

GYMNASTICALLY SPEAKING

September 2014

**TWISTARS USA
GYMNASTICS CLUB**
Home of World and Olympic
Champion Jordyn Wieber
Home of World and Olympic Head
Coach, John Geddert

BEING A TWISTAR

The key to Twistars USA success over the years (number one ranked team in the USA in 2009, 2012, and 2014) has been enforcing a standard, encouraging an elevated level of commitment, and instilling in our athletes a disciplined approach to training.

Being a member of the Twistars USA competitive teams comes with a certain amount of responsibility, the responsibility to continue the legacy and tradition of excellence. This is not accomplished purely by just walking through the doors. It requires a commitment to the philosophies, policies and procedures that have proven successful over our 30 year history.

Being a Twistar means:

- * Showing up on time for training.
- * Giving a perfect effort during training (this does not mean BE PERFECT but just give your very best effort, every day).
- * Showing respect for the program by adhering to its stated rules and policies
- * Showing respect for teammates through support and encouragement.
- * Showing respect for the facility by keeping it neat and clean.
- * Showing respect for the coaching staff by listening and responding to directives.
- * Training with a plan (having an idea of what you want to get accomplished each day, each rotation, each competition)
- * Maintaining a productive, positive attitude which in turns helps create the best possible environment in the gym.

- * Walking tall and confident knowing that you are training at one of the finest gymnastics clubs in the world.
- * Showing sportsmanship and character at all times whether it be in the gym, at home or at school.
- * Having fun through the pursuit of challenging and meaningful goals.
- * Showing appreciation to Mom and Dad for their efforts in providing you with the opportunity to participate at this club.

BEING A TWISTAR MEANS
YOU ARE ONE OF THE BEST!



WELCOME TO TWISTARS

START WITH BREAKFAST

Proper nutrition means far more than just eating the right foods. When you eat is equally as important. Committed athletes will put aside all the excuses for not eating a well balanced breakfast and soon learn that this is the only way to start a day.

Logging 4-5 hours at the end of a long day requires a reserve of nutritional energy. Having ample energy at the end of the day depends on what we consume well in advance as the digestion process does require adequate time. Breakfast is the answer.

Excuse Number 1- “ I am not hungry when I get up in the morning”

Response- This is normally because the athlete stuffs themselves prior to going to bed. Gymnasts that wait until after practice to eat are usually “STARVING” and therefore consume far to many calories prior to going to bed. Reversing the cycle by eating a good breakfast and a lighter meal/snack at the end of the day will create the need to fill up in the morning.

Eating a good breakfast also wakes up the metabolism and makes you more alert for school.

Excuse Number 2- “ I don’t have time”

Response- Remember breakfast does not have to be a 5 course elaborate sit down meal. It can be as simple as a PBJ sandwich and a banana prepared the night before. You can also eat on your way to school, grab a yogurt, cereal in a baggie etc. The lack of time should never be an excuse to start your day on the right foot.

Excuse Number 3- “I don’t want to gain weight”

Response- Well by not eating breakfast you are probably eating larger meals because you are hungrier. Larger meals are harder to digest and in turn leave unused calories behind. This causes unwanted weight gain. Remember eat like a KING/QUEEN for breakfast, a PRINCE/PRINCESS for Lunch and a PAUPER for Dinner.

Excuse Number 4- “I do not like breakfast foods.”

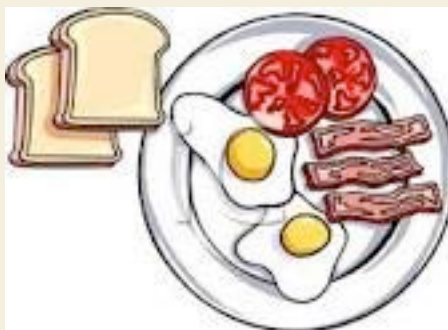
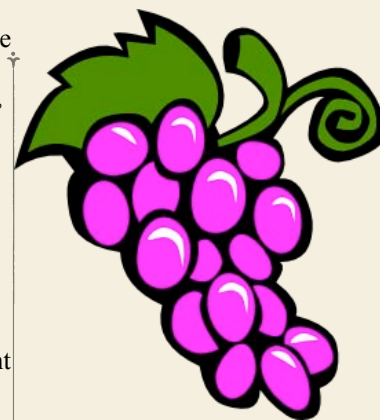
Response- This is the easiest of all to rectify. Who says you have to have waffles, pancakes, or ham and eggs for Breakfast. The main point of a good breakfast is to get a jump start on the days calories allotment (4-500 calories). Your body does not care if it eats scrambled eggs or a turkey sandwich. Eat what you like as long as it is a good nutritional choice.

