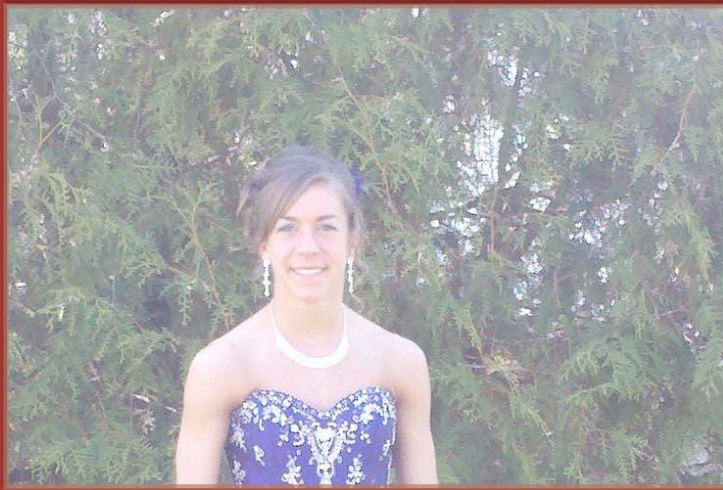
The Class of 2011 produced significant contributions to the wall.

Lets start with setting the national record of 14 Junior

Olympic National Qualifiers. Are you kidding me 14 National Qualifiers! Putting this into perspective is not an easy task, after all we more than likely hold the national record for most national qualifiers over the past 25 years. Why is this so special? Look at it like this: Most clubs will endure the length of their existence and NEVER achieve a grand total of 14 national qualifiers. In fact there are only one, possible 2 clubs in Michigan that have accumulated that total number thus far in their coaching careers. It is simply incredible to amass 14 in a single season.

Congratulations to this record setting group of remarkable young ladies. I love the work ethic, I love the gym chemistry, I love the energy and level of commitment. I have to say, that in a career that has seen some fairly impressive accomplishments, this has to rank as one of the most outstanding ever. Thanks for making Twistars USA, and your coaches look so good in the eyes of the national gymnastics community.

Members of this record setting Level 10 team are: Jr. A- Izzy Hutchins and Rachel Cutler, Jr B- Bailey Gardener, Lindsey Lemke, and Bayle



SCHOLARSHIP CHECK LIST

1. TRAIN HARD
2. GOOD GRADES
3. CHOOSE 10 SCHOOLS
4. LETTER OF INTRODUCTION
5. CAMPUS VISITS
6. YOU TUBE POSTS
7. TWISTARS WEB SITE COMPLETED
8. NARROW SELECTION

EASTMAN ACCEPTS OFFER

The recruiting process is grueling for athletes, parents and coaches of potential scholarship athletes. Making decisions as to what school best fits the academic interests, the gymnastics goals of the athlete and the geographical constraints are enough to earn everyone involved a front row seat at the loony farm. Then it comes to an end. The relief and related excitement make the trials and tribulations well worth while. (after all trials and tribulations are simply the vehicle we use to get us to where we want to go). For Nicole Eastman, that would be KENT STATE UNIVERSITY.

Nicolle is one of the newer members of the Twistars family but has immediately made an impact on teammates and coaches. She is not only talented and hard working but funnier than Larry the cable guy on a good night (appropriate comparison for someone who is from BURTUCKY located just outside of Flint).

Nicolle got off to a slow start in the recruiting process, that is until she captured the Junior D age group title at the Level 10 Regional Championships and earned a qualification to her first J.O. Nationals. At Nationals she displayed her talents again. Although she wasn't satisfied (an indication of her character), college coaches were impressed. Western Michigan, Southern Utah, University of Washington, Michigan State and eventually Kent State all expressed interest. In the end, Nicolle decided to accept the FULL RIDE ATHLETIC SCHOLARSHIP at KENT where she will become a GOLDEN FLASH in the fall of 2012.

Congratulations to Nicolle and her Mom and Dad, Michelle and Andrew McDowell of Burton. Now you can relax until Monday.

GREAT ENDING TO 2011 SEASON

Pickel, Jr. C- Kamerin Moore, Jr. D- Nicolle Eastman, Rachel Haines, Erin Freier, Brittany Aragon and Lena Franck, Sr. A- Arlyn Amor, Sr. C- Amber Wobma and Bri Hogan.

