

## MSO's 2009 Top Ten Men's and Women's Teams

When MSO has 83 teams that make the first cut of our nation's top ten teams, MSO knows it is going to be a long night. Add gymnasts that had a superior year even as the team around them falters and identifying America's top clubs becomes a weekend project; make that a long weekend project.

### MSO FAN:

*Does MSO look at last year's standing in determining this year's Top Teams?*

### MSO:

*No, last year is history. In determining America top clubs MSO looks at only the results of individual gymnasts from Levels 8-10 for the current Optional competitive season. This year it means January 2009 to 2009 JO Nationals. Two years ago MSO also started taking into consideration a club's size. A team that has 60 gymnasts and sends 2 to JOs is not ranked as high as a team that only has 21 team members and 4 qualify to Nationals. After reviewing National's results, MSO looks at Regional standings, Westerns/Easterns, and if necessary (and it almost always is for tenth place) we look at state championships results.*

### The Women:

**#10 – Dynamo;** Coach Shannon Harrison produced so many state champions this year MSO lost count.

**#9 – Phenom** is losing some incredible talent to the Universities; can Coach Jess do it again next year? MSO sees young talent in the wings and thinks this Illinois gym should stay in the top, if not the top ten.

**#8 – Oakland** Gymnastics of Walled Lake Michigan has ties to one of MSO's favorite people in the sport; Steve Whitlock. Coaches Ruth and Chris Miller muscled aside some of the better known clubs in Texas, and that "ain't" easy.

**#7 – Twin City Twisters:** "They're Back", as in back on the list. The club had some fantastic gymnasts at all levels.

**#6 – GymCats** of Nevada has produced some great gymnasts and this past season puts them in the middle of this year's top teams.

**#5 – WGA Texans;** in a state full of talented clubs (did you watch the VISA Championships?) this club from the Houston area put together some impressive gymnasts with really impressive results.

**#4 – Orlando Metro;** a club full of great Level 10s, with an even more impressive group of up and coming Level 9s.

**#3 – Illinois Gymnastics Institute.** At first MSO thought maybe MSO had mixed several Illinois clubs under the same name as there were simply too many champions; but there is only one IGI. Nice job.

**#2 – Docksidiers;** with names like Ouellette, Barrows, and Fleming is it any wonder this gym produced some serious gymnastics this year? And those are the coaches. A Maryland power that is established, and sure to produce again next year.

**#1 – Twistars;** if Michigan is a machine in club gymnastics, Geddert's is the engine. To truly admire this club look at their teams at any level; and then peek behind the curtain at the compulsory kids being developed. Although only the Optionals were considered in this ranking, the young ones are destined to be champions in John's hands.

**Geddert's Twistars Gymnastics Club USA, the 2009 Number 1 Women's club in the nation.**

### **The Men:**

**#10 - Xtreme** (Extreme) MSO finds is spelled both ways; from the Black Jack Invitational on these guys started getting it done, in a region that did well overall this year.

**#9 – Azarian** is an Orange County powerhouse, and being trained by a former World Champion and Gold Medal winner shows.

**#8 – Cypress Academy**, Tom Meadows produced some fantastic gymnasts and this team could move higher next year.

**#7 – Champion**; MSO was not exactly sure where Katy, TX was, but Jordan Valdez found his way there and help his team make a solid landing on year's list.

**#6 – WOGA**; Over shadowed by a girl? Not these guys. They made last year's list and then gave the country a repeat performance.

**#5 – FLIPS**; with so many teams called Flips, make no mistake that this is the Region 3 (and another Texas power) club MSO is ranking.

**#4 – Hocking Valley**; MSO has said it before, Mike Serra and Tim Saxton produce winners; lots of them.

**#3 – San Mateo**; this club is starting to make a tradition of sending top kids to UC Berkeley. But not before helping the team move into the top five men's club programs in the country.

**#2 – New Hope**; Guess being number 5 nationally was not good enough for these guys; this year.....#2!

**#1 – Swiss Turner**; you're the gym manager, competitive director, girls' team coordinator, Head Coach for the men's team, and on top of that you coach your boys (make that MEN) to the top spot on the top ten men's list for club gymnastics in the country. Congratulations to Stacy Maloney and the **Swiss Turner, the Number 1 Men's club in the country.**