

TWISTARS USA



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IDEAS OFFERED FROM TWISTARS
USA

HOLIDAY ORDER INFORMATION

Twistars USA team members will find 2010 Holiday Order Forms in their mailboxes this week. Be sure to check out the great selection of Twistars Apparel and related gymnastics gift ideas for the Holidays.

Sizing samples will be available Nov 1-8 at the SUMMIT and the week of

November 9- 14th at the OUTLET. **ORDERS ARE DUE BY NOVEMBER 16th** in order to be guaranteed in time for Christmas. Orders received after November 16th will be assessed a \$20 late fee. (Sorry no exceptions).

Girls team members will need the official **TEAM TRAVEL SHIRT** but all

other apparel is optional. We do however encourage boys and girls team members to have the **TEAM JACKET** and **TURQUOISE HOODY** (if you are looking for gift ideas).

The cost for the girls sleepover is \$30 for members, \$35 for non-members and \$40 at the door (register now at either office).

GIRLS SLEEPOVER

The annual sleepovers are planned for November 6th and 20th respectively for the girls and boys programs. Each will be hosted at the **OUTLET LOCATION** and will feature games, contests, a movie, pizza and a light breakfast snack. Drop off is set for 8:00 and pickup needs to be 8:00 AM Sunday morning. Don't miss the fun!

The cost for the Boys Ninja Warrior Sleepover is \$25 for members and \$30 for non members. (register early at the either office)

BOYS SLEEPOVER

LEVEL 5-6 GIRLS OFF TO A GREAT START

With the early season State Championship competition just around the corner, the Twistars level 5 and 6 girls teams are working hard to make a great showing. Early season competitions have produced some very good results but we are all too well aware that there are many teams that will be vying for the State Championship Crown. WHO WANTS IT MORE??? I guess we will see.

At the recent SMQ in Ypsilanti the Twistars Level 5 and 6 team both won the team competition. Champion performances were turned in by Delanie Harkness (UB), Jori Jackard(B), Amanda Peterson (V,UB) in the AA, Ireland Hutchins ((B), Jordyn Valley (V,

FL), Brooke Hylek (UB, FL), Kelsey Anderson (V), Alex Parks (B). Also earning medals were Payton Young, Tristan Brown, Oliva Byam, Amanda Motts, and Genevieve Sampson.

The level 5s had several event champions including Micheala Johnson, and Ashley Bremer in the AA. Alyssa Al-Ashari, Emorie Bond, Elise Jendritz and Chloe Knop finished 2nd in the AA. Others contributing to the team title were Jillian Swinehard, Jessica Thomashaw, Natalie Woodland, Reanna Klein, Amanda Mealy, Alexis Nikoloff, Frankie Taylor, Allie Piper, Taia Vinson and Sam Uschuck.

Great Job Ladies and good luck at States!

APPLY THE PRESSURE

If done correctly "pressure" is a very good learning tool. Too much pressure can be bad but we are smart enough to know the difference between constructive, educational pressure and destructive pressure ... aren't we?

Putting children in situation where there are certain expectations is a good thing provided the expectations are reasonable and within their abilities (as an athlete, student, person etc.). Pressure to achieve is a good thing so as parents and coaches our job is teaching our children and students the art of handling pressure.... the ability to embrace pressure as a positive motivator.

IT IS OK TO EXPECT QUALITY

When did it become a bad thing when parents EXPECT a certain quality of performance or behavior. Are you a bad parent if you question why your child got a D on a report card? Isn't it acceptable then for parents to expect better grades in the gymnastics? Parents, in my opinion, are well within their rights to EXPECT a higher degree of quality (work ethic, effort level etc), especially in sports as we all know the time (family and otherwise) could be used productively elsewhere (homework, chores, etc).

DISTRACTIONS

It may seem somewhat obvious but the goal of our practices is to create the best possible learning environment. Distractions can certainly lessen the efficiency therefore we want to do our best to LIMIT the distractions during training.

Sometimes distractions happen in life. School issues, relationship issues, family issue etc. Although it is tough to drop the baggage at the door at times, this is certainly the best remedy most of the time. We certainly don't want kids flipping around when their minds are floating elsewhere thus the importance of leaving outside issues at the door when you show up for practice.

Sometimes issues become overwhelming. In these situations it is important to communicate the issues with the coaching staff so that they can deal with the situation accordingly. Something that is a huge distraction may be perceived as unfocused or undisciplined behavior IF we don't know what the issues are. Parents should encourage open communication in these situations.

