

# TWISTARS USA

HOME OF WORLD CHAMPION JORDYN WIEBER

## GYM FOR SALE

Anyone want to buy a gym? With facility issues, economy issues, business issues, parent, athlete, and staffing issues, I could be easily talked into fire sale.

JUST KIDDING! Drama issues are part of running any business. We have endured our fair share of challenges in the past but it does seem as if someone above is testing us to see just how much stress we can handle this year.

### WE ARE SEARCHING FOR STAFF

Rest assured we are doing our best to fill the holes created by staff who have decided to change directions in their lives. I understand that life throws us all options and thus I try to plan ahead by getting commitments in April of each year for the following competitive season/year. Pre-announced departures in April allow us the advantage of finding coaches who are searching for new opportunities at the end of a season. Once we get beyond summer, most coaches have made commitments

# NOT



thus making it much more difficult to find suitable replacements.

Obviously this forethought in planning has met with some major problems this year. Don't read between the lines here... I am not begrudging anyone for making life decisions. In fact we wish each former staff members the very best and sincerely thank them for the contributions to our program and the children within. This is merely an illustration to explain our current situation.

We ask for patience as we search and train qualified staff members.

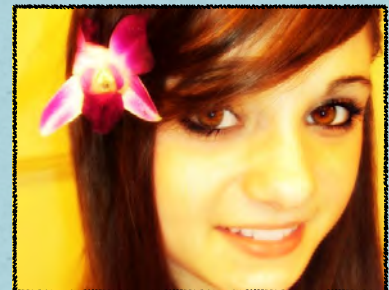
In the meantime we will operate under the strategy that it is far more advantageous to be understaffed than to be poorly staffed. We, as coaches will just have to work a little harder to make sure the job gets done. We pledge to maintain the quality that Twistars USA has always stood for.



**LINDSEY LEMKE** - I enjoyed getting to train with the Brazilian team, the beaches, drinking out of coconuts, Brazilian steak houses and the beaches!



**KAMERIN MOORE** - I enjoyed meeting the Brazilian athletes, experiencing the different culture and seeing how much passion they had for their national sport of soccer.



**RACHEL HAINES** - I really enjoyed the food, drinks, the sun, the beaches, the gym where we trained, the attending coaches, Kristin Moore and our awesome house.

## ABOUT ME



Name- Ashley Bremer

Age- 10

Grade- 5th

Home Town- Lansing

Gymnastics- 2011 Level 6 State AA, Vault and Floor Champion. Highest AA Score in the State!

Personality- Eager to learn, meticulous, detail oriented, friendly, hard working, huggable.

## ABOUT ME



Name- Alyssa Al-Ashari

Age- 9

Grade- 4th

Home Town- Lansing

Gymnastics- 2011 Level 6 State AA, Bars and Beam Champion. 37.35 AA Score

Personality- Competitive, Strong, determined, willing to work hard, fearless.

# JORDYN WATCH

Whats going on with the World Champion? Lots!

November 14- Channel 10 News Day in the Life of Jordyn Wieber.

November 15-18- USOC photo shoot and Olympic Trials promotions in California, including visits to 4 local San Jose Clubs.

November 24- Guest in the Detroit Thanksgiving Day Parade.



## LETS GET PSYCHED!

### ITS TIME TO GET PSYCHED

This is easier said than done. Understanding the concept is not always a given with younger athletes.

One of our BIG SISTER topics was mental imagery, and rehearsal. Mental training is as much a part of the sport of gymnastics as anything else. The more mental preparation and understanding the athlete has the better their chance for success. How do I control my “psyched up feelings”? How do I manage my “Psyched out” thoughts? The answer lies in training the mind to focus and concentrate on aspects that will contribute to a positive performance rather than on things that get in the way.

Concentration (according to Kim Lannon USECA Sports Psychology expert) is the key to maintaining a psyched up attitude. Practicing concentration in the training situations is the best method for making it automatic in competition.

