

TWISTARS USA GYMNASTICS NEWS

CREATE A BUZZ

Fourteen members of the Twistars coaching staff attended the Region 5 Coaches Congress in September. As usual new ideas for recreational classes, team training and business were introduced by master clinicians.

One of the marketing strategies discussed during one of the sessions centered around the idea of "creating a buzz" about your gym within your local community.

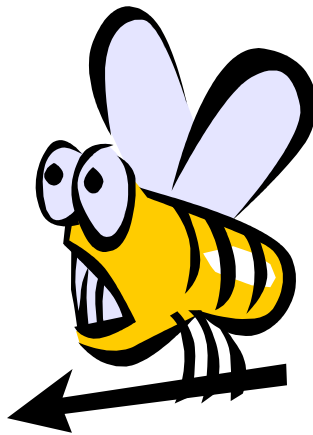
What is our buzz? What type of picture do you paint of the Twistars organization? What opinions do others outside our immediate family have?

I know one commonly used marketing strategy used by competing gyms (it is the same in all businesses) is the **NEGATIVE IMAGE ASSULT**. In reality the area competition has little choice but to categorize us as the "EVIL EMPIRE, with a ruthless, intense, win at all cost philosophy. Our results are better, our enrollment is higher, our success more established and they certainly can't acknowledge

BIG SISTER REMINDER

The next Big Sister Meeting will be held October 13th at 1:00. Don't miss it.

Big Sisters need to be reminded of the importance of this responsibility. All have agreed to do their best in presenting the best possible



WHAT'S THE BUZZ!

that with their clientele. Our costs are comparable so that can't say they offer a better deal financially. We couldn't possibly have a better coaching staff, better planning, better facility or better support system. We couldn't possibly motivate better or work harder. So year after year it's the same ole tale.

If our competition had their way the aforementioned would be "THE BUZZ". Luckily we have you to combat these fabrications.

example in the gym by working hard, with honesty and an attitude worth emulating.

They have also pledged participation in the gym events. (Disappointing BIG SISTER turn out at the Fall

Do people think that all members of Twistars really have to train at an elite pace? Hardly! 90% of our enrollment use gymnastics in a recreational setting for fun, physical fitness, socialization, or as a base for other sports goals.

Parents within our program can attest to the benefits of the program better than anyone. They can testify to the life skills learned or enhanced within our program.

We want the BUZZ about Twistars to be dictated by those within our program and not by those who are battling for the same business market. Don't be shy about your loyalty. Don't hesitate to set the record straight should the opportunity present itself. Be proud of the fact that your kids are willing to put forth the effort that it has taken to create a national caliber club. They are special. Twistars USA is special and YOU are special!

THAT'S THE BUZZ!

Mixer). Parents of Big Sisters may need to help out here. The next gym event will be the Fall Sleepover on October 27th. All Big Sisters should plan on helping out with this bonding experience.

October 2007

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Special points of interest:

- *Create a buzz about Twistars*
- *Big Sister Reminders. Next Meeting Oct 13th.*
- *Tuition Increase- Starting November*
- *Fall Sleepover- Oct 27th*
- *Booster Club General Membership Meeting Oct. 11th.*



TUITION INCREASE (without tax)

One of the least pleasures I have in running a business is the times when we have to increase tuition. In my perfect world gymnastics would be free. Needless to say, this world is far from perfect, but I am still allowed to dream.

As always our intention is to keep our increases in line with OUR COST increases (salaries, insurance, staff training, overhead etc). Actually we never seem to increase enough when it comes to covering our costs.

As of November 1 our tuition costs will increase 3%. Please be aware.

The new government policy of taxing everything in sight has not trickled down to gymnastics lessons yet. Hopefully we can dodge that bullet.

GYMNASTS HONORED



Three standout athletes from Twistars were honored at the 2007 Region 5 Awards Banquet held in Indianapolis. Each year the region recognizes our top athletes by having them as guests of honor. There were more than 200 in attendance to show their support for the contributions of these dedicated young ladies.

Elizabeth Mahlich, Nicole Dayton and Jordyn Wieber

were the Twistars members represented. They received recognition for their qualification to the REGION 5 ALL STAR TEAM.

