

TWISTED NEWS

Maryland Twisters Newsletter

November 2017



November's Athlete of the Month

Hanover: Elise Kocak - Sidewinders

What makes Elise stand out on her team?

Elise never has to be spoken to and always gives 100% effort. She is always asking how she can improve and works hard each practice to do so. She gets along with all of her teammates and is seen as a leader.

How have you seen her improve since this summer?

Elise has been working hard with perfecting her back walkovers and front walkovers and has improved with basing and baking!

What can her teammates learn from her?

Her drive and passion for cheer!

What can we expect to see from Elise this season?

We can expect to see her facials from the back of the arena, straight-legged back walkovers, and excellent backing!

Coach Kenney and Jazmin

"Elise is a second year Sidewinder. She is always willing to step in and base or back spot if someone is absent. Her tumbling has really improved! And we love watching her perform!"

~ Coach Jazmin

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Sterling: Mya Hall of Radar



"Mya has improved in all areas of cheer since the beginning of the season. She is such a hard worker! She double teams and gives her all to both of her teams."

~ Coach Chelsey

How have you seen Mya improve since the beginning of the season?

Mya's tumbling has improved immensely since the beginning of the season. She takes corrections from her coaches well and is able to apply them immediately, resulting in improved tumbling technique. She has also gained new skills and overcome skills that she had a block on. She now has a specialty pass in Radar's routine!

What does Mya bring to her team?

Even though Mya is one of the younger athletes on Radar, you would never know it because of the strength she brings to the team! We can always count on her to make her stunts hit, and we do not hesitate to put her in challenging sections of the routine.

What would her teammates say about her?

Mya has a fun loving personality and brings lots of sass to the team! She encompasses exactly what it means to be a cheerleader at Maryland Twisters - work hard and have fun! She always has the team smiling and laughing!

What advice can you give her as we enter the competition season?

Be a leader! Your dedication and love for cheerleading, Radar, Surge, and Maryland Twisters is obvious, and we know others see it too. Share that passion with your teammates, encourage them to be the best that they can be, and continue to lead by example!

Coach Chelsey and Mackenzie

Happy Birthday to YOU!

Noelle Barretto, Audrey Basler, Ashley Bergstedt, Samantha Betancourt, Autumn Burgess, Kaley Chinoy, Kayla Durham, Reagan Fearson, Colby Glidden, Morgan Harris, Lauren Hertel, Lexi Himelright, Sophia Jang, Jaslene Johnson, Alexa Kondilas, Kaden Kozlowski, Shania Lingafelt, Tyrae Mason, Megan McCool, Reagan McCroskey, Alyssa McQuidae, Maia Mitchell, Kaitlyn Rini, Haylie Snyder, Morgan Stakel, Briana Taylor, Carly Thompson, Morgan Tingler



**WE ♥ OUR
DADS OF TWISTERS!**



Upcoming Events:

Showcase

December 3rd

Showplace Arena, Upper, Marlboro, MD

Cheer Alliance/WSF Nationals

December 8th - 10th

Louisville, KY

Ice, Blackout, Reign, and F5

One Up Nationals

December 16th - 17th

Baltimore, MD

MD: All Levels except Reign and F5

VA: All Levels except Ice and Blackout

Christmas Closure

December 23rd - January 1st

Both facilities will be closed for the holiday

November Nominees:



Bailey Christian - Freeze

"Bailey has really stepped up her stunting game! She is a key member to the team and is falling in love with basing!"

~ Coach Paige



Kylie Bulger - Fierce Winds

"Kylie has been a part of our program for many years as a flyer. This season is her first on Wind and she transitioned to a back spot position with ease. She is doing such an amazing job in her new role! She is always positive and has taken on a leadership role on the team. She is the first to encourage and cheer on her teammates."

~ Coach Amber



Kelly O'Brien - Sprinkles

"This month Kelly has moved to different spots and positions in our routine and has adjusted to these changes well! We have been very impressed with all of her hard work and positivity this month. We love seeing her perform and have fun throughout the routine!"

~ Coach Chelsey



Alex Sheeler - Reign

"Alex is one of the hardest working athletes I've had the pleasure of coaching. He always has a positive mindset during practices and leads by example. Alex's talent is only matched by his humility and we are thrilled he chose to spend his last year of cheer with Reign."

~ Coach Matt G.



Kayla Dick - Storm

"Kayla recently joined Team Storm after choreography and has impressed us all! She jumped right into an Elite flying position and learned the routine without question. Kayla is a hard working athlete in all aspects!"

~ Coach JT



Jurnee Harris - Flurries

"Jurnee is a first year Twister and is a very hard worker on Flurries. You would not know this is her first year by her skill set. Her stunting, jumps, and tumbling has advanced so much in such a short period of time. She is a quick learner and an awesome team player. Be sure to keep an eye out for her as she rocks the center of the dance. We are super proud of her dedication and amazing attitude!"

~ Coach Brittany



Rachel Hammond - Ice

"Rachel is the prime example of "hard work pays off". Rachel was choreographed in our routine to do some personally challenging tumbling. She has accepted those challenges and continues to work very hard to be able to do what is expected of her. She goes full out nearly every single run through and her skills are starting to look easy. She is going to be 100% prepared to do her part as a competitor, and that is exactly what a coach wants in an athlete. We are proud of your Rachel! Keep it up!"

~ Coach Becky

Adrianna Sauro - Thunder

"Adrianna is a first year Twister. She comes to every practice ready to work hard and is always performing. Her tumbling has improved over the past few months and we are so excited to see where this season will take her. Keep up the good work!"

~ Coach Bobby



Rachel Rabinovitz - Eye of the Storm

"Rachel is new to the program and has had a tremendous impact from the very start of her career on Eye of the Storm! She is genuinely committed to helping the team in any and every capacity. When the coaching staff has asked her to do new things, her response is always an enthusiastic, "I'll do my best!" - which is all that we can ever ask of any athlete. She is diligent with her skills development and does a lot of practicing outside of the gym in addition to being one of the most focused athletes during Eye's practices. She is wonderfully supportive and brings her infectious love of the sport to her teammates. Rachel is a joy to be around and we cannot wait to see the vast array of skills that she will master for many years to come on this team! Well done Rachel, and thank you for being Jimmy Strong!"

~ Coach Kevin

Cristina Vannoy - Lightning

"Cristina is a very hard worker and takes critique well. We can always count on her to be versatile in basing positions and to push herself and teammates to be better athletes."

~ Coach Matt T.



Introducing Club Zero

Again this season we will be focusing on hitting perfectly executed routines with

ZERO DEDUCTIONS!

Teams who receive zero deductions will be awarded points. The teams with the most points at the end of the season will win a prize from Twisters! Good Luck! Let's hit those routines!

Club Zero at one day local event: 5 points

Club Zero at a National: 10 points per day