



▶ **HOMESHOW SEASON...STRESS OR TROPHY**



▶ **PULLING TOGETHER...TEAM WORK MAKES THE DIFFERENCE**



▶ **ACROFEST DATES**

# Acrofest 2007

Andrews University

# Power of One

*And when they raised their eyes, they saw no one but Jesus only. Matthew 17:8*

## HOMESHOW SEASON

*Stress to you or trophy to God?*

I can remember back to my first homeshow when I taught at Hinsdale Adventist Academy. I would lay in bed worrying about routines, if the decorations were going to turn out the way I imagined or if I was going to have enough money to pull it off. I don't think I realized how my stress level was rubbing off on my team. If stunts were not hitting they would argue instead of encourage. Some would practice so much they would get injured and endanger their chance to perform in the show they worked so hard for. Many coaches I have talked to over the years get excited around homeshow time but are just as excited when it is over. When my first homeshow was over I wasn't glad, just relieved. While homeshow is usually the biggest show of the year for most teams, it can also be the most stressful. My fourth year coaching I believe time, experience and the Spirit working on my heart truly opened my eyes to the purpose of not just homeshow but any show. Our acrosports shows should be trophies. I like to



think when Gymnics' homeshow is over the audience will not only see the talents on the mat but the influence of Christ throughout the program. A Christ-centered team should be a trophy representing the incredible witnessing power of God through acrosports. Homeshow is not just another chance to perform,

for me it has become an experience. A chance to experience the creative power contained within the team. A chance to experience the witnessing talents and the athletic abilities of my students, working together to create an unforgettable evening. A chance to experience a reconnection with old teammates, parents and friends. And a chance to thank Jesus Christ for His impact on the team and the impact the team as made on audiences. As my focus has changed over time I can only hope it influences how my team approaches the last show of the year. As homeshow dates approach, teammates build each other up and encourage each other. Coaches, enjoy the experience with your team and lift up the show as a trophy to God. Good luck everyone and be safe.

Christian Lighthall  
Coach  
Andrews University Gymnics  
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## Pulling together for *One purpose*

The most important tradition that we have started here at Highland over the last several years is lifting Jesus up in all of our shows whether it is in a public high school program, a university halftime show, or a show at one of our own Adventist schools. We have a strong anti-drug message that we totally believe in but we wanted to take our message a step farther and let people know how important it is for us to lift Jesus up. Since we have started doing this, we have experienced many blessings but we have also found out that Satan does not like what we are doing and he has been throwing all kinds of obstacles in our way to discourage us. But, our God is bigger than any problems we face and as a coach I am learning this more and more with each

problem that He helps us overcome.

We have many traditions that bring us closer together as a team. We always pray before and after each practice, we have several team get functions each year to eat, talk and just hang out. We get together to brain storm about new drug skits and to watch Cirque Du Soleil shows to help come up with new ideas to put in our shows.

We have several traditions that are just for homeshow weekend to make it special and memorable. We do the church program each year on homeshow weekend. We get together about three hours before homeshow and have several activities that involve reflecting back over the year, talking about the good and the bad and helping us focus on the upcoming show. We always pick the captains for the following year right before homeshow so that we can introduce them to everyone at homeshow and then be able to start preparing for the next year right after homeshow ends.

It may sound like a contradiction but one of our traditions is trying to make our show non-traditional. We try to incorporate new apparatus, new stunts, and new skits as much as possible to keep our show fresh and entertaining.

We have taken our team through a high ropes course that really helped us come closer together. We try to put messages on our shirts that help promote our message and our team identity. We have attended several Cirque Du Soleil shows which are absolutely amazing and well worth the cost.

To sum up, make Jesus your biggest team tradition and you will experience blessings far bigger than the problems that Satan puts in your path. Gymnastics is one of the only things that makes our Adventist schools different than any other schools in the world. Lets use that difference to lift Jesus up and draw other people to Him!

Carlyle Ingersoll  
Coach

Highland Academy Gymnix  
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### Information Needed

Most of you have done a great job in getting me your homeshow dates but I have not been able to get them all. Please email me and I will put them in the April newsletter.

