



TWISTED NEWS

Maryland Twisters Newsletter

April 2019

April's Athlete of the Month

Hanover: Jade Fletcher - F5

How have you seen Jade improve since being at Twisters?

Jade's physical ability has improved on F5. She has proven to be a consistent and aggressive main base. She also has great performance energy. When working a new skill she gives it her all. And she embodies what it means to be a Twister and a Member of F5. She is a humble, hard-working, and dedicated teammate.

How does she stand out on F5?

Jade is a stand out on F5 in two particular areas. She attracts attention after the 1 to fulls and then during the jumps because she is always giving you face. She is also a good dancer!

What do her teammates think of her?

During a recent team chat where the coaches said "say something positive about your sister, Jade had an overwhelmingly positive response from her teammates. Some of the comments were that she is encouraging, positive, always has a smile, and that her attitude is uplifting. As coaches, we hope that the athletes encourage each other and uplift one another when things get tough, but Jade is proof of that.

What advice can you give Jade as she graduates?

Jade is a senior and the advice that we can give her is to keep shining bright. You have shown that you are at your best when you uplift others. Enjoy college and remember the lessons that you learned here at Twisters hard work and dedication because they will take you far.

Coach Will, Tara, AJ, and True

Sterling: Riley Zemcik - Radar

What does Riley contribute to Radar?

Riley is an all around exceptional athlete. She is in the front of the routine for jumps and standing tumbling, throws an elite level tumbling pass, and is part of our point stunt group! We can always count on her!

How have you seen Riley improve this season?

This is only Riley's second season cheering at Twisters and she started with basic level 2 skills and now has elite level 3 and some level 4 skills. She came in just learning stunting basics and is now back spotting our point stunt group and elite pyramid skills!

What can her teammates learn from her?

Riley leads by example. She always works her hardest and is focused at practice. Plus she is always positive and happy!

What advice can you give Riley for the future?

Continue working hard! You have come so far in such a short period of time, and there is nothing stopping you! With your mindset and work ethic, your our cheer future will be bright!

Coach Brittany B., Chelsey, and Madison

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"Riley is an incredible athlete and amazing teammate on Radar this year. She has emerged as a leader and performs like a rock star at every event! She spreads positive energy and drive throughout practice and pushes her team to the next level. It has been a pleasure to watch her grow into the athlete and leader she is on Radar this season." ~Coach Brittany B.



"As the season comes to close and the pressure mounts, Jade has been a source of light and positivity for her team. She often offers words of encouragement to those that are struggling and takes on every challenge with great energy and enthusiasm. For the coaches, it is great to have an athlete that does her job at practice and works hard, but it is clear that Jade goes the extra mile for her F5 sisters! Oh, and not only is she a talented athlete, but Jade can also SANG! Thank you, Jade, for all the hard work you truly deserve to be F5's athlete the month!"

~ Coach Will

Happy Birthday to YOU!

Tanjira Banks, Nevaeh Boss, Rachel Boucher, Addison Brunnquell, Alexandrina Burke, Emily Buss, Adriana Collins, Summer Collison, Ciara Ashley Combs, Amelia Cook, Sarah Critchfield, Lily Darwaza, Makenna Denton, Keira Fenyo, Alyssa Ferrante, Angelique Fink, Jade Fletcher, Taylor Flynn, Arianna Forte, Payton Goldfein, Kyla Gracia, Breana Hall, Ta'Niyah Hardman, Bridget Hendrick, Aubrey Holmes, Layla Hooper, Aijae Hope, Lane Hornbecker, Annanya Jain, Hannah Kline, Maggie Lewis, Molly Lockard, Briana Marks, Reagan Mihalic, Deonna Moore, Braxton Paul, Alexandra Pinkerton, Ava Pitman, Kendall Plude, Alexis Poston, Jenna Pruitt, Ashleigh Rountree, Kiersten Sarnier, Kailynn Sarsozo, Madison Smith, Camille Smythe, Abigail Spielman, Jada Thompson, Kayla Thompson, Hailey Vall, Rowan Vessey, Abigail Wilson, MacKenzie Wolfe

Club Zero Winners!



SIRENS
and
RADAR!



Upcoming Events:

Summit - Orlando, FL

May 3rd-5th

MD: Sky, Lightning, Fierce Winds
Sirens, Supercells, and Smoke
VA: Haze, Surge, and Forecast

Try Out Clinics

VA: May 8th and 9th

MD: May 14th and 16th

Register online today!

