



TWISTED NEWS

Maryland Twisters Newsletter

March 2019



March's Athlete of the Month

Hanover: Molly Lockard - Breeze

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

Molly has been working really hard to improve her tumbling skills. She has mastered all of her level 1 skills and is now beginning to work on her level 2 skills. Her confidence in the air has grown over the season and she has been working very hard on her flexibility.

How does she stand out on Breeze?

Molly's love for the sport is very apparent and she puts all of her effort into her skills. Molly takes correction well and applies it to her routine. She contributes to every section of the scoresheet and is one of our standout performers on Breeze!

What can her teammates learn from her

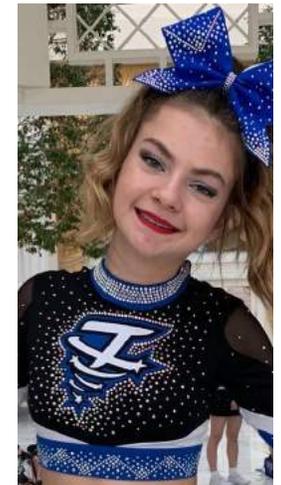
Her teammates can learn that hard work pays off! Molly is constantly in the gym! She works hard to improve all of her skill sets from tumbling, to flying, flexibility, and jumps she has become an all around strong athlete. Her teammates and the other athletes in the gym can learn from Molly's work ethic in becoming a well rounded athlete.

What can we expect to see from Molly in the future?

We know we will get to see Molly's love and passion for this sport grow! And we can't wait to see her develop as an athlete at MDT!

Coach Kristen M., AJ, Chloe, Amanda, and Tom

Sterling: Victoria Pellegrini - Surge



"Victoria has worked hard all season long. She has a positive influence over her teammates and she knows how to motivate her team. We love having her on Surge!"

~Coach Delaney

Coach Delaney and Madison

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"Molly is one of the hardest working athletes in the gym! Molly has a lot of responsibilities on the team and she handles them all like a pro! She is an absolute joy to coach!"

~ Coach Kristen M.

What does Victoria contribute to her team?

Victoria is a positive, hard working athlete on Surge. She is always sharp and consistent.

How does she stand out on the team?

She is positive and motivating during conditioning and full outs, and goes above and beyond what we ask of her.

What would Victoria's teammates say about her?

I think Victoria's teammates would say that she is hardworking, always finding the positives in situations and a bubbly personality.

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

We want Victoria to keep pushing herself, keep asking for more and keep doing extra. The progression that comes from it will be amazing.

Happy Birthday to YOU!

Alexa Amendola, Kaylee Berry, Aerith Carter, Ella Chroniger, MacKenzie Combs, Madison Copper, Taryn Crawford, Jae Daniels, Rebecca Davis, Adyson England, Andrew Evans, Katherine Fitzhugh, Cailin Forsyth, Kylie Forsyth, Aynjel Forte', Cat Gervaise, Blaire Glover, Cailtyn Goldberg, Mya Hall, Lizzie Haskett, Bryn Hertel, Emily Howard, Sarah Johnson, Morgan Johnston, Skylar Judd, Kaitlyn Kalb, Milla Karjalainen, Jacqueline Keefer, Faith Lamb, Summer Lawrence, Brooklynn Lee, Gia Lloyd, Sophia Martinez, Taylor McCoy, Anna Meehan, Tori Morin, Christian O'Hara, Mackenzie O'Hara, Madison Painter, Rylee Pearsall, Carson Pettit, Camari Philson, Rebecca Schultz, Natalie Shope, Leah Stalker, Anna Stookey, Reagan Turnbach, Grace Van Fossen, Jordan Weitzel, Madelyn Wilson, Ainsley Zdanowski, Lauren Zorc

Club Zero Leaders

First place ~ Weathergirls and Sirens ~ 85 points

Second place ~ Fierce Winds and Smoke ~ 70 points

Third place ~ Radar ~ 65 points

Upcoming Events:

**School's Out Clinic - Sterling
April 1st**

Visit the website to register!

**Donuts and Dads
April 6th and 7th**

Stop by the snack room for
Some light refreshments with
Our awesome Twister Dads!

**Twister Pre-Registration - \$40
April 12th**

The last day to take advantage of
This special Twister Alumni Rate!

**Showcase - Upper Marlboro, MD
April 13th**

MD: All Teams and Winter Cheer
VA: All Teams and Winter Cheer

**Spring Break Clinic - Hanover
April 18th-19th**

Visit the website to register!

**Easter Gym Closure
April 19th-21st**

Both facilities are closed for the Holiday.
All Classes and Practices are canceled.

March's AOTM Nominees



Divine Ellington - Sirens

"Divine shines on the floor!! She's one of strongest performers in the gym. Divine works hard and pushes herself to be stronger and better at every practice and every comp. She's always positive and ALWAYS ready to serve you a strong DIVA FACE"

~ Coach Shonte



Kayla Dick - Forecast

"Kayla is a talented athlete who shines on any team she performs with. She has a talent and love for the performance aspect of cheerleading and is second to no one when it comes to her facials. We are so excited to have her on Forecast this year!"

