



TWISTED NEWS

Maryland Twisters Newsletter

February 2019

February's Athlete of the Month

Hanover: Kylie Bellison - Lightning

What does Kylie contribute to her team?

Kylie is Lightning's point flyer with amazing flexibility skills!

How have you seen her improve this season?

Kylie has improved tremendously with all of her flying technique.

What would her teammates say about her?

Kylie's teammates would say she is very quiet at practice, but very powerful when she performs!

What can we expect to see from Kylie this season?

This season you can expect Kylie to be putting on a show and wowing the crowd with her incredible flexibility!

Coach Matt T and Michelle

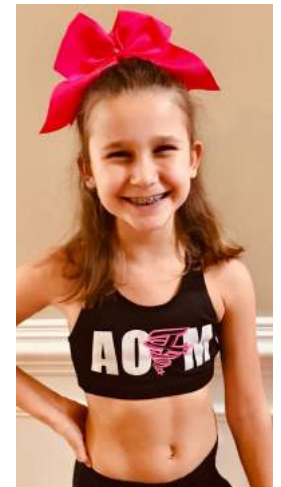
Sterling: Bree Hornbecker - Sprinkles

How have you seen Bree grow as an athlete at MDT?

We have seen so much growth in Bree since the beginning of the season. The mentality and drive of a great athlete has really clicked for her recently, and she has become a solid all-around asset.

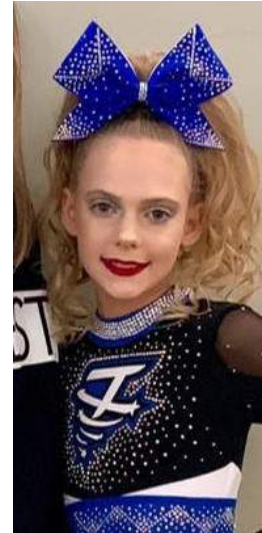
How does she stand out on the team?

She stands out as a super strong tumbler and earned the role of last pass!



"We've seen a huge improvement in her performance as an athlete on Sprinkles. We believe that hard work should never go unnoticed, and Bree deserves to be recognized as AOTM for the hard work she has put into her skill development and team!"

~Coach Delaney



"Kylie has grown so much this season as an athlete and does her job well. She has come out of her shell and understands performance and the technical aspect of the scoresheet. We are so proud of how far she has come! Keep up the great work, Kylie!"

~ Coach Matt T.

What can her teammates learn from her?

Bree leads by example in showing her peers hard work and accountability. If we put Bree in the routine for something we know we can count on her to do a good job!

What advice can you give Bree for the rest of the season?

Keep pushing yourself to get better, and keep having fun! Your future is so bright!!

Coach Becky, Delaney, and Chardae

Happy Birthday to YOU!

Megan Anderson, Kasey Bandler, Christan Barnett, Leila Bataineh, Kayleigh Beyer, Kirstin Birchfield, Allison Blechl, Milayah Bond, Brooke Bowman, Macy Campbell, Bailey Clark, Libby Duvall, Joey Feldman, Abigail Fink, Nyah Garrett, Camila Gonzalez, Aeris Griffin, Rhyleigh Heusser, Deja Johnson, Sierra Jones Zecher, Emma Kanetzky, Erica Karinshak, Kaela Kindig, Alexis King, McKenna Maffei, Te'a Manard, Julia Martinez, Jules McAllister, Aniya McDuffie, Marah McMynne, Charissa Miller, Lily Murcia, Vivian Nguyen, Joselyn Novak, Kianna Reese, Farhana Ritter, Manika Sapro, Grant Satterfield, Sarah Sawatzky, Savannah Sheetz, Michaela Standfield, Mia Toliver, Kendal Trojan, Emme Van Fossen, Kendall Walker, Margarete Walker, Eliana Wilson, Skylar Wirick, Dorothy Witherspoon, Aubrie Zbrzezny,

Club Zero Leaders

First place ~ Weathergirls ~ 60 points

Second place ~ Fierce Winds, Forecast, Sirens ~ 50 points

Third place ~ Cold Front, Radar, Smoke ~ 40 points

Upcoming Events:

NCA All Star Nationals - Dallas, TX

March 2nd-3rd

MD: All Levels 5 teams

VA: All Level 5 teams

School's Out Clinic - Hanover

March 5th 1:00-5:00 pm

Register today!