More often than not distractions can be limited. The gym is a great place to get away from the daily trials and tribulations. Parents can assist by not becoming a distraction themselves. We have a TEAM RULE that parents must observe from the UPSTAIRS GALLERY as an attempt to limit the distraction of MOM or DAD being readily available. Please observe this RULE (Silverstars and Up).

I have included a Parent Handout that covers some of the aforementioned in greater detail. Thanks Tom Burgdorf for your insight!

COACHES ARE PEOPLE TOO

Besides parents (family), and teachers, coaches probably impact the lives of children more than anyone else. Although it would be nice to claim unbiased attraction to all children, human nature pulls us in a certain direction.

Some would believe that coaches are always drawn towards the talented. I would tend to disagree. I think coaches are drawn to the "attractive". NO I don't mean blond hair and blue eyed cuteeeee's . I am referring to attractive character and personality traits. Coaches are drawn to smiling children (pouting is a turn off), children that show respect and appreciation (a hug will due). Coaches like workers, honest,

reliable, dependable workers (complainers not so much). Coaches like communicators (not necessarily motor mouths) that are have the ability to express their thoughts and needs. Coaches like responsible and mature behavior. Kids that don't have to be reminded 100 times to do that same thing make our lives so much simpler. Coaches love loyal athletes that exude an inner confidence.

So you want more attention in practice (or in life?). Smile more, communicate efficiently and effectively, work harder, be honest, be responsible, show up on time, and act with a mature confidence and that should do the trick nicely.

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GOALS

The topic of this weeks BIG SISTER Meeting was goal setting. Goals are our road map to success and vitally important for keeping us on track and focussed on the eventual target. Without goals we simply wonder aimlessly without direction.

Some of the Big Sisters came up with different variations of a goal sheet. The idea's may have been different but the general concept the same. WRITE your goals down.

Start with your long term goals (things you want to accomplish in the sport prior to retiring your grips). This can be 1-2-3 years or more down the road but it is important to have some idea of where you want this sport to take you. (college scholarship, national championship, elite level, etc)

Next WRITE DOWN some of the intermediate goals that need to be accomplished in order to keep you moving towards your ultimate goal. (skill acquisition, strength goals, level attainment etc)

Finally WRITE DOWN your short term goals. These are the little stepping stones that mark your progress towards the bigger goals. (form improvements, consistency improvements, attitude corrections, as well as skill improvements).

Short term goals are to be constantly updated. Once you achieve a certain goal you should immediately set new, attainable, yet challenging goals.

PHOTOS OF THE MONTH



BOYS REPORT

Tom Buese

October seemed to fly by as the boys prepared for competition season to officially begin with both Judges Cup and Future Stars Nationals in the first week of November. Last month also included the Future Stars Regional Evaluation and a mock meet for the level 5 and 6s.

The Future Stars Regional Evaluation was quite the nail biter! Jake did really well with only one major error on the hardest Future Stars routine P-Bars. Going into the last event, Flexibility, Jake needed an 8.75 to qualify to Nationals. He went through his routine as well as he could, and eeked an 8.75 exactly! Jake now has the opportunity to make the National

Developmental Team and the National Developmental Camp. Training has been going well and it will be a great experience at the Olympic Training Center!

The mock meet was a big wake up call to say the least. The upside is that most of the routines were remembered, however the form and execution left a lot of room for improvement. The all around champs for each level were Luke Lathrop for the Level 5s and Doug Dean for the Level 6s! Since the mock meet, the boys have shown a good amount of improvement and should do a lot better at Judges Cup on November 7th.

The Group 1 boys still have a little more than a month

until their first competition, and are working to get those last few skills before begin routine work. It will be exciting to see a Level 7 team and Level 10 gymnast competing for the boys! The Developmental Boys, Connor and Isaiah, are looking good and learning some new skills too. Keep working hard guys!

November also brings the annual boys sleepover! The main event this year is a Ninja Warrior Tournament with challenging obstacle courses. The sleepover will still have all the staples: dodgeball, pizza, movies, open gym, donuts for breakfast, and more! Sign up has already begun and is open to all boys 7 and older. There is a \$5 discount if you sign up by November 13th. This is not just for team members, so bring your friends and get ready to see who can be a Ninja Warrior!