The Nationals experience is not only exciting but also put together as a fitting and well deserved reward for the upper tier of the Junior Olympic Program. The athletes (in Region 5) are housed together in order to establish a more productive team oriented atmosphere. They receive what could be considered as a ridiculous amount of apparel and gifts (bags, beach towels, watches, travel outfit, training outfit, lounging outfits, blankets, sunglasses, compacts, purses, sweatshirts, t-shirts, warm ups, leotards and more). It is Christmas in May for the national qualifiers. We may spoil them a bit but when it is all said and done it is the least we could do as an acknowledgment and thanks for the level of commitment, sacrifice and dedication that these remarkable young ladies show for our wonderful sport.

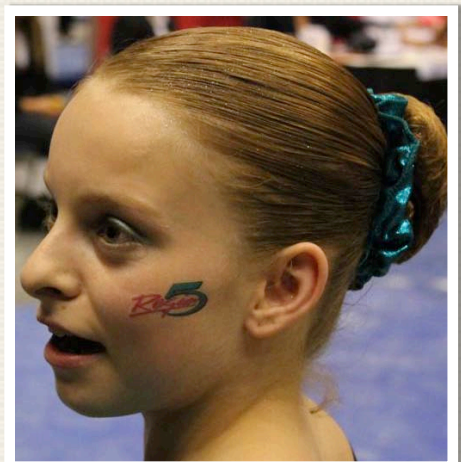
This excitement is magnified (at least from my perspective) when the results peak as planned. Twistars crowned its 13th National All Around Champion, Bayle Pickel (8-V,

5-UB, 4-FI), who turned in a career high performance (37.9) to earn the title in the Junior B age group. Teammate Lindsey Lemke (4AA- 6FI) captured the National Title on Bars (9.6) and finished an eyelash (.05) behind Bayle which earned her a place on the USA National Team too! In the Junior D age group Rachel Haines was solid (37.925) (7-V, 8-UB,2-FI) and earned a spot on the J.O. National Team. Twistars' 3 National Team members was the 2nd highest number in the country. Making the USA National Team is a phenomenal feat! Bay, Linds and Rach all had to present their very best A GAME and they did. Had any of the 3 scored .1 lower they would have missed this opportunity. One less stuck dismount, one small wobble more, one little bent knee of flexed foot and they finish out of the money. Thats how tough it is to crack the top 4 spots in the nation.

Other Twistars also earned some hardware. Arlyn Amor showed Southern Utah University that they made a great decision signing her to a full ride scholarship. Arlyn was crowned the National Bar Champ (9.55) and finished 8th AA in the Sr. A Age group. Likewise Bri Hogan made her future college coaches at Pitt very happy by medalling on 3

events (9.6-2nd UB,). Amber Wobma, who is off to U Arizona in the fall posted a 9.7 on Floor (). Nicolle Eastman turned some college heads with a 37.175 AA performance. Kamerin Moore, who has to get the come back player of the year award placed 4th on Floor. Rachel Cutler was stellar while earning a 12th AA (5th UB/FL) spot. Lena Franck, Erin Freier and Brittany Aragon also represented well.

Seasons like these should serve to fill our memories with prideful acknowledgments of why we do what we do. True validation is self evident for the commitment and sacrifice that our athletes so willingly endure. Be proud of your accomplishments as each of you played a role in the end results. Be proud of your team, your teammates and your GYM and etch the details of this historic season into your minds forever. WELL DONE TWISTARS! WELL DONE!



NATIONAL CHAMP BAYLE PICKEL

PLANT THE RIGHT SEEDS

I recently posted a blog on THEGYMNASTICSCOACH.COM that I thought was worth reprinting in this month's newsletter. I wrote it with gymnastics in mind but have had several comments that appreciate the message as it applies to all aspects of life.

The human mind has been said to be as fertile as the best kept garden. It has amazing capacity to abundantly grow and flourish in magnificent fashion. All it takes is a passionate gardener and the right seeds.

Being fertile and ready for input (seeds) the mind will grow whatever it is you care to plant. It does not care as it only wants to grow something. For instance if we have 2 seeds, one of hybrid petunias carrying a legacy of beauty and the other of your ordinary yet overwhelming dandelion weed, and we plant them both, both will grow. The weed seed requires less attention, yet will grow and multiply until it dominates the flower seed. The flower seed requires a little more attention, water, nutrients, and sunshine but has the potential to be captivatingly impressive. Your mind works the same way.

As hard as we try to keep the weeds out of our garden, they are relentless in their attempts to invade and dominate. As hard as we try to plant positive seeds in the mind, there will always be the negative seed trying to

sprout roots. In the perfect world we would simply not allow the weed seeds (the negative self talk, defeatist attitudes, doubt, frustration, anxiety and worry) into our beautiful gardens. This should be goal one but will inevitably need assistance from the gardener (you). You will from time to time have to meticulously weed your garden and the sooner you get at it the better (ever try to pull a weed that has established roots for a significant period of time?). Get those weeds while they are in their infancy.

