

TWISTED NEWS

Maryland Twisters Newsletter

August 2019

August's Athlete of the Month

Hanover: Kaydence Godwin - F5

How have you seen Kaydence improve over the years?

Kaydence came to twisters with incredible tumbling. Over the past two years she has transitioned from a flying and tumbling role to a role as a main base. She has made the transition seamlessly and has excelled at the position this year.

How does she stand out on F5?

Most people know Kaydence for her amazing tumbling and acrobatics. However, she has stood out as a vocal leader on F5 this year. She is encouraging and motivating and really cares about her F5 sisters.

What can we expect to see from her this season?

This season expect to see some amazing tumbling this year as well as great performance. Also, Kaydence is very humble and approachable so I know you will see her with a lot of the kids that look up to her.

What advice can you give Kaydence as we head into comp season?

This is not only a season growth in skill but growth mentally and emotionally. This year when you take the competition mat you will have a veteran member of the team encouraging them and leading them to have the best competition season yet.

Coach Will, Matt, AJ, and True

Sterling: Ayla Zdanowski – Sprinkles

How have you seen Ayla improve this Summer?

Ayla has impressed us this summer, really stepping up as a leader on Sprinkles for the 2019-2020 season. She leads by example and is a great teammate to her peers.

What does Ayla contribute to Sprinkles?

Ayla is a third year veteran on the team and contributes as a base, flyer, tumbler and jumper. She can do it all!

What would her teammates say about her?

Ayla's teammates would say she is supportive, encouraging and hard working.

What can we expect to see from Ayla this season?

You can expect to see Ayla doing it all this season. She plays multiple roles in the routine, and she works hard outside of practice time to level up her skills and make herself better!

Coach Becky and Shelby

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"I would describe Kaydence as an energetic motivator that is truly a dynamo. She is known for her amazing tumbling abilities, however, she has become a very well rounded cheerleader. She has gone from being a flyer to now a main base that is able to handle elite level transition stunting. She is always pushing her self to be the best athlete, teammate, and role model. She is very coachable and takes direction well. You can often see her at F5 practice motivating her teammates and helping if they need it. Kaydence is more vocal with her team and started to stand out as a leader. However, she also very approachable. At the gym, you can see her giving other kids hugs and high fives or helping with our special needs team. She is proven to be a true asset to her team and gym! Congrats for your coaches, Kaydence, keep doing great things."

~ Coach Will



"Ayla is a Sprinkles seasoned veteran entering her third year on the team. She is a well-rounded athlete being an elite tumbler, a strong base and has recently stepped up to fill a new role as a quantity flyer. Aside from her athletic ability, Ayla acts as a leader for her teammates, always doing what she is supposed to do and helping her teammates to follow suit. She is a coachable athlete and always a joy to be around!"

~Coach Becky

Meet Ayla!



Hometown: Bristow, VA

Age: 9

Years Cheering: 6

Years at MDT: 3

Favorite thing about Cheer: Coaches and teammates become family

What is something you have been working towards this season? Tuck

Favorite Cheer Team? F5

Fun Fact: Love for all animals from earthworms to elephants!

Meet Kaydence!

Hometown: Newark, DE

Age: 15

Years Cheering: 11

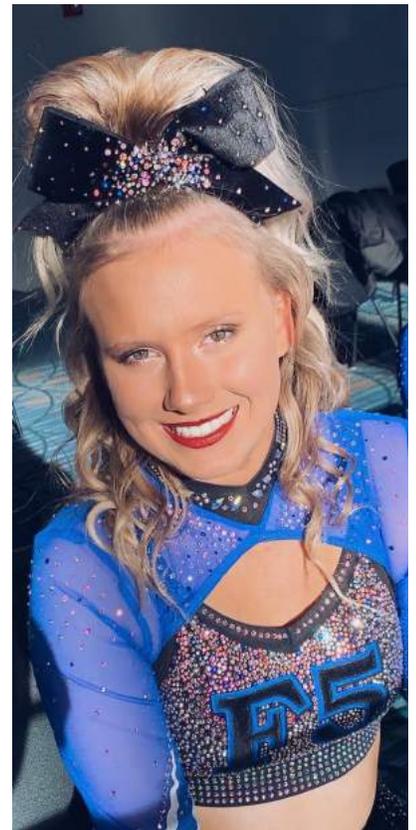
Years at MDT: 3

Favorite Cheer Memory: getting to compete as the baseball my first year on F5!

What is something you are looking forward to this season? getting to compete with this new talented team

Favorite Cheer Routine? F5 2019

Fun Fact: I have a freckle in my left eye!



