



# TWISTED NEWS

Maryland Twisters Newsletter

July 2017

## Trust the Training

with Terri Curley

Dear Twister Families!

I'm sure you've caught on to the whirl of excitement since our 2017-2018 Tryouts in May! So many new and enhanced aspects of being a Maryland Twister - new tryout process, new tryout expectations, new thorough stunt progression drills, new Creative Team, enhanced flyer flexibility training, enhanced athlete conditioning and more!

Tryouts in May were intensely competitive. A huge congratulations to all the athletes for their hard work preparing for team placements! The higher standards for team assignments will make a difference right from the start on the difficulty scores for running tumbling, standing tumbling and more. The coaching staff was also very pleased with our new tryout evaluation process - it was efficient and comprehensive as well as less intimidating for the athlete on the first day of the new season.

One of my personal highlights of the new season is our new stunt progression protocols for all teams. The process is thorough and detailed with both a difficulty and technique focus. I love it! It's working well on pushing difficulty quickly and improving the techniques of each position.

On top of those changes, we built a new Creative Team to enhance those sections (stunts, pyramids and routine composition) of the scoresheet for all our teams. We're thrilled about it and the Creative Team is already making a difference as the athletes are practicing creative stunts early this season. Flyers are coming early to practices to become exceptionally flexible as well as improve details such as arm/hand placement, hip placement and more. Plus, conditioning is critical for the athletes' progression so that has been enhanced with home and practice expectations.

Now, it's time for our athletes to fully embrace the challenge ahead of them! Hard work in and out of the gym to develop strong bodies ready to improve skills constantly! Extensive focus on the techniques, details, timing and performance! The coaches are prepared and progressing the athletes like never before! No doubt, it is going to be a season to remember!

Thank you all for your support of the athletes, coaches and entire program! As always, feel free to contact me ([terric@marylandtwisters.com](mailto:terric@marylandtwisters.com)) if you'd like to discuss training plans/expectations for your individual athlete.

### In This Issue

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- Upcoming Events
- Happy Birthday to You!

"What we do today, right now, will have an accumulated effect on all our tomorrows." Alexandra Stoddard



**Kicking off the season with some fun Team Bonding parties!!**

## Upcoming Events:

### **In House Choreography Camp**

Sterling - August 18th-20th  
Hanover - August 25th-27th  
Times TBD

**Save the Date!**  
**Winter Cheer Try Outs**  
November 18th

### **Labor Day Closure**

Friday, September 1st - Monday, September 4th  
All Classes and Practices are Canceled  
Check with your instructor regarding Privates  
We reopen Tuesday, September 5th

# Happy Birthday to YOU!

## May, June, and July

Olivia Addis, Nicole Alexander, Kaydence Altrath, Erica Andersen, Mia Archie, Nevaeh Barnes, Kylie Bellison, Payton Besecker, Skylar Blizzard, Olivia Bowles, Madden Branch, Morgan Branch, Ashley Brodie, Karissa Burgman, Morgan Burke, Kai Butts, Makaylah Carey, Jessi Carpel, Trinity Carpen, Amanda Chesebrough, Kyla Clarke, Cortney Coleman, Claire Concha, McKenna Corbett, Elizabeth Cornwell, Briana Cox, Kirsten Curry, Cinaiya Davis, Arabella DeLuca, Victoria Dixon, Aleigha Dubroc, Sarah Dzielinski, Sophia Edinger, Divine Ellington, Peyton Elliott, Maya Estrada, Kylie Falton, Angelina Fields, Kaylie Ann Garcia, Blake Gerardi, Grace Grinstead, Alisha Hannah, Brianna Harnsberger, Janae Harris, Jurnee Harris, Erica Herdrich, Rachel Hirshon, Mackenzie Holt, Bree Hornbecker, Chelsea Johnson, Morgan King, Marlee Lancaster, Bliss Lawrence, Shannon Leahy, Tenley Lilly, Alexis Loewen, Ayries Lomax, Piper Lorah, Ethan Ludwig, Jennifer Lyba, Emilee Mack, Cassidy Maughlin, Danika McConnell, Sean McConnell, Taylor McConnell, Shaeli McCroskey, Jameson McKay, Monae McMillan, Evan Mello, Elle Mishler, Rayvin Murillo, Christopher Murphy, Taylor Murphy, Taniya Murray, Alicen Myers, Aniya Myers, Sabrina Nagy, Christian Nassar, Kelly O'Brien, Jada Perrelli, Tamryn Pinder, Tristyn Pinder, Sophia Pisano, Isabella Plott, Piper Poole, Camden Pottillo, Maria Pottillo, Haley Pugh, Rachel Rabinovitz, Amanda Rall, Jamie Ralph, Mailey Rash, Victoria Re, Jackie Redding, Taylor Redmiles, Emily Rogers, Maya Rountree, Grace Rowe, Kaylee Rowe, Olivia Rusnak, Kylie Sarner, Julia Schick, Katherine Senio, Emily Seubert, Paige Sikora, Sierra Siuta, Carly Smith, Trinity Smith, Gabriella Spilker, Karli Stawas, Ella Thompson, Marley Tinnin, Hannah Toczylowski, Lauren Trujillo, Emily Tsai, Mollie Upchurch, Stephanie Vannoy, Nijah Walker, Charlotte Wallace, Morgan Williams, Taliyah Wingfield, Amanda Wippich, Kate Workosky, Hayden Yancy, Kayla Yeager, Mikayla Young

### VIRGINIA HIGH SCHOOL COACHES CONFERENCE

BE OUR GUEST! You are invited to our first annual Virginia High School Coaches Conference & Open House!

#### HOSTED BY:

Tara Cain Rall, owner; Twisters Virginia.

#### EVENT DATE:

Sunday, August 6th, at 5:30-7:30pm

at MD Twisters Virginia  
23714 Overland Drive  
Suites 100 & 110  
Sterling, Virginia 20166

#### EVENT SPEAKERS:

- ✔ JOE DOLANSKY  
VHSL Judge
- ✔ WILL STOKES  
Stunt Coach for the Baltimore Ravens Cheerleading & Coach of the World Champion MD Twisters F5.
- ✔ YURI KOSTOVETSKIY & TOM BALENT  
Master Tumbling Coaches and owners of Perfecta Flip.

**THERE IS NO COST TO ATTEND THIS EVENT!**



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Give us a call for more information about our services and products

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