In preparation for Acrofest 2007 I need to starting getting information from the coaches. I need to know if you are planning on coming and your approximate team size. I know it is early, but it would go a long way in helping the planning process. Just drop me a line at 269.471.3357 or [lighthal@andrews.edu](mailto:lighthal@andrews.edu). Also, if there is anything you would like to see at Acrofest 2007 include that in your note.

Please get me as many email addresses from your team for the newsletter distribution list. I send the newsletter to everyone on the list so you won't have to print or post it.



## MASTER THE: TWIST CRADLE DISMOUNT

### The Pop Phase

The bases should ensure the top's feet are no wider than the top's shoulders. The third should have a firm grip on the ankles to assist on the pop up. The top should have the arms up and the body in a hollow position.

### The Twisting Phase

Bases make sure you are throwing at the same time and same speed. This is critical. Sponge down together, start the toss with your legs and finish by following through with the arms in a upward motion. Tops should wait to leave the hands of the bases, don't twist early and lose power from the bases. Pull your shoulders up to ears to ride the pop, leaning back slightly so as not to "pencil" the twist (twist straight up and down). Look over the left shoulder sharply, keep shoulders and hips in line by tightening midsection and maintaining a hollow (opposite of arched) body position. During the twist, pull arms into the sides of body and squeeze legs together to increase the speed of the twist and not injure the bases.

### The Catch

At the end of the rotation, catch yourself by wrapping your arms around the shoulders of your bases, pulling your legs up in a pike and making a "V" with your body.

# Homeshow Dates

Georgia Cumberland Academy	March 24
Southwestern Adventist University	March 31
Southern Adventist University	March 31
Columbia Union College	April 1
Union College	April 14
Andrews University	April 14
Mt. Ellis Academy	April 14
Canadian University College	April 20
A.W. Spalding Elementary	April 22
Orangewood Academy	April 22
Memphis Jr. Academy	April 28
Fletcher Academy	April 28
Sunnydale Academy	April 28
Great Lakes Adventist Academy	May 5
Madison Academy	May 5
Mount Pisgah Academy	May 5
Highland Academy	May 5
Minnnetonka Christian Academy	May 5
Spring Valley Academy	May 5
Collegedale Academy	May 13
Chisholm Trail Academy	May 12
Indiana Academy	May 12
Dakota Adventist Academy	May 12
Ozark Adventist Academy	May 12
Little Rock Adventist Academy	May 14
Mt. Vernon Academy	May 21
Enterprise Academy	May 19
Spencerville Academy	May 19

\*If your date does not show up here and it is May let me know the date and I will put it in the April newsletter.

# Acrofest 2007

Andrews University



## remember Acrofest...

**A**crofest has been the highlight of my year ever since I joined Acrosports three years ago. Something about those two days of sweat, blood, and tears (and a lot of fun) send me into a world of bliss. It is awesome to see so many different teams from every region including the U.S., Canada, and Puerto Rico coming together to share their love of gymnastics, and most importantly, God. Something incredible happens at Acrofest when people with different backgrounds, personalities, and race can put everything aside and become one as a team.

My first Acrofest was held at Southern Adventist University. It was my sophomore year, and though I had been in gymnastics off and on my whole life, I had just been introduced to acrobatics. That Acrofest I had a knee injury, so I was ordered by my former coach, Christian Lighthall, to stay off of it until our performance on Saturday night. It was hard to watch my team learning so many new things without me (as I was lathering on Bio-Freeze), but I got the privilege of seeing them unite. In just two short days our team was a family. I quickly learned that there was never a dull moment on our team. We seemed to have this ball of energy surrounding us wherever we went, and we transferred it to everyone around us. My favorite memory of Acrofest is from that Saturday night when our team stood up for every other team, whatever the size or skill level, and cheer them on as if they were Olympic stars. I can still remember the feeling of the energy pumping through my veins that night.

It's a great thing to uplift others around you. This is what God wants of us, and to me, that's what Acrofest is all about. Not only should we focus on improving our gymnastics skills, but our personal relationships with the people around us, and especially with God.

Casey Smith  
Girl's Captain  
Mount Pisgah Academy