Happy Birthday to YOU!

May, June, July, August

Lucy Abner, Olivia Addis, Nicole Alexander, Ava Allewalt, Kaydence Altrath, Yesenia Anguiano, Mia Balcazar, Mariama Balde, Lailah Barlow, Jordan Battenfeld, Jaydn Beahm, Kamryn Beahm, Addison Becker, Kylie Bellison, Payton Besecker, Jillian Black, EmmaLee Blanchard, Skylar Blizzard, Haylie Bond, Lucy Boyd, Yasmeen Bracy, Morgan Branch, Amina Brown, Nadia Brown, Jocelyn Burstein, Whitney Bush, Sofia Carannante, Makaylah Carey, Chandler Carroll, Anilla Castro, Cailee Calyton, Elaina Combs, Malaya Conell, Denis Cook, McKenna Corbett, Ysabella Cordoba, Elizabeth Cornwell, Abigail Coullahan, Briana Cox, Clare Cox, Taylor Culnen, Kirsten Curry, Jerry Dallas, Ashley Darcy, Abigail Davis, Morgan Davis, Alia Dawson, Elizabeth Degnan, Ava Dekenipp, Maddie Denton, Mariam Diallo, Madison Drury, Harper Duong, Sophia Edinger, Bailey Eisenhour, Maya Estrada, Madison Fautrel, Sloan Fearson, Angelina Fields, Alexis Fortier, Kate Fuller, Corbey Galkin, Kaylie Garcia, Nevaeh Garrett, Fallon Garza, Sydnee Geary, Melody Giannini, Ravin Gibson, Jolie Graham, Zoie Greenidge, Makayla Gustman, Gretchen Harcarik, Taylor Harper, Jaden Harris, Madison Harris, Liya Hart, Madeline Healy, Blair Heusser, Samantha Hiepler, Juliana Hines, Mackenzie Holt, Bree Hornbecker, Ryan Hyman, Eryn Jackson, Alexis Jakubek, Aaliyah Johnson, Alaiya Johnson, Dakoda Johnson, Delaney Jones, Michaela Jones, Kaela Kelly, Morgan King, Emma Koteff, Kaytlyn Krick, Kirsten Kroedel, Bliss Lawrence, Keira Lazak, Morgan Lewis, Tenley Lilly, Piper Lorah, Charley Magretti, Giavanna Magretti, Amani Makhfi, Aubrey Marlin, Harmonie Marshburn, Deja Martinez, Cassidy Maughlin, Danika McConnell, Taylor McConnell, Jameson McKay, Evan Mello, Elle Mishler, Bella Mitchell, Korie Mitchell, Leah Monahan, Lauren Moore, Anjuli Morales, Lucy Mullins, Rayvin Murillo, Taylor Murphy, Taniya Murray, Trinity Murray, Aniya Myers, Ashley Nguyen, Taylor Norton, Farrah Nunley, Emme Nylund, Naomie Ofwono, Skylar Patterson, Raegan Pearsall, Vision Peratino, Jada Perrelli, Tristyn Pinder, Ghislain Poulin, Haley Pugh, Amanda Rall, Mailey Rash, Taylor Redmiles, Mackenzie Rickman, Sailor Ridge, Alima Ritter, Olivia Rodney, Taylor Rodney, Isabella Roecklein, Addison Rogers, Alexis Rogers, Kaylee Rowe, Alyssa Rucker, Olivia Rusnak, Brooke Scanlan, Julia Schick, Amelia Schwarz, Ashley Scinto, Katherine Senio, Evelyn Serbousek, Karla Serrato, Elana Shapero, Zoe Shaw, Sienna Simone, Tiffany Skanes, Natasha Slutzky, Carly Smith, Trinity Smith, Lauren Snook, Teagan Sowers, Salina Sreeram, Karlin Stawas, Samantha Steinberg, Emma Strout, Keeley Swanger, Purvi Talreja, Ella Thompson, Shiloh Thompson, Emily Tsai, Nijah Walker, Outumn Walker, Sydney Walker, Charlotte Wallace, Hannah Walls, Kendall Weaver, Journey Whitaker, MaKenzie White, Makayla Williams, Morgan Williams, Taryn Wilson, Tyler Wilson, Gabrielle Wink, Addison Wong, Campbell Wood, Kate Workosky, Mikayla Young, Harper Zoren

Upcoming Events:

Labor Day Closure

August 30th-September 2nd

All Classes and Team Practices are Canceled.
Check with your instructor regarding Private Lessons.