Besides I bet you can not find too many athletes that can not find a cereal that they like. Cereal is easy, convenient and contains a wide variety of fiber, nutrients, iron, calcium and more.

The bottom line is that proper nutrition is the catalyst from which all else blossoms. Nutrition provides energy for brain and body, helps repair and rebuild muscles and bones, and helps prevent injuries and illness. The benefits of proper nutrition far outweigh the excuses.

Parents play a major role here. Sure it is easier to let your athlete fall into a unhealthy regiment rather than battle with them constantly, but without parental reinforcement most athletes will take the path of least resistance. Eating properly takes a little more forethought and planning, it requires a little more effort, but the return on investment is well worth it. Parents who are serious about assisting their child’s overall development, not only in sports but in school too, will enforce proper eating habits knowing the benefits are substantial.

THOUGHT OF THE DAY:
“ BREAKFAST FUELS CHAMPIONS”



PARENT REMINDERS (NEW and OLD)

Here are 25 things parents of gymnasts should avoid doing so they don't interfere with the positive benefits:

1. Don't compare your gymnast's progress with that of other gymnasts.
2. Don't become overly ego-involved with your gymnast's success or lack of it.
3. Don't take judge's scores too seriously, especially at the lower levels.
4. Don't forget the need for fun in gymnastics.
5. Don't stand for unacceptable behavior from your gymnast during practice or competitions.
6. Don't participate in gossip about anyone in the gymnastics community.
7. Don't interfere with coaches and their coaching duties during practice or competitions.
8. Don't pressure your gymnast regarding skills or competition.
9. Don't set unrealistic goals for your gymnast.
10. Don't predicate your love or attention on your gymnast's competitive success.
11. Don't base your own ego or self-esteem on the success of your gymnast's progress or competitive success.
12. Don't lose your long-term perspective about the importance of your gymnast's participation in the sport.
13. Don't let yourself care too deeply about your gymnast's competition results.
14. Don't undercut your gymnast's confidence in their coaches or coaching.
15. Don't show any negative emotions while watching your gymnast practice or compete.
16. Don't try to make your gymnast talk with you immediately after a gymnastics meet, especially if they performed poorly.
17. Don't do or say anything to make your child feel guilty for the time and money you are spending on their gymnastics.
18. Don't badmouth your gymnast's coaches, your gym or other gymnasts at any time
19. Don't attempt to coach your gymnast yourself.
20. Don't predicate your support on any expectation of receiving a college scholarship.
21. Don't do anything to make enemies with other gymnast's parents.
22. Don't expect anything more from your gymnast except their best effort.
23. Don't ever do or say anything that will cause your gymnast to think less of you.
24. Don't use sarcasm, threaten or use fear to try to motivate your gymnast.
25. Don't expect anything more from gymnastics than physical fitness, life skills and fun for your gymnast.



THOUGHT OF THE DAY:

Don't be that parent! (you know that one everyone talks about)



TARYN RAWLES



PAPA DAVE RAWLES

TARYN RAWLES

Twistars USA is very happy to announce the addition of Taryn Rawles to our coaching staff. A passionate ex-gymnast at heart she will be a great asset to our program.

KNOWING TARYN

Taryn hails from the Chicago area where she completed her club career prior to entering MSU where she is currently going into her Sophomore year. She has a little brother, Tucker that she misses dearly (haha).

PERSONALLY

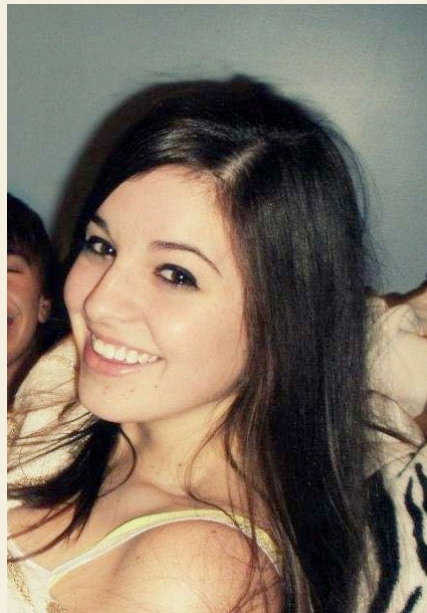
Taryn comes packing a long history of gymnastics involvement. In fact she basically grew up in a gym (Mom and Dad, Dave and Angie Rawles, own Libertyville Gymnastics). She has logged years of competing and teaching.