Battle at the Capitol - National Harbor, MD

March 9th-10th

MD: All Full Year Teams

VA: All Full Year Teams

Bash for Cash - Atlantic City, NJ

March 23rd

MD: Levels 1-4 and Winter Cheer

VA: Levels 1-4 and Winter Cheer

School's Out Clinic - Sterling

March 29th 1:00-5:00 pm

Register today!

One Up Championships - Nashville, TN

March 30th-31st

MD: Levels 3-5

VA: Levels 3-5

February's AOTM Nominees



Delaney Retchless - Supercells

"This is a long overdue nomination for this hard working dedicated athlete. Delaney is every coach's dream; she is reliable, coachable, and consistent. We are lucky to have athletes like her in our program and leading Supercells. We can't wait to see what is in her future!"

~ Coach Kristen M.



Sarah Johnson - Radar

"Sarah is a natural leader on Radar and outstanding back spot! As coaches, we can count on Sarah to be an example and a positive influence on the team. She is an asset to the team and pleasure to coach!"

~ Coach Chelsey



Madden Branch - Sidewinders

"Madden is a leader on the team. She is always trying to encourage her teammates to be better and work harder. Madden has stepped into new stunting roles this season, works to perfect her tumbling and make cheer fun. She's a pleasure to have on our team!"

~ Coach Kristin K.



Lauren Zorc - Velocity

"In Lauren's first season of Allstar cheerleading she has made great progress! Lauren is a very hard worker and willing to do anything her coaches ask of her. She has a lot of talent and we foresee her growing into a worlds-caliber athlete in no time. Keep up the great work Lauren!"

~ Coach Becky



Maya Estrada - Weathergirls

"Maya was brand new to level 3 this year. She has embraced all of the new skills in both tumbling and stunting this season. She continues to push herself to be better than she was the practice before. She always comes with a great attitude and is ready to work! She has a bright future at MDT and we know she was born to SHINE! Great job Maya! Keep up the good work!"

~ Coach Bobbi



Ava Pitman - Storm

"We can always count on Ava to put in her share of hard work on the team! She is consistent in putting forth 100% effort at every single practice and is a joy to coach!"

~ Coach Sammi

February's AOTM Nominees



Sarah Dzielinski - F5

"Sarah is one of the most loved girls on F5. She is a hard worker, a kind person, an amazing performer, and knows how to push her team when they need it. She has been here for several years, and watching her evolve into a quiet leader on F5 has been a joy. In recent weeks, Sarah is now known for incredible strength. She lost her mother suddenly just a few weeks ago- a pain no child should endure. Sarah, like her mom, is a fighter and was determined to come to practices and compete with her team in Richmond. Sarah wanted to be there with her team. She is the epitome of inspiration. I am so proud of Sarah for standing back up, showing up, being there for her friends & leading her team during this most life changing event. She is an inspiration to all of us. We love you Sarah!"

~ Coach Tara

Alexa Kondilas - Haze



"Alexa is passionate for this sport and puts her all into everything that she does. She puts in the work not only at the gym during practice but takes privates and works just as hard at home to continually improve. She is always more than willing to try anything that we ask of her and is always serving us sassy facials that make her shine during performances and at practice. She happily stepped up to fill in for sprinkles for a competition to help them out, she is the definition of a coachable cheerleader. We love coaching her and are so excited to see what her cheer career has in store for her! GO ALEXA GO!"

~ Coach Delaney

Morgan Williams - Fierce Winds

"Morgan is a great leader and solid back spot on Wind! She is always positive and encourages her team to be better. She has grown a lot over the years as an athlete and she is always willing to go above and beyond for her team!"

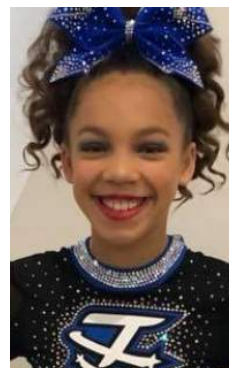
~ Coach Amber



Nyah Handsom - Sky

"You can tell by working with Nyah that she only wants to get better! She works really hard and never complains! She is always willing to try new things! She is an asset on Sky!"