Knowing what to concentrate on is something coaches work on everyday in training. Specific keys are given to enhance performance. It is these key words that need to be etched in the mind

of the gymnast to create an inner tape recording of sorts. A tape recording that is called upon to reinforce concentration in practice and competition. Key words are attached to various important aspects of the skills in the routine. The words are enforced with dynamic confidence. This in turn creates a feeling of confidence in the athlete.

- \* Athletes should be aware of what they are concentrating on. Coaches should actively seek this information and adjust accordingly.
- \* The connection between mind and body is essential to athletic success. What a gymnast believes or tells themselves will impact their performances physically.
- \* Unfocused, distracted thinking and over thinking are not conducive to creating a positive experience.
- \* The body will remember what the mind practices.
- \* Limit negative self talk, as the body will eventually believe what it hears.
- \* Enhance performance with relaxation. Take a deep breath and use a few key words to enforce positive thoughts.

# PARENT AREA ANNUAL CONCERN

One of the most written about topics in our newsletters centers around the appropriate conduct of parents in our viewing areas.

I generally start by reminding parents that viewing area issues are the very reason some clubs ban or limit viewing options (IGI, Arena, CGA, Aerial and more).

Now, although I would never get to the point where I would eliminate parent viewing, the thought has recently crossed my mind. Every gym seems to have those one or two personalities that have nothing better to do than stir up controversy. I have to wonder what their end game strategy is. Is it to alienate the membership? To ruffle feathers? To damage the spirit of the program? What possible positive comes from consistent complaining without confronting the issues head on? Are there really any issues at all?

I would like to encourage parents to address any issues they have with the

## WANTED



\* These 3 recently distributed incorrect information in the parents area representing themselves as all knowing, thus creating false rumors, hurt feelings and more..



This Mom was recently heard undermining the credentials and ability of some of the coaching staff members. A BIG NO NO! Don't let the smile fool you, she is devious and manipulative.

coaches or management, This is the mature adult approach.

I would also like to encourage parents to consider the source of those doing the griping if it is the same people repeatedly. We have some parents that refuse to sit in the viewing area due to being perceived as someone that condones gossip and complaining. This is an option but so

is letting the negative influences know that YOUR EAR is not theirs.

I know 99% of Twistar parents understand our position and we certainly appreciate your efforts to create the proper atmosphere.

The pictures above have been changed to protect the guilty!

## HOLIDAY TRAINING SCHEDULE

Happy Holiday From Twistars USA

### HOLIDAY TRAINING SCHEDULE



SILVER STARS

Dec 19- Team Holiday Party	
Dec 20-23 We will operate with Saturday Training hours	Dec 19-21- 9:30-1:00
Dec 24-25-26 GYM CLOSED	Dec 22-27- OFF
Dec 27-30 We will operate with Saturday training Hours.	Dec 28-30 9:30-1:00
Dec 31- Jan 1- GYM CLOSED	
Jan 2- Resume Normal Schedule	

**Dec 19-23 (Saturday Hours)**

**Dec 24-26 (Gym Closed)**

**Dec 27-30 (Saturday Hours)**

**Dec 31- Jan 1 (Gym Closed)**

**Jan 2 (Resume Normal)**

**Jan 4-5 (Invitational Orientation Meeting) - 7:00 at the Summit- Families should plan on attending one of the days.**

## ABOUT ME



NAME- Nicolle Eastman

AGE- 17

YEAR IN SCHOOL- Sr.

COLLEGE- Kent State- Full Ride Athletic Scholarship

GYMNASTICS- 2011 Level 10 National Qualifier. 2011 Region 5 All Star Team Trip.

PERSONALITY- Hard Working, Caring, Respectful, Appreciative, Funny,

HOBBIES- Tweeting and posting on Facebook

FUNNY- Thought her application for a VISA for Brazil was actually a credit card.

## ALL STARS

Grace Williams

Kamerin Moore

Nicolle Eastman

Bayle Pickel

Bailey Gardner

Arlyn Amor

Lindsey Lemke

## A BRAZIL REWARD



8 TWISTARS TEAM MEMBERS TRAVEL TO BRAZIL

One of my goals and related tasks as the Junior Olympic Chair for Region 5 is to provide meaningful opportunities for our very deserving athletes. I am a firm believer that rewarding dedication, sacrifice, perseverance and sport contributions is something these outstanding young ladies have earned (x1000).