The One - Orlando, FL

May 4th-5th

MD: Weathergirls and Storm
VA: Sprinkles and Radar

Athlete Evaluations

VA: May 11th

MD: May 18th

Last Day to Pre-Register at Early Rate

VA: May 8th

MD: May 15th

Gym Closure

May 24th-27th

April's AOTM Nominees



Aria Grizzle - Lightning

"Aria is a standout performer and an amazing athlete. She works hard to perfect her skills and pushes her teammates along the way every practice. Congrats, Aria! Keep up the great work."

~ Coach Matt T



Juliana Hines - Sprinkles

"Juliana is one of the most improved athletes on Sprinkles this season. This being her first year as a flyer, she has stepped up and have exceeded our expectations. No only is she a strong flyer on Sprinkles, she also tumbles in every section of our routine making her an all-around great cheerleader!"

~ Coach Delaney



Emily Tsai - Sidewinders

"Emily has grown tremendously since the beginning of the season. She comes into practice and works hard and applies corrections when given. We are very proud of the progress she has made and we look forward to seeing her continue to learn and grow."

~ Coach Kristin K.



Lily Reynolds - Supercells

"Lily is a first year Twister that has stepped up to the plate and never looked back. She is known as the standout performer on Supercells, but she is so much more than that! She is an incredible flyer that stays in the air no matter what! You can give her a correction and the very next time she applies it! Lily is a coach's dream athlete!"

~ Coach Kristen M.



Jordan Owusu - Flurries

"Jordan is such a pleasure to coach! She has demonstrated constant progress and improvement throughout the season in her skills and constantly works hard in practice. Jordan takes corrections that the coaches give her and immediately applies them to her skills. She exemplifies team work and constantly challenges the standard by setting the bar high. Great job Jordan!"

~ Coach Jada



Megan McCool - Velocity

"This year we have seen Megan mature and grow into a very strong athlete. She has stepped up into her role on our Junior Restricted 5 team and has pushed herself and achieved many goals. Megan is incredibly talented and we can't wait to see her keep progressing."

~ Coach Brittany B

April's AOTM Nominees



Yesenia Anguiano - Storm

"Yesenia has been a pleasure to coach this year! She works extremely hard with no complaints and is always willing to do what is best for her team. Her tumbling has improved tremendously since the beginning of the season. She has really started to come out of her shell and it has been awesome to see her confidence in herself improve this season!"

~ Coach Sammi

Jordan Weitzel - Sky

"Jordan is new to level two this season and she has done a fantastic job! She's a flyer and standout performer on Sky! We can't wait to see what's next for Jordan!"

~ Coach Amber



Ethan Pugh - Haze

"This is Ethan's first year cheering at twisters and he gets to cheer with his sister, Haley. Ethan has worked so hard this season to improve on his stunting and tumbling skills. One word to describe Ethan is dedicated, he has worked so hard to get his jumps higher that he has moved towards the front in our routine. Ethan is coachable, enthusiastic and always reminds us to have fun during practice breaks. We are so happy to be his coaches and enjoy having him on haze!"

~ Coach Shelby



Carly Thompson - Weathergirls

"Carly is an extremely hard worker! She has grown so much this season and continues to show her strengths in all aspects of the routine! She is definitely the life of the party and always has a positive attitude!"

~ Coach Paige



Kailynn Sarsozo - Fierce Winds

"Kailynn is a first year Twisters who is always ready to take on a new challenge! She is always happy to be at practice, she brings a positive energy, and always encourages her teammates. She is one of the most talented bases in the gym! Keep working hard Kailynn, it's paying off!"

~ Coach Amber



Competition Totals

Third Place finishes: 21

Second Place finishes: 39

First Place finishes: 110

Grand Champions: 19

Wild Card Summit Bids: 2

At Large Summit Bids: 6

Paid Summit Bids: 1

At Large Worlds Bids: 2

Paid Worlds Bids: 3



**Returning
Twisters:
May 11**

**Level 1 & 2 Teams:
10:00-11:30 am**

**Level 3 & 4 Teams:
11:30-1:00 pm**

**Level 5 Teams:
12:30-2:00 pm**

**New Twister
Athletes:
May 11**

**5-8 Year Olds:
2:30-4:00 pm**

**9-14 Year Olds:
4:00-5:30 pm**

**15-18 Year Olds:
5:30-7:00 pm**



**Returning
Twisters:
May 18**

**Level 1 Teams:
10:00-11:30 am**

**Level 2 & 3 Teams:
12:00-1:30 pm**

**Level 4 & 5 Teams:
2:30-4:00 pm**

**New Twister
Athletes:
May 19**

**5-8 Year Olds:
10:00-11:30 am**

**9-14 Year Olds:
12:00-1:30 pm**

**15-18 Year Olds:
2:00-3:30 pm**