~ Coach Amber



Competition Totals

Third Place finishes: 9

Second Place finishes: 22

First Place finishes: 53

Grand Champions: 6

Wild Card Summit Bids: 2

At Large Summit Bids: 6

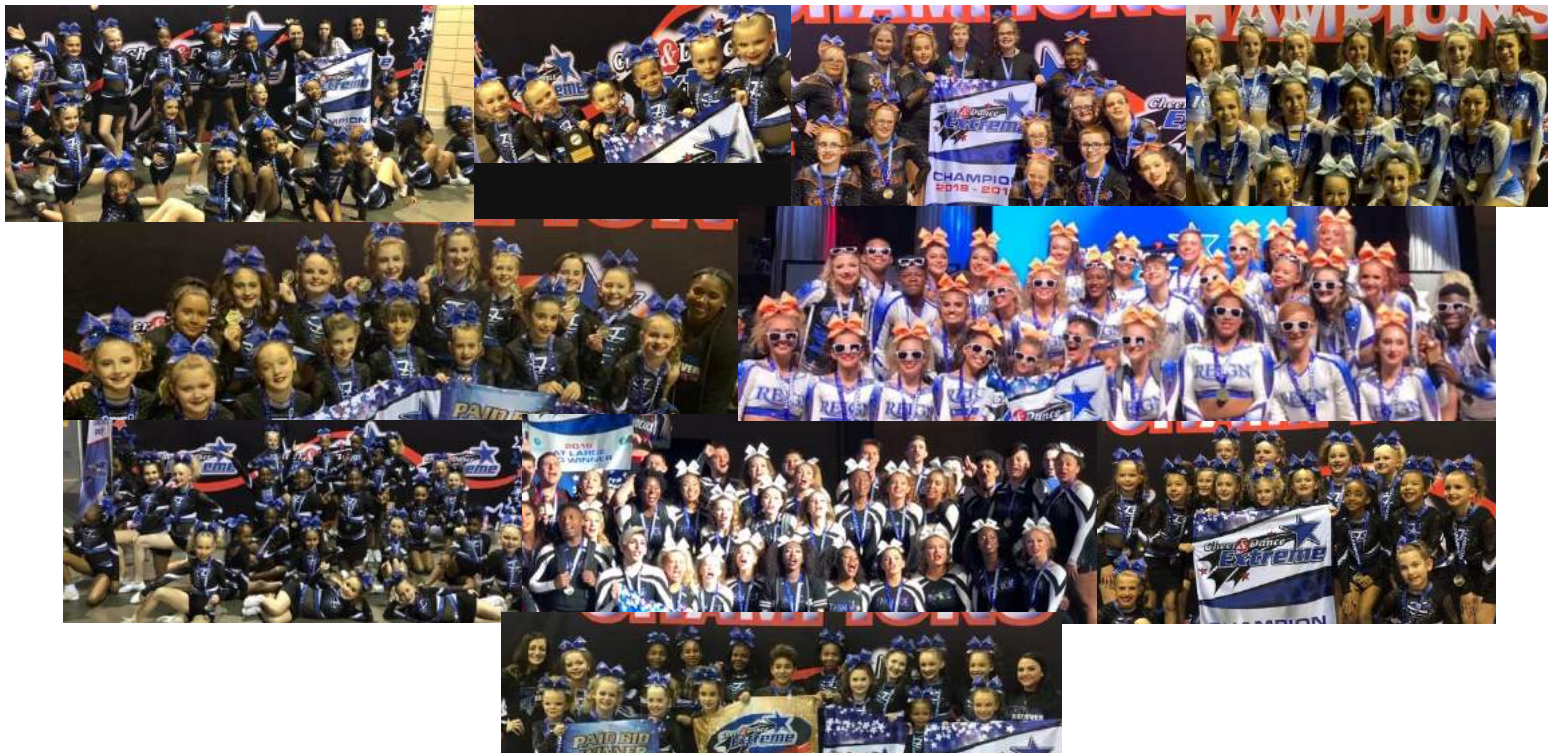
At Large Worlds Bids: 2

Paid Worlds Bids: 1



Congratulations to our February National Champions!

Storm Chasers, Dew Drops, Breeze, Haze, Sprinkles, Little Winds, Sky, Storm, Weathergirls, Cold Front, Radar, Lightning, Forecast, Eye of the Storm, Thin Ice, Ice, Reign, and F5!





MOST WANTED COACHES!

CONGRATULATIONS

COACH SHELLY AND COACH CHARDAE!



**Congratulations to our
Spirit Day Winners!**

1st Place Teams: Thunder and Surge

2nd Place Teams: Lady Ts and Velocity

Athlete Winners: Reagan Mihalic of Reign and Sienna Simone of Surge