This years reward for our Regional All Star Team (which included 8 Twistars Level 10s) was a trip to Rio De Janeiro, Brazil. This was a training camp situation combined with a educational component where our regional coaches volunteered to be guest speakers at a well organized Brazilian Coaches Congress. Besides gymnastics we always try to provide as many cultural experiences as possible. We ate Brazilian, attended a wild home town soccer game, attended a cultural "Carnival" show which highlighted the history and significance of the Samba schools of Brazil.

This experience also serves as a bonding opportunity for the girls from different clubs from around our region. This bond is a contributing factor in our regional success at the national championships each year. These girls compete as a team, as friends.

I hope that Lindsey Lemke, Kamerin Moore, Rachel Haines, Grace Williams, Bailey Gardner, Bayle Pickel, Arlyn Amor and Nicolle Eastman enjoyed and appreciated this event. Hopefully it will provide motivation to achieve All Star Team Status again in 2012.

## INVITATIONAL NUMBERS

Registered Athletes

1875

Previous Record

1807

2010 Numbers

1529

2009 Numbers

1461

2008 Numbers

1682

2006 Numbers

1490

# GENERAL INFORMATION

## RECORD NUMBERS

Buckle up folks, this years Twistars USA Invitational is the largest ever! It seems that everyone wants to be a part of the ROYAL BASH hosted by the Twistars USA Booster Club.

Job one now is to provide our guests with a competition and related hospitality that is second to none. For this to happen we will need everyone to pull their fair share of the weight. Committees are well underway with the pre meet organization and tasks. Members that have been inactive should take initiative to find out what they should be doing. DONT WAIT to be told. If you have yet to be assigned, see our Meet Chair/Booster President, Wade Cutler and he will see to it that you have a home. Let's make the results associated with each of your committees the BEST EVER!

With nearly 1900 athletes registered this year we have to give credit to the job done last year as obviously the good feeling about our Invitational was expanded. By comparison, last year had a registration a little over 1500.

Our Invitational Chair is working on the high tech, online sign up procedures. Sign up will begin in approximately 2 weeks.

## MEMBERSHIP DUES

A reminder to members to make sure that your Booster Club Dues is up to date. As announced in a recent Booster Club Memo, no athlete will be allowed to compete in the upcoming competitions unless DUES are up to date or an agreeable payment plan has been established with the

membership chair and/or Booster Club Board.

With the recent "bolting" of a member owing significant past fees, we will really be cracking down on this issue. Boosters club is not a bank and although I will do everything to make sure our policies remain "family friendly", in all fairness to the general membership, policies need to be adhered to.

Thank you for your cooperation on this matter, as the last thing anyone wants to do is deprive an athlete from competing.

## HOLIDAY PARTY

The Holidays are a great time to spend time with friends and family. With that as the theme we would like to remind and invite all Booster Club families to the annual Team Holiday Party.

This years event will take place at the Radisson Hotel, downtown Lansing on Monday Dec 19th. Doors open at 5:00, dinner served at 6:00. Check you mailboxes and emails for further details.

## BIG SISTERS

Our next Big Sister Meeting will be held on Saturday Dec 2nd at 1:00. Groups will be working on their Holiday Party Songs. Don't Miss it!