The garden soil also does not care who plants the seeds. An unsuspecting gardener can have his prideful display sabotaged by an outsider. Coaches, parents and teammates must be conscious of the fact that they too can plant weed seeds into even the most well maintained and cared for garden. Be on the lookout for these influences.

Comparing the human mind to that of soil may seem somewhat simplistic. We obviously realize that the mind is far more fertile, mysterious and complex than that of mother earth. But in reality if we plant the right seeds, (a well conceived and worthwhile goal or thought), the harvest will in turn be rich and spectacular.

This entire concept puts you the gardener in complete control of the product that is produced. No longer can you blame your circumstances for what you are or what you have become. I can not buy into the idea that circumstances dictate our path. The main message here is for

you to take complete control of your garden. Those that do will find themselves seeking the circumstances they want, and if they don't find any, they create their own. This is all a result of planting the right seeds.

CONFIDENCE



TRUST



DETERMINATION



DESIRE

TEAM BANQUET JUNE 17



BOYS REPORT

by Tom Buese

Boys' Success Continues in Columbus

The boys proved this season that they know how to finish off strong. State Championships went great for us, then Regionals was even better!

Regional competition started off with our main event, Ryan Dayton the lone Level 10, looking to make his second straight JO Nationals appearance. Just to make it interesting, add in a hamstring pull 2 days before the meet! Ryan did a great job taking care of his injury, through the beginning of the meet. Hit Floor, hit his best routine of the season on Horse, then fought through a Rings set to get another hit there. Vault didn't go so well because of the leg, but Ryan rocked out a P-Bars routine to get himself back on track. High Bar had to be watered down because of his leg, but he still came away with a decent score. We had to wait until awards to find out, and it was great news as Ryan made it into the group of 28 from Region 5 that would be going to Nationals!

The rest of the boys did great too! Dylan, Doug, and Rob competed the next morning. Dylan held strong in the biggest meet of his young career, while Rob and Doug both placed in the top 10 in their age group.

Doug also put up a 3rd place score on HB. Josh and Mike were next to compete. Josh finally looked the part, as he led the Level 6 boys with their highest all around of the meet. Mike did a good job too in his first regionals. The last session was the Level 7s. Jake had just one meet to finish his undefeated season, and Kevin looked to keep his long winning streak alive as well. Together the two went 11 for 12! Jake put in a 15.55 on Horse to take first there, but in the end he came up 0.15 short from another first place. Kevin's HB hurt his AA score a little, but he still came away with first on PH and SR and 5th AA! Overall, the boys earned 3 golds, 2 silvers, and 2 bronzes and of course a National Qualifier! (Ryan Dayton performed well at his 2nd nationals... thanks for blazing the trail Ryan).

The rest of the boys are looking ahead to next season, when we hope to have a whole team of optionals! We're going to keep the energy up in the gym this summer, so look out for these guys come next season!

Sign ups for the boys tryouts on June 5th are going on right now, and we already have a strong showing! Sign ups will continue through June 4th, so ask your coach or the front office if you would like your son to be a part of our strong team.

Injury Concerns

One of the toughest pills to swallow is the mistake pill. It is difficult for anyone who puts forth great effort to admit the shortcomings of such. Something went wrong this year. Our results were outstanding but the toll on our athletes is unacceptable (I am referring to the inordinate amount of injuries). We fully realize and accept that accelerated sports are risky. **BUT COME ON NOW!**

The issues are as concerning for the coaching staff if not more so, than anyone else. We have always taken great pride in the fact that we minimize injury potential in the gym. Perhaps in a sport that resembles Russian Roulette, it is our time to take the bullet. **BUT** writing injuries off as pure happenstance is not our style. We are concerned and brainstorming solutions and remedies. Parents need to know that we are very aware and will do

everything within our power to turn back this tide.

Athletes can assist this process in the couple very important areas: **COMMUNICATION-** a) when something is bothering you make sure you coaches know about it. This is not to say we are catering to every bump and bruise that comes along, but we do need to know about minor issues in order to prevent them from becoming **MAJOR ISSUES**. Many overuse injuries are the product of enduring pain over a period of time. Our motto has always been “if it hurts ... don’t do it.” Yes we want tough kids but there is a fine line between being tough and being dumb. Lets err on the side of being smart. b) communication also applies to equipment issues. We recently discovered that there was a serious dead spot in the tumbling strip... but this was about 4 weeks after the

athletes first noticed it. **NOW** some simply avoided this area while others did not which begs the question **WHY NOT?** Athletes need to be very observant when training, if any piece of equipment feels “funny” then notify a coach and avoid using it.