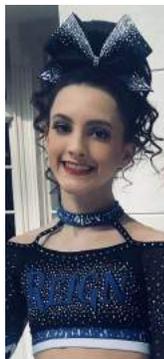
~ Coach Benito



Shiloh Thompson - Lady Ts

"Shiloh has a smile on her face every time she walks in the gym and works hard EVERY single practice. She is always pushing herself and her team to do better. We love having her on the team and are excited to see her continue to grow in this sport."

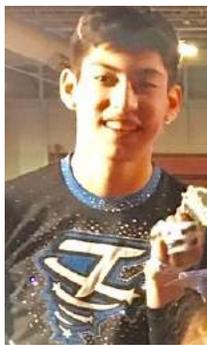
~ Coach Kristin K.



Amanda Chesebrough - Reign

"Amanda is the definition of a true Twister. On top of dedicating her time to Reign, she is a junior coach for our Cheer Abilities program as well. Amanda is not only a team player, but a hard worker as well. Keep up the great work! Yell for Amanda!"

~ Coach Matt G.



Erick Veliz - Thunder

"Erick has been such a positive addition and attitude on this team! He has come leaps and bounds with his back spotting abilities, has grown so much in the performance category, and always is looking for a new tumbling challenge or skill to learn. Great work adjusting to all star cheer this year, Erick!"

~ Coach Anna



Mallory Mahoney - Ice

"Mallory is the one and only graduating senior on Ice and she brings maturity and leadership to the team. Mallory does what her coaches ask of her, and has gained the respect of her teammates. She is a great athlete who takes initiative. She is trustworthy to be able to adequately fill her role on the team and in the routine."

~ Coach Becky

March's AOTM Nominees

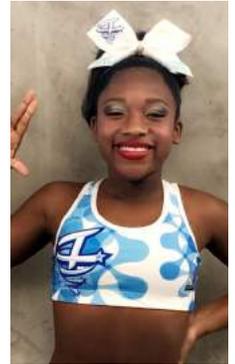


Costin Roane - Eye of the Storm

"Costin has stepped into the Cheer limelight as a superstar in the Cheer Abilities Division, having captured a following and cheering section that rivals all others (see attached)! He has a passion for tumbling, but is also continuously working to perfect his skills in basing, jumps and dance. He is a compassionate person who is quick to offer a consoling hug or encouraging high-five to his Eye of the Storm family."

~ Coach Mr. Kevin

Destiny Carrington - Little Winds



"Destiny is an excellent athlete and has always been a joy to coach. She is such a hard worker and always gives her all at each practice. Since the beginning, Destiny has really stepped up as a leader for her team. Her positive attitude makes her a a great role model for her teammates. Her love for the sport truly shows when she is out on the mat. We are extremely proud of what she has accomplished so far and can't wait to see how she continues to grow as an athlete as the season continues. Keep up the hard work, Destiny!"

~ Coach Colleen

Alexis Jakubek - Dew Drops



"Alexis is such a joy to coach! Her personality makes every practice so fun and all of her teammates love being around her. She makes everyone laugh even if they're upset. Alexis look on a large flying role this year and has truly stepped up to tackle it. From the beginning of the season to now it's been amazing to see such a positive change in Alexis' confidence, whether it's tumbling, motions or flying Alexis has improved so much!"

~ Coach Jess

Carmella Crisitello - Cold Front



"Carmella is a former gymnast turned first year twister and has been a great addition to Cold Front. She has such a sweet spirit, is hard working, polite and a true team player! It is exciting to witness her love for cheer expand and we cant wait to see how she advances through the program. Catch her bouncing back in our routine with her powerful and gorgeous tumbling! Keep up the great work Carmella!"

~ Coach Brittany L.

JJ Dallas - Smoke



"JJ has incredible talent that is only matched by his infectious smile. Making the jump from level 3 to level 5 hasn't been the easiest road. JJ hasn't let anything get in his way. His positive manor and lovability makes him a great teammate!! In every section of the routine he has a vital roll. With the post season upon us he has stepped up and added more tumbling to routine in addition to his normally. I can't wait to see where you go JJ!!!! Y-E-L-L!!!"

~ Coach Mitchell

Competition Totals

Third Place finishes: 16

Second Place finishes: 32

First Place finishes: 84

Grand Champions: 12

Wild Card Summit Bids: 2

At Large Summit Bids: 5

Paid Summit Bids: 1

At Large Worlds Bids: 2

Paid Worlds Bids: 3



Congratulations to our March National Champions!

Haze, Sky, Radar, Lightning, Fierce Winds, Supercells, Smoke, Ice, Reign, F5, and Eye of the Storm!





MOST WANTED COACHES!

CONGRATULATIONS

COACH MATT G AND COACH BENITO!

Upcoming DOT Club Events!

Dads and Donuts

Join the DOT Club as we kick off the last week of Season 21!

MARYLAND	VIRGINIA
Saturday, April 6th	Sunday, April 7th
11 am-12 pm	12:00-4:00 pm
Sunday, April 7th	
11 am-3 pm	

Donuts and Light Refreshments will be Served

DOT CLUB

Daddy and Me Camp

April 27th
1:00-2:30 pm

Join us along with your favorite athlete and enjoy all aspects of their favorite sport!
Jumps, Stunts, Pyramids, Tumbling, and a Mini Routine!