

# TWISTED NEWS

Maryland Twisters Newsletter

April 2018

## April's Athlete of the Month

### Hanover: London Beckford - Little Winds

#### How have you seen London improve this season?

She has become a strong back spot that we can rely on to always keep her stunt in the air!

#### What makes London stand out?

She always stays focused on the task at hand. She is always attentive and always works hard.

#### What can her teammates learn from her?

London is 100%, above everything else, a team player. She is a reliable athlete. Her teammates and coaches know they can count on her to always give it her all.

#### What advice can you give her as you prepare for Summit?

Have fun and enjoy this experience with your team! Help encourage your team and help calm their nerves. You can take their nerves and turn it in to excitement and confidence!



*"London is a hard worker and tough competitor. She takes her role on Little Winds seriously and always strives to be better than the day before. London is a great athlete and a pleasure to coach. I can't wait to see what London's future holds at Twisters over the next few years. Congratulations!"*

*~ Coach Hollis*

*Coach Amber, Hollis, and Nichole*

### Sterling: Abigail Fink - Haze

#### What does Abigail contribute to her team?

Abigail has worked hard to be one of our strongest bases in our elite stunts and pyramid. She has mastered her level 1 tumbling and is now working hard on her level 2 skills. Abigail is an extremely hard working athlete! She shows up to practice ready to give each skill or routine everything she's got.

#### How does she stand out?

Abigail is not only a competitive athlete, she eats, sleeps and breathes this sport. She strives for perfection and achieves all the goals she sets for herself.

#### What would her teammates say about her?

Abigail's teammates would say that she is an incredible role model to the rest of the team. She leads by example and spreads her enthusiastic character to her performance and to her teammates.

#### What advice can you give her as we head into Try Out Season?

KEEP UP THE GREAT WORK ABBY! If you attack each season with the drive and excitement that you did throughout this past season, you will ABSOLUTELY continue to grow and continue to be an outstanding athlete!

*Coach Brittany and Madison*

## In This Issue

- April Athlete of the Month Winners:  
Hanover: London Beckford of Little Winds  
Sterling: Abigail Fink of Haze
- Happy Birthday to You!
- Club Zero Winners
- Upcoming Events
- April Athlete of the Month Nominees
- Competition Totals
- New 18-19 Practice Structure



*"Abigail is one of our fantastic Haze athletes! She is an outstanding leader and has a incredibly positive attitude that is contagious."*

*~ Coach Brittany*

# Happy Birthday to YOU!

Addison Adkins, Kaitlyn Antonacci, London Beckford, Emily Bowman, Karin Burgess, Emily Buss, Allyson Carter, Adriana Collins, Amelia Cook, Adriana Facchini, Alyssa Ferrante, Angelique Fink, Jade Fletcher, Taylor Flynn, Ariana Forte, Megan Galindo, Kyla Gracia, Breana Hall, Ta’Niyah Hardman, Taige Hart, Bridget Hendrick, Zoe Heyman, Layla Hooper, Aijae Hope, Lane Hornbecker, Emily Hutto, Caris Jackson, Alaina Johnson, Maggie Lewis, Cassidy Malek, Briana Marks, Reagan Mihailic, Deonna Moore, Hunter Morris, Braxton Paul, Ava Pitman, Kendall Plude, Jenna Pruitt, Adriana Rivas, Alice Roberts, Ashleigh Rountree, Kayla Rucker, Kiersten Sarner, Kaylee Schatz, Mackenzie Skiff, Finleigh Smith, Camille Smythe, Catie Jo Tansey, Kristen Thomas, Kayla Thompson, Unique Valentine, Rowan Vessey, Meleah Woodham

**Club Zero Winners**

**Congratulations!!**

**Sidewinders**

**Lightning**

**Radar**

## Upcoming Events:

### Summit Showcase

**May 2nd**

Help us send off our Summit Teams!

### Try Out Clinics

VA: May 7th and 9th, 6:00-9:00 pm

MD: May 14th and 16th, 6:00-9:00 pm

### Pre-Registration Closes

VA: May 9th

MD: May 16th

### Try Outs - Sterling, VA

**May 12th**

10:00 am-1:00 pm ages 11 and under

2:00-5:00 pm ages 12 and above

### Try Outs - Hanover, MD

**May 19th**

10:00 am-1:00 pm ages 11 and under

2:00-5:00 pm ages 12 and above

# April Nominees:



**Alexis Loewen - Smoke**

"Alexis embodies what a Twister Athlete is all about. When she's not in practice she can be found in a class or private. Alexis always has a ready to work attitude. She a motivator within her team and always has a smile on her face."