Being raised on the northwest side of Chicago does come with a few downfalls mostly related to her sports teams of choice (Cubs and Bears crammed down her throat by her Dad since before she knew what a bad team really was.)

WHAT SHE BRINGS

Taryn will be coaching one of our Pre Team groups as well as assisting with our compulsory team levels and recreational classes. She has been impressive in her training where she showed great coaching abilities. We look forward to seeing lead her students to success.

Welcome Taryn



Taryn:
Her warm and friendly smile and her encouraging ways will go a long way in motivating our athletes.

ADD A LITTLE NOW TO YOUR DAY

We have all been lectured on the relative importance of setting goals and sticking to them. Goals are certainly important but enjoying the NOW creates the incentive to continue pushing forward. Without enjoyment much of the motivation will suffer.

Focusing on enjoyment in the process of pursuing goals provides the core of "attitudinal healing". Those who live in the past or get paralyzed by the future will find happiness fleeting. Enjoying the journey to your goals is essential for long term growth and overall happiness.

This is simply illustrated when we think about how much time we invest on things that have happened (crying over spilled milk) or things that have to be done in the future. It becomes clear that most of us spend little time enjoying the accomplishments of the now.

If left unchecked your mind will more than likely gravitate to the past or the future. Training the mind to enjoy the day and see the FUN is an art in itself. It takes conscious effort. Here is a suggested process:

* Picture how you want to feel and the thoughts you want to have today. Notice this has nothing to do with what you "want to happen" as that is often out of our control.

- * Expect that you will think these thoughts and feel this way. Don't allow troublesome events to supersede these expectations.
- * Know what is important for the day and find progress in all that you do. This creates a feeling of accomplishment without having to achieve a goal in its entirety.
- * If your main goals are overwhelming, break them into smaller goals. This is often an overlooked method of achieving (small steps are progress).

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<p>Johns Vegetable Soup:</p> <p>6- Small Chicken Breasts</p> <p>1- Can of Sliced Carrots</p> <p>1- Can of Green Beans</p> <p>1- Can Sliced Potatoes</p> <p>2- Can of Corn</p> <p>1- Can of Tomato Soup</p> <p>6- Bullion Cubes (chicken)</p> <p>2-Table Spoons Basil</p> <p>1- Table Spoon Oregano</p> <p>1 Table Spoon Cayenne Pepper</p> <p>1 Tea Spoon Red Pepper</p>	<p>1 Small Chopped Onion</p> <p>1 Can of Sliced Water Chestnuts</p> <p>Salt and Pepper to taste</p> <p>Chop the Chicken Breasts, Add Vegetables and Onion, Add Tomato Soup and Bullion. Add 7 Cups/Cans of Water. Add spices and simmer for 1-2 hours.</p> <p>This is a spicy soup, low in calories that is sure to please</p>
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TENTATIVE SCHEDULE

Here is a look at our competitive team schedule for the upcoming season. Being that this is early fall, please be aware that this is tentative at best.

September
7- Future Stars Workshop- Select Boys

October
4-5 Future Stars Regionals- Select Boys

November
5-10- Future Stars Nationals- Qualified Boys
15-16 Judges Cup- Boys L 4-5-6

December
12-14- Christmas Classic- Novi Michigan- Girls L 3-4-5-7-8-9.
12-14 Dian Kolev Invite- Novi, Boys Levels 7-8-9-10

January
9-11- Twistars Invitational- ALL- Boys and Girls

16-18 Battle Of Champions- Toledo Ohio - TOP 6-L 3-4-5-7-8-9-10
16-18 Windy City- Chicago-All Boys
21-26- Panama Invitational- Panama- L 9-10.