CONDITIONING- another area of concern when we encounter a rash of overuse injuries is why our conditioning program is not preventing the problems. Since we use virtually the same program for the past 10 years consideration has to be given to the effort level and attention to details when executing the exercises. Obviously if the proper amount of effort is not supplied, the end result is a weaker body which in turn is susceptible to injury. Be sure to **GIVE YOUR ALL** when conditioning.

CONCENTRATION- We all know that injuries happen in sports but the pure truth is that they happen less often when their is consistent concentration on the skills being performed. Pay attention. Make each turn count and thus limit the unnecessary repetitions that can lead to overuse injuries.

As a team we can do better next year and this above all else will be a priority. Great results are wonderful **BUT** healthy bodies are more important.



**TWISTARS
USA RECORD
SETTING
LEVEL 10S**

GENERAL INFORMATION

MARKETING AND PROMOTION

In this recession filled economy we need to utilize all of our resources when it comes to spreading the word about Twistars USA. Our team parents have always been one of our very best marketing assistants. Please continue to market our program with your friends and neighbors. Word of mouth is our most powerful marketing tool and you are the parents with the most knowledge about the quality of our program and its related benefits.

I - BECOME A FAN OF TWISTARS- Facebook is the social media craze of our times. Our Fan Page is a great tool for communicating with not only our membership (YOU) but also our memberships friends. If you are not an official FAN OF TWISTARS, simply log on to our website at TwistarsUSA.com and click on the FACEBOOK icon. It is simple.

Once you are a member you will receive the latest in program information which you in turn can SHARE with your friends with a click of a button. You can also suggest that your friends become a Fan of Twistars (suggest to friends button) and thus the word gets spread.

We currently have nearly 900 fans. We would like to double that this year. You can help today! Thanks.

SUPER THANKS

A super thanks goes out to our staff, parents and athletes that participated in our annual BRAVO spring recital. The event was a smash hit once again thanks to your efforts.

More thanks- The Level 8 Regional Championships was a challenge accepted and conquered. What a great team effort under some pretty tough circumstances (most notably the conflict with Level 4 and 6 state meets which placed those parents in a severe time crunch). I can't tell you how impressed I was with the response and the lack of excuse making. Thanks to the organizers (under the able direction of Wade Cutler and Michelle Hill), the entire membership but a SUPER THANKS goes out to the level 4 and 6 parents who had to pull double duty that weekend. WELL DONE BOOSTERS!

NEW EQUIPMENT

Just as an FYI, I like to inform membership when there is a significant purchase for the gym. Recently we just added matting for the beam area (it looks great), several (5) new soft landing mats and panel mats (8) (very popular for our low beam skills), a new vault board, boys high bar parts, and new ring station (on order), as well as new floor panels (on order). This totaled approximately \$10,000 in new equipment purchased so as to keep Twistars up to speed as one of the best equipped gyms in the USA.

CALENDAR

May 25-26- New Parent Orientation Meeting (for those entering team/pre team) Attend one 7:00 at the Summit.

May 27-30- Memorial Day Weekend-enjoy

May 27- Elites Train 3:30-8- Optional Open Gym for those Level 7s and up that would like to train.

May 28- Elites and SilverStars train 9-1:00. All others OFF

May 30- Memorial Day

June 3- Michigan Champions Banquet-

June 4- No PM Team Training- Team/Pre Team Evaluation (try outs). 2-5:00.

June 5- OPEN GYM with Twistars Elites.

June 17- Twistars USA Awards Banquet. All Levels, boys and girls.

June 20-23- Week 1 Twistars Camp

June 26-29- National Team Training Camp - Houston.

June 27-30- Week 2 Twistars Camp

June 30-July 1- Elites Train- All others off

June 30-July 4- July 4th Vacation

July 5- Summer Hours Begin

July 22-23- Cover Girl Classic- Chicago- Elite Qualifier

August 5-7 Super Camp- All Levels 8-10 minus national qualifiers

August 15-21- Championships of USA- Minneapolis- Elite National Championships.

August 25-28 Team Camping Trip- boys and girls all levels and families.

August 29- Team Fall Hours Begin

September 2-5- Labor Day Weekend. Gym Closed

September 6- Recreational Fall Hours Begin.

September 9-11 Hot Shot Camp- 12 and Under level 7-8-9s (6s that meet criterion August 1)