~ Coach Shonte



**Ainsley Zdanowski - Surge**

"Ainsley is such a hard worker and has made a lot of progress this season. She shows up to every practice and gives 100%, and gets along well with her teammates."

~ Coach Becky



**Jadyn Washington - Supercells**

"Jadyn is a little dynamo! At only 11 years old she is one of the strongest tumblers in the gym! Jadyn's work ethic is beyond admirable. Not only is she constantly putting in extra work but she also stepped up when her team needed her despite having a major injury! We are lucky to have athletes like Jadyn in our program!"

~ Coach Kristen



**Dawson Orlowski - Blackout**

"Dawson came to us from high school cheer this season. He has prepared himself for every practice. If you ask his teammates who the hardest worker is, they'd all say Dawson. He has worked hard starting with a specialty to full and is finishing the season with multiple specialty passes to double and a very beautiful toe full. His work ethic is like no other and is equally matched by his dedication. Thank you for being you Dawson. Don't ever change!"

~ Coach Chase



**Shiloh Thompson - Cyclones**

"Shiloh has been an exceptional athlete this year. She came to Cyclones in August and has worked very hard at perfecting any skills she is asked to do. She is a sweet and respectful athlete to her coaches and dedicated to her team and teammates! Shiloh is a pleasure to have on the team and we look forward to seeing her continue to grow as she continues in Cheer!"

~ Coach Kristin



**Alexa Amendola - Forecast**

"Alexa has made so much progress this season. She works very hard, leads by example, and is coachable. Her future in the sport is very bright!"

~ Coach Becky

### **Olivia Addis - Cold Front**



"Olivia has been a pleasure to work with this season. She is extremely coachable and willing to do anything asked of her for the team. Her positive spirit is very impactful for her group and enhances their success. She is very dependable and a versatile and valued member of the team. We truly adore her personality, maturity and commitment to Cold Front. With these qualities, she will definitely continue to be successful within the Twisters program. Congratulations Olivia! We are super proud of you!"

~ Coach Brittany

### **Kaydence Godwin - F5**

"Kaydence has also been selected as athlete of the month for a very different reason. Kaydence has really stepped up to the plate and made herself stand out. She is a tumbling diva that has gladly accepted every challenge the coaches have given her. Her number of passes in the routine has grown tremendously in the last month. Just as she masters another pass and it is added to the routine, a creative thought or inspiration changes and she effortlessly adds another double full or aerial skill. Her talent is as boundless as her positive attitude. So congrats Kaydence on being nominated as AOTM!"



~ Coach Will

### **Adriana Collins - Breeze**



"Adriana is an excellent athlete. And since the very first practice she has always been a joy to coach. Adriana is such a hard worker and always gives her all at each practice. Every practice she comes with a smile on her face and is eager to learn! She has greatly improved on her tumbling and flying skills! She is a great listener at practice and is such a team player! She loves performing the routine and is a joy to watch her grow as an athlete. We are extremely proud of what she has accomplished. Her cheerleading future is bright and we know she will grow into an exceptional athlete. Keep up the hard work Adriana!"