The Region 5 ALL STAR TEAM is an honor earned by a detailed qualification procedure that ranks the TOP 8 Junior Olympic (Nicko and BB) and TOP 4 Elite athletes (Jordyn). Since there are not as many elites the number of

All Star Team spots is lower.

25% of the Region 5 All Star Team are TWISTARS. That is very cool!

Congratulations Nicko, BB and JoJo for earning such a prestigious accomplishment and for representing Twistars USA with class and style.

FALL SLEEPOVER

Our annual FALL SLEEPOVER has been scheduled and plans are underway for another great night of fun and friends.

Mark your calendars for SATURDAY October 27th. Drop off for the event will be at 8PM and pick up will be 8AM the next morning.

Your registration cost of \$30 for members and \$35 for non members (\$5 off for early registration) includes all night chaperons, games and contests with prizes, glow sticks, movies, wild goose chase, (treasure hunt) pizza and a breakfast snack.

This is also an event where

the BIG SISTERS will be on hand to help with the event. This will give them an excellent chance to get to know their little sisters in a NON GYMNASTICS type setting.

Participants should bring a sleeping bag and pillow, comfortable clothes for play and sleeping, small individual snacks if needed.

Sorry BOYS this is an all girl event. SORRY little girls but you must be at least 7 years old to participate.

Pre-register by October 20th to receive your \$5 discount. You can sign up at either office

HOPE TO SEE YOU THERE!



BOOSTER CLUB NEWS

1- TWISTARS PLAYS HOST- Twistars will play host to the level 8-9-10 State Meet (April 4-6) and the Level 9-10 Regional Championships (April 25-27).

These events will be used as supplemental fundraisers for the booster club general fund. We plan on dividing the membership into 2 groups with half running the State Meet and the other half administering the Regional Meet.

Check these dates and if any poses a particular problem please submit a written request for a specific weekend to the booster club board. They will do their best to accommodate.

2- CHAPERONS Although the deadline date for signing up for chaperon duties has past we still need more help. Most of our problem comes from having too many volunteers at one level (L6) and not enough at the other levels. Another problem is that a couple chaperons may have jumped the gun on what level

their daughter will be competing. (remember for the most part the TEAM trip is used as our "graduation" meet.)

If interested in chaperoning our team trip to Florida please contact travel chair Christy Lemke TODAY. We will need additional help at level 5-8 and 9.

3- PARENTS FLY TRIPS- This is a very difficult subject but one that I feel needs to be addressed. Basically it revolves around parents and siblings traveling to FLY TRIPS when maintaining a significant tuition balance at the gym. This has happened many times in the past and in some cases we never end up collecting the tuition owed. I think that it is only fair that tuition be up to date PRIOR to families FLYING to costly away trips.

4- NEXT BOOSTER CLUB MEETING- The next booster club meeting is scheduled for

Thursday October 11th. 5:30 Board Meeting followed by General Membership Meetings. Check your email for the meeting agenda.

5- GYM MAINTENANCE STAFF NEEDED. We are still searching for a couple of maintenance staff members who desire to help with keeping our gym clean. If you are interested in a few hours a week to help off set some of your tuition costs please see PHIL KLINE or drop a note to John.

6- INVITATIONAL COMMITTEES- Rita Wieber, our invitational chair has been relentless in her pursuit of organization for the invitational. All Committee chairs should be very aware of their duties and time lines. All Committee members should have had some form of contact with their chairs at this point. IF YOU HAVE NOT... please see Rita immediately.

LEVEL 5/6s OFF TO GOOD START

The fall competitive season is underway. This past weekend out level 5 and 6 teams traveled to Saginaw where both teams faired very well.

Our level 6s captured the team title posting a 112.9. Check the bulletin board for scores as information is incomplete at this time. I can report that 4 members scored above 37 AA and placed 1-2-3-4 in the 11 and under age group (Cutler, McDowell,

Milashus and Miller) and Robinson and Smith placed 1-2 in the 12+ age group!

Our 5s are young and inexperienced yet they also started the season off on the right foot posting a team score of 110.5. Anna Dayton and Sarah Peltier led our team with AA scores of 36.6 and 36.4 respectively. I do not have all the meet information at this time BUT I do know that ALL team members re-

ceived a medal for placing in the AA competition. GREAT JOB LADIES!