23-25- Oakland Classic- Those not competing in Battle of Champs- L 3-4-5.
30-1 Warrior Challenge- Warren- All Boys

February
6-8 Buckeye Classic- Columbus Ohio. L 8-9-10

13-16- Cereal City Classic- Battle Creek- L 3-4-5-7- Silver Stars
12-15- Iowa Invite- Iowa City, Boys L 7-8-9-10

19-23- LaFleurs Invitational- Tampa Florida- L 4-5-7-8-9-10. GIRLS TEAM TRIP.

19-23 LaFleurs Invitational-Tampa Florida. Boys Levels (second year booster club and higher) L 4-5-6-7-8-9-10. BOYS TEAM TRIP.

21-22- Tulip City- Holland Michigan- Those L 3-4-5 not traveling to Tampa.

March
13-15- Lucky Invite- Libertyville Illinois- L 7-8-9-10.
13-15 Whitfield Invite- Ann Arbor- All Boys
13-15 Girl Power Invite- Ann Arbor- L 3-4-5 and Silver Stars.
27-29 Level 7-8-9-10 States- TBA
27-29 Boys States- TBA- All Boys

April
10-12 Level 5 States

10-12- Boys Regionals- Ann Arbor- Boys Levels 6-7-8-9-10.
16-19- Level 9-10 Regionals (count on this being a 4 day meet this year)
24-26- Level 8 Regionals TBA

May
1-3 Level 4 States-
7-10 Level 9 Eastern Nationals
6-10 Boys Nationals- TBA- Boys Level 8-9-10.
14-17- Level 10 Nationals
28-31 America Classic- Girls Elite- Houston

June
15-18 Twistars Camp Session 1
19-22 Twistars Camp Session 2
23-26 Twistars Camp Session 3
27-30 Twistars Camp Session 4

July
1-2 Summer Team Training Starts
3-5 July 4th Break
23-26- Secret Classic- Girls Elite- Chicago

August
10-16- Championships of USA- Boys and Girls Elite- Indianapolis
22- GymPalooza

September
1-2 Team AM Training Summer Schedule.
3-6- Labor Day Break
7- Fall Session Begins



STUDY YOUR SPORT

Welcome Coach Jorge

The Twistars Boy's Team is excited to have Jorge Quiala join the coaching staff! Coach Jorge brings a lot of experience and a fresh perspective with him that will help our team continue its success. Jorge is a former Cuban National Team member, coached with Yin Alvarez in Miami (the gym that gave us Danell Leyva, Olympic Bronze All Around), and has been running his own gym in Miami. We would also like to welcome Jorge's family; wife Sonia, new boys team member Jorge, new girls team member Nadia, and their three other boys.

Study Your Sport

A little over a week ago was the P&G USA Championships where our country names its National Champion and National Team Members. There was some very impressive gymnastics, and the US is looking very good going into the World Championships in October.

The summer schedule gave us some time in the afternoons to watch the live coverage of the meet and look at the results. I was very excited to talk to the boys about the meet and see what they liked or thought as I am still a huge fan of the sport. It was a little

disappointing to hear that some of the boys had not watched or even knew who won (by the way, the national champ for the 2nd straight year is Sam Mikulak who trains in Michigan)!

There are so many things to be learned in gymnastics, as well as any sport, by watching video. In this age of technology these boys have so much access to all sorts of video tools and other resources. Learning correct shapes and techniques by watching gymnasts that can already do those skills is one of the best ways to facilitate the learning process. The gymnasts can also use the videos of elite gymnasts to explore the current trends of what skills fit together well, earn the most value, and what order they can go together in the routines. The gymnastics websites also have a lot of great info. They list the names of all the great gymnasts, up and coming gymnasts, and big meets that are going on throughout the world. The boys could go to these sites to look up the meet and gymnast and can then search Youtube to actually watch the routine. The International Gymnastics Federation (FIG) website also has the Code of Points online, which lists all the rules plus the value of each skill.

The Championships videos were on the USA Gymnastics youtube channel within a day after the competition, and that was for every single competitor not just the ones that were televised. There are interesting and still useful videos of meets going back into the 1970s. The gymnasts your sons compete against or will compete against a lot of the time also have videos posted online. To be the best they can be they need to be aware of so many things outside of the gym. The more they know about the rules that their routines have to follow, the skills that their competition are doing successfully, and what the gymnasts are doing at the level of the sport that they strive to reach someday; the better gymnasts they will become.