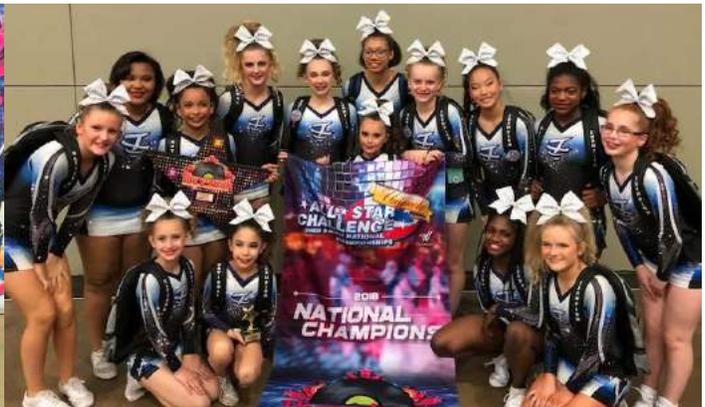
~ Coach Meghan

### **Eva Pisano - F5**

"Eva is a quiet hard worker. She is someone that the coaches consider an athlete at times goes unnoticed. She pushes herself in and outside of practices. She posts additional conditioning to ensure she stays in her best shape. In practice, she has been pushing her standing tumbling and she very versatile when it comes to stunting. She can back spot or side base and make any stunt work. She aggressively and happily takes any tasks that she given and performs them to the best of her ability. There have been times where has had to perform through injury and always does her job for the team. She has begun to embody what we love about Twister athletes....hard work, dedication and a love for the sport! Congrats Eva on being chosen as AOTM!"

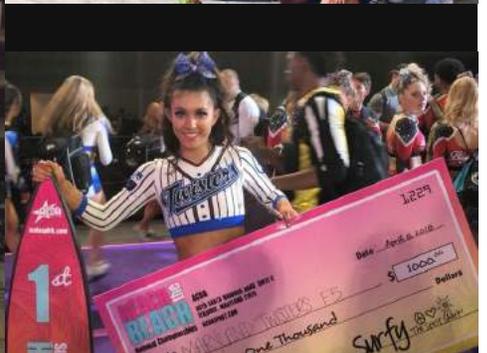
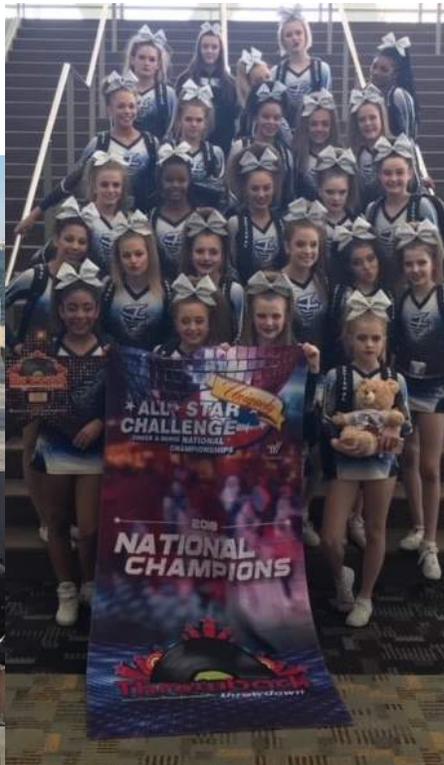


~ Coach Will



Congratulations to our April National Champions!

Little Winds, Surge, Lightning, Forecast, Fierce Winds, Smoke, Supercells, Blackout, Reign, and F5!



# Competition Totals

**Third Place finishes: 17**

**Second Place finishes: 46**

**First Place finishes: 93**

**Grand Champions: 15**

**At Large Summit Bids: 4**

**Full Paid Summit Bids: 3**

**At Large Worlds Bids: 1**

**Full Paid Worlds Bids: 3**

## 2018-2019

# New Practice Structure

***We are very excited to announce our new Practice Structure for levels 1-4!***

At MDT we pay close attention to the needs of our athletes, families & coaching staff.

We will now be offering 2 hour weeknight practices instead of 3 hours! With all of the demands on today's generation, we noticed that no team is focused during that 3rd hour. The new weeknight schedule will help keep our athletes stay invested the entire season and alleviate burn out. Athletes can now balance homework & studying. Our coaches can now coach 2 teams in one night spreading out our talents. And high school aged athletes can now participate in after school related activities.

Please know we will have every team keep their 3 hour practice time on the weekends.

Next season our teams will follow the following weeknight schedule:

5:30-7:30 pm (youth/junior & below)  
or  
7:30-9:30 pm (junior & senior)

Worlds teams will keep their 3 hour 3 day per week practice.

Junior 5 and Restricted 5 will now be 3 days per week too. But weeknights will be 2 hours.

Worlds Teams will keep current 3 day per week practice schedule. No changes.

Please remember in June & July we are closed during the weekends. We start adding weekend practices in August.

We hope that this change will have a positive impact on all of our families. With such a successful 20th season, we can't wait to see what's in store for 2018-2019!

#trustthetraining