



TWISTED NEWS

Maryland Twisters Newsletter

July 2018

Welcome to MDT's 21st season!

I hope everyone has been having a fun filled summer of family gatherings, vacations and much needed time off on the weekends. I know I have! And so has our amazing MDT staff!

After tryouts, our coaches got their weekends back & kicked off summer with a bang! Coach Chad got married to Coach Mackenzie. Our talented choreographer Tom Stec moved to DC. Coach Anna returned home from Florida. Coach Becky bought her first home. Coaches Chelsey & Aaron also bought a home together! And most of all, Coach Kristen C is now one step closer to her baby's due date!

I was busy hiring for our growing program in both locations. We have some new faces! In Virginia we hired coaches Andi, Delaney, Shelby & Chardae who have all-star experience. Jess is also our new face in the office and will be coaching Dewdrops too! In Maryland, we added Coach Cassie and Coach Sammi! F5 alumni also came back to MDT to coach: AJ, Timia, Amanda & Jada. Please introduce yourselves, say hello and help me welcome them!

During the week our teams have been busy preparing for the season. All of our teams have been training with the exact same stunt systems, tumbling drills & jump entries so that our brand has a cohesive look. Despite level, we are all learning things the exact same way. And now with 2 months of practices so far, I am so excited to get our 21st year into full swing! Our MDT camps are only weeks away where our teams will learn their pyramids and stunt sequences for their routines. Please know this is mandatory & the attire is our new black tank available in the proshop with black Nike Pros/shorts. Routine choreography dates have also been released so please plan for that as well. We are so looking forward to starting the creative process with our teams! The kids are ready for it too!

True and I have been busy designing new uniforms for our program! We can't wait to show everyone what we have been working on.

We also rolled out our Level Up class program this month which has been a huge success! These Level Up classes are designed to help our athletes get to the next level. Remember, we compete at our master level, but we train the next level on the back end in preparation for next season. This sport has become so difficult that its impossible to train within a level while you are competing in it. This is why our team placements are based on your elite level today. Not on what you are working on getting for tomorrow.

We are thrilled to get season 21 underway! Enjoy the rest of your summer. And keep training!

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Tara Cain Rall

Owner, President - Maryland Twisters

Happy Birthday to YOU!

May, June, and July

Journey Adams, Olivia Addis, Nicole Alexander, Kaydence Altrath, Yesenia Anguiano, Treasure Bailey, Lailah Barlow, Jadyn Beahm, Kamryn Beahm, Kylie Bellison, Karlie Bendinelli, Payton Besecker, EmmaLee Blanchard, Skylar Blizzard, Madden Branch, Morgan Branch, Ashley Brodie, Nadia Brown, Makaylah Carey, Jessi Carpel, Amanda Chesebrough, Cailee Clayton, McKenna Corbett, Elizabeth Cornwell, Abigailo Coullahan, Briana Cox, Clare Cox, Taylor Culnen, Kirsten Curry, Abby Davis, Cinaiya Davis, Elizabeth Degnan, Arabella DeLuca, Meghan Dennes, Victoria Dixon, Grace Doherty, Daevyn Dorsey, Madison Drury, Aleigha Dubroc, Sarah Dzielinski, Sophia Edinger, Anna Edwards, Divine Ellington, Maya Estrada, Angelina Fields, Kelsey Galery, Corbey Galkin, Melody Giannini, Alicia Goode, Jolie Graham, Grace Grinstead, Makayla Gustman, Gretchen Harcarik, Jaden Harris, Madeline Healy, Erica Herdrich, J'Nya Hines, Rachel Hirshon, Mackenzie Holt, Bree Hornbecker, Aaliyah Johnson, Jaelyn Johnson, Morgan King, Emma Koteff, Kathleen Lawrence, Keira Lazak, Morgan Lewis, Tenley Lilly, Piper Lorah, Olivia Lyne, Danika McConnell, Taylor McConnell, Jameson McKay, Evan Mello, Elle Mishler, Leah Monahan, Mariah Moyler, Rayvin Murillo, Taylor Murphy, Aniya Myers, Riley O'Connor, Julia Ostrowski, Skylar Patterson, Jada Perrelli, Tamryn Pinder, Tristyn Pinder, Isabella Plott, Camden Pottillo, Ghislain Poulin, Haley Pugh, Amanda Rall, Mailey Rash, Dona' Richards, Ella Ridder, Sailor Ridge, Alima Ritter, Emily Rogers, Kaylee Rowe, Alyssa Rucker, Olivia Rusnak, Brooke Scanlan, Julia Schick, Katherine Senio, Evelyn Serbousek, Zoe Shaw, Sienna Simone, Natasha Slutzky, Carly Smith, Trinity Smith, Lauren Snook, Kayla Spencer, Karli Stawas, Ella Thompson, Emily Tsai, Mollie Upchurch, Adrienne Veress, Nijah Walker, Charlotte Wallace, Morgan Williams, Amanda Wippich, Campbell Wood, Kate Workosky, Hayden Yancy, Kayla Yeager, Mikayla Young

Upcoming Events:

Sterling Skills Camp

August 3rd-5th

Check the website for more details

Hanover Skills Camp

August 16-19th

Check the website for more details

Ultimate Tumbling Camp

August 10-11th

Tumble with Top Gun's Season
Guzman!


Gym Closure - Labor Day

August 31st-September 3rd

The gym will be closed for the holiday.
All Classes and Team Practices are
Canceled. Check with your instructor
Regarding Private Lessons.


Summer Camps

HANOVER LOCATION
**STUNT & TUMBLE
CLINIC**




double up with the
dynamic duo

**AUGUST 13TH
11AM TO 2PM**
\$75.00 pre-registration
\$100.00 at the door
pre-register in class pro at
www.marylandtwisters.com



AJ SINGLETON
5x world champ
F5 & TG005



BLAKE FORRY
REIGN & TGLC

Drop in
**HIGH SCHOOL
OPEN TUMBLING CLASS**

\$10 AT THE DOOR | 2-3 pm

July 31st *with Chase*
Aug 2nd *with Eric*
Aug 7th *with Eric*
Aug 9th *with Chad*

**Stunt Clinic
August 4th**

**4 Day Tumble Clinic
August 6th-9th**

**Level 4 and 5 Clinic
August 20th**

**Be Elite at Every Level
August 25th**

MARYLAND'S
**ULTIMATE Perfecta Flip
TUMBLE
CAMP**

FEATURING
SEAN GUZMAN
TUMBLING DIRECTOR
TOPGUN
with Sean

**AUG 10 3-9PM
AUG 11 11AM-5PM**

\$150 2 DAYS
\$90 1 DAY

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