It is early and there is much work to be done but all indications are that these young ladies are headed in the right direction.

On a related note it was reported the team and PARENT support at this meet was very good. WAY TO GO Moms and Dads!



***STAY INFORMED!
READ YOUR
NEWSLETTERS***



YOU MAKE A DIFFERENCE



You help keep this SHIP on course

ESSENTIAL ELEMENT:

Discovering new chemical elements has been motivating scientists for centuries. They have searched the planet, the moon and stars yet they have missed what we have know for quite some time.

Its an element that is incredibly stable, extremely trustworthy, reacts graciously under pressure and serves as the very core of our success.

Each and every day its presence makes elemental difference in the lives of others and the element is found in YOU!

YOU MAKE A DIFFERENCE!

TOGETHER WE SUCCEEDED:

At the helm of every great ship is a steering wheel to guide the vessel in the determined direction. In order to keep the craft on course, someone must be at the wheel at all times. Crew members will take turns with each playing a vital role in making sure the ship reaches its destination.

When it was your shift at the wheel, your mighty dedication helped us achieve our final goal. The journey was a success due to the contributions from the crew.

SO GLAD YOU ARE PART OF OUR CREW!

LASTING IMPRESSIONS:

Elephants are surprisingly like people. They live as long as we do, they feel emotions like we do and they always remember those who are the most special to them. Even after decades of separation, those that have made a positive impact on the elephants are fondly remembered.

Your enormous contributions to our program will leave a lasting impression that will continue to make a difference for years and years to come.

YOU ARE SIMPLY UNFORGETTABLE!

LOOSE LIPS SINK SHIPS



It is simply amazing to me how many times I have addressed this issue in past newsletters. Some people just don't get it!

Idle time gossip is hurtful! It alienates and creates a less than productive environment to say the VERY LEAST. Regardless of how trivial the gossip or idle chat, if it is not founded in truth it can only hurt! If it is not something that could be said directly to

the party being discussed THEN it shouldn't be discussed at all.

What could possibly be the motivation for participation in a ritual that is so universally frowned upon. Nobody likes to be the target of rumors and gossip YET many relish the opportunity to spread the bad word. I shake my head in disgust!

I personally have adopted a

position on those that inflict ill will on others. They are simply BAD PEOPLE! They have little regard for the feelings of others SO they are definitely BAD PEOPLE. There perhaps is a character flaw somewhere but that doesn't make them GOOD PEOPLE with bad habits. They know that hurtful things HURT (kids, coaches, parents) yet they indulge anyway... BAD, BAD PEOPLE



Together Everyone Achieves More

We have all heard it said before but the following really illustrates this vital concept.

With every flap of its wings, the lead bird in a flight of Canadian geese is breaking through a wall of air that provides a "draft" for those that follow.

Some estimates show that geese in a V-formation can fly up to 70% farther than they could if they were flying alone. Its exhausting work for the lead bird BUT the Canadian geese have come up with a solution for that problem. THEY TAKE TURNS leading. When the leader drops

back, another simply volunteers to take its place. These birds willingly endure the labors of leadership for the good of the TEAM.

What a great concept.

Oh by the way Are you fun to fly with?

TRY TO LAUGH

Disclaimer: I am not poking fun at short people... but this is funny.

In my many moments in JOHNS WORLD, I forgot to pay attention to the road in front of me. (I think I was choreographing floor routines in my head ... not a pretty sight)

Anyway, the car in front of me slammed on his breaks and I returned the favor by SLAMMING into his brand new Mercedes.

After the initial shock, I was miffed at the idiot for not giving me fair warning that he was going to stop for a goose crossing the road. Then, being the responsible person I am, I gathered myself and pledged to accept full responsibility once I met the rich guy driving the car that I HAVE ALWAYS WANTED!!!!

I got out of my car. His door opened and out stepped a DWARF of a man (not sure how he saw over the steering

wheel).

He was angry!

In a belittling sarcastic voice the little guy (not an inch over 3 feet tall) said YOU KNOW I AM NOT **HAPPY!**

I Couldn't resist.