**I've learned.... That the best classroom in the world is at the feet of an elderly person.**

**I've learned.... That when you're in love, it shows.**

**I've learned.... That just one person saying to me, 'You've made my day!' makes my day.**

**I've learned.... That having a child fall asleep in your arms is one of the most peaceful feelings in the world.**

**I've learned.... That being kind is more important than being right.**

**I've learned.... That you should never say no to a gift from a child.**

**I've learned.... That I can always pray for someone when I don't have the strength to help him in some other way.**

**I've learned.... That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.**

**I've learned.... That sometimes all a person needs is a hand to hold and a heart to understand.**

**I've learned.... That simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.**

**I've learned.... That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.**

**I've learned.... That we should be glad God doesn't give us everything we ask for.**

**I've learned.... That money doesn't buy class.**

**I've learned.... That it's those small daily happenings that make life so spectacular.**

**I've learned.... That under everyone's hard shell is someone who wants to be appreciated and loved.**

**I've learned.... That to ignore the facts does not change the facts.**

**I've learned.... That when you plan to get even with someone, you are only letting that person continue to hurt you.**

# BOYS READY FOR 2012

First and foremost, I would especially like to thank Kristin and Blaize for helping out while the search for a new boy's coach goes on. Instead of this being a trying time, the boys have shown a lot of improvement the past few months because of the help of these two.

The Boy's Team is geared up for a new competitive season to start, and Judges Cup a few weeks ago was a good indication of that. The Level 7's struggled a little, which opened their eyes and they've been doing a lot better since then. The 6's had a very good showing for their first time out, too. This year the team is half and half, returning and new 6's, and everyone contributed a few standout routines. The best part of Judges Cup was the Level 5's! This group of returning 5's posted a team score 5 points higher than their score from State Meet last season, and put themselves out there as one of the teams to beat in Michigan.

This weekend Jake Moore will be representing Twistars at Future Stars Nationals at the Olympic Training Center in Colorado Springs, CO. Jake had a solid qualifying score at the Regional Testing in October, and has improved a lot of those routines since then. Nationals will be an opportunity for Jake to be a part of the National Development Team and earn a trip back to Colorado in the summer for camp!

The optional boys remain hard at work to get those few remaining requirements. Rob, Kevin, Jake, and Ryan will have their first test at their upcoming mock meet December 17<sup>th</sup>. The 7's will also take part in the mock meet, to show they've stepped up their intensity.

With the Holidays coming up, I thought the boys and I would ask Santa for a few things:

- The older boys would really like some flexibility to help them learn some new skills and make it through the season without too many aches and pains.
- The Level 6's have giants on high bar on their list. Either direction works, they're not too greedy!
- The Level 5's want to be able to really hold some handstands...  
**HANDSTAND MOST IMPORTANT!**
- Coach Tom would like some fire to light under these guys so he can really see that they want it...or some Just For Men to deal with the graying until then
- Jake Moore is thankful for his early gift of a 9.1 Flexibility score at Future Stars Regionals and would like another one in the form of a top 15 placing at Future Stars Nationals.

The Boy's Dodgeball Sleepover will held Saturday night, December 10<sup>th</sup>-11<sup>th</sup> at the Outlet. Sign up at the office for a night of dodgeball, open gym, pizza, movies, and donuts! All boys 7 and older are welcome,

so bring some friends along too. The cost is \$25 for members and \$30 for nonmembers. We had a great turnout at the Boy's Open House and I would like to see everyone again at the Sleepover!



## FROM US TO YOU

I love the holidays! The holiday season seems to bring out the best in people. The gym atmosphere becomes electric with excitement. I love the holidays!

The Staff and Management of Twistars USA would like to wish each and every family the very best during this coming new year. Enjoy the time with friends. This should be an exciting year for Twistars, and we are very glad that you are a part of it. **HAPPY HOLIDAYS TO ALL!**

## NEW BOYS COACH

Barry Keely has forgotten more about gymnastics than most coaches will ever know. A collegiate standout for the University of Iowa in the 70s, Barry then went on to own and operate his own gymnastics club in the Chicago area.

He was a pioneer in the sport of gymnastics at a time when the idea for gymnastics clubs

was in it's infancy. He was instrumental in developing eventual gymnastics super stars of the 80s (Olympian Amy Coopman and NCAA Champion Rob Brown initially trained under his direction.)

After a career as an investment broker, Barry started volunteering as a part time coach for Midland Gymnastics.

Barry will now be assisting with our Boys and sometimes girls team rotations, as his passion for the sport has revived fully.

**PLEASE WELCOME  
BARRY KEELY**