"OK", in an equally sarcastic return, WHICH ONE ARE YOU THEN?

That's when the fighting started.

I won!



MORE BOOSTER CLUB NEWS

1-BOOSTER CLUB COMMITMENT- payments are due the 15th of each month. Please remember \$150 each month up through January. February's commitment is set at \$125 for now.

2- USE LEOTARD SALE- Coming soon

3- Use the web site for valuable information. The calendar will have important dates, competition dates, booster club deadline dates, script dates. WHAT a wonderful tool. TWISTARSUSA.COM

4- COMMUNICATION HELP- One of our goals this year is to make communication better. You can help this

process by a) reading your newsletters b) checking your mailbox and making sure your child gets the information home c) reading the booster club bulletin board, d) attending booster club general membership meetings, e) reviewing booster club board minutes (they will come via email), and f) check the web site calendar.

This will really help the communication process.

FALL MIXER THANKS

Once again the annual fall mixer was a great success thanks to some wonderful volunteers.

First of all thanks to the Kolks for the use of their home for the event. This is the second year in a row that they have extended this hospitality and I know it is greatly appreciated by all. The DJ and the Hay ride were big hits with

everyone.

Thanks also to the special events committee headed up by Michelle Bass. Every detail was covered and Michelle's committee did a great job of decorating, preparing food, organizing games for the kids and of course cleaning up after the fact. THANKS to all!





BOYS MEET PREPARATION

By Blaize Geddert

With the meet season rapidly approaching the follow are some do's and don'ts as related to gymnastics competitions

Things you should do at a meet.

-Check in. This is pretty much the meet taking attendance but sometimes you get a free gift! Remember if you don't check in you can't compete!

-Find your coach and team.

Gather everyone together and start your normal stretching and warm up. Try to make it as intense and well executed as possible. Show everyone else that we mean business and we're going to be the team to beat!

-Wear the required uniform. Depending on what event you are on it varies: shorts on floor and vault, and pants on everything else.

-March in and the National Anthem. March in from shortest to tallest. The National Anthem is no nonsense time. Stand silently and think about what a great day of competition you are going to have.

-Listen to your coach! This is the most obvious and yet the most abused. If you don't listen then you won't know what we are doing, what event we are on, or who you are competing after. So this is a very important part of competition.

-Try your best! You have just trained the last 5 or so months of your life for this. You are ready and are going

to do great! Make sure you try your best and you can never be upset with how you did.

-Cheering for your teammates without being obnoxious. Cheering is great. It can really let your teammates know you are pulling for them to do a good job. However if done in a goofy or annoying way it can make them laugh or otherwise be distracted. Try to be mature about this and really get involved in your teammates success!

-Always shake hands when on the award stand. Show great sportsmanship. You don't have to shake everyone's hands, but definitely the kids next to you. It's a great way to make friends with the other teams and to get to know your competition. I always thought anyone who could beat me definitely did a great job and deserves congratulations.

-Have fun! These are great times to enjoy yourself and have fun with your teammates while still behaving like world class athletes.

-Thank your parents for letting you do gymnastics!!

Things you shouldn't do at a meet.

1. Climb on anything that is stacked really high, roped off or otherwise probably not a good idea.

2. Throw empty or full bottles of liquid at your teammates, especially if they are

in the middle of their high bar routine

3. Try or succeed at beating up the other gymnasts. Meets are not a place for WWF training.

4. Eat unhealthy food or snacks while competing. I.e. anything with enough sugar to disrupt your listening ability.

5. Wear your underwear on the outside of your uniform. (you are not a superhero)

6. Ask the judge if you can eat their M&Ms.

7. Pretend you are your twin in order to get a better pommel horse score.

8. Say NO to your coach. I guarantee there is a reason for what you are being told to do. (Refer to rule #1)

9. Sing a song while doing your back lever on Rings.

10. Tuck in your drawstring after your routine has already started.

11. Walk in front of a judge and do a handstand while someone else is going.

If we can keep these few Dos and DON'Ts straight we are certainly headed for a productive season.

I have been impressed with the improvement of our boys team this fall. Most notably is the improvement in training attitudes. There is less "goofing around" and remarkable MORE PROGRESS!

Keep up the good work!