School's Out! Come Tumble About! Hanover

September 30th, October 9th, 15th, 16th

Come spend the day in the gym with Coach AJ and Jeff! 11:00 am-3:00 pm
Pack a lunch! \$55 pre-registration, \$65 at the door.

August's AOTM Nominees



Farrah Nunley - Little Winds

"Farrah has really been a super star this summer! Coming up as a first year level 2 she has taken everything we've thrown at her head on and given it 100% effort. She is a team player and has truly embraced becoming a Little Wind. Us coaches can't wait to continue to watch her shine over the course of the season!"

~ Coach Paige



Addison Becker - Surge

"Addison always has a great attitude at practice. No matter what she is asked to do, she keeps a positive attitude and tries her best to do every single thing!"

~ Coach Kelcy



Kayla Thompson - Weathergirls

"Kayla is new to Weathergirls this season, previously she was on Little Winds. Each and every practice Kayla comes in with a big smile on her face ready and willing to work hard. Whether it be tumbling or stunting Kayla is always up for the challenge and is ready to try something new. We are excited to watch Kayla grow and develop as an athlete this season."

~ Coach Bobbi



Lily Brown - Radar

"This is Lily's first season with Twisters and she has already proven that she will be an asset to Radar! We love watching her strong tumbling and beautiful flying, and appreciate her work ethic! We can't wait to see what Lily accomplishes this season!"

~ Coach Chelsey



Claire Callahan - Sunshine

"Claire has come so far in such a short time. She's becoming a leader for the athletes of Sunshine."

~ Coach Shelly



Skylar Blizzard - Supercells

"We have watched Skylar grow up in this Program! She continues to impress us with her work ethic and dedication! She faces every challenge head on and always pushes herself to meet her goals! As a veteran on Cells, we can't wait to see her lead her team this season!"

~ Coach Kristen M

August's AOTM Nominees



Karsen Werts - Fourcast

"Karsen is a great asset to Fourcast. She brings positive energy to the floor at every practice. She is fully committed to Maryland Twisters and demonstrates what it means to be great athlete. Karsen can be seen rallying her team or helping others during practice. She continues to improve in stunting and tumbling. When asked to take on different roles, she does so with no hesitation or complaints. Her work ethic and determination does not go unnoticed. Every coach should coach an athlete like Karsen. It is a pleasure!"

~ Coach Chardae

Melody Giannini - Lady Ts



"Melody is hardworking, dedicated and most of all a team leader. Melody is always looking to not only make herself better but better her team. Melody is always looking for ways to help her teammates and is always encouraging them. Melody is a great team player and an awesome athlete to coach!"

~ Coach Caitlyn



Megan Perrier - Sirens

"Megan has been a warm addition to the MDT family! She works hard and stays focused. Since trying out Megan's commitment to her skills, and team have been impressive. Megan is always pushing herself out of the gym as well. Her body positions in the air have improved incredibly!"

~ Coach Shonte

Kaela Kelly - Dew Drops



"Kaela is new to Dew Drops this year and has already shown that she is ready to step up to any challenge we throw her way. She is focused, determined and excited to improve. Her positive attitude and energy makes practices fun. We are so excited to see all of her progress this season, this is just the beginning for her!"

~ Coach Jess



Kaytlyn Krick - Thunder

"Kaytlyn has been a huge asset to us both last year and this upcoming season. She came in to Twisters as a flyer last year. We challenged her to learn to side base last season, and she did a fantastic job all season. This season we have challenged her to try back-spotting and she has approached that with the same positive attitude. She is becoming more of a leader on this team every week. We feel so lucky to not only have such a versatile athlete when it comes to stunting, but Kaytlyn's tumbling is strong and consistent with great technique."

~ Coach Anna

Keira Lazak - Breeze

"Keira is a great asset to Breeze. She is always working hard and paying attention. Keira constantly leads by example, helps the coaches with counting and helps out her teammates when needed. We are so thrilled to have such a leader on our team!"

~ Coach Noelle



Tumbling Update

New Team Tumbling Training in Hanover

As you may have noticed, our Hanover location has made team tumbling a focus this season. Led by Coach Mitchell, the teams have been blasted with up to 2-3 tumbling coaches for 30 mins on the weekday and an hour on Sundays. Unlike Sterling, our Hanover cheer coaches are not tumbling coaches. We are happy with the results so far and excited to continue to do this all season. Thank you Coach Mitchell & the Tumbling staff!

2019 Jimmy Strong Award Winners

The Jimmy Strong Award was created by Cheer4All Booster Club, with the support of the Myrick family, to honor the legacy of Eye of the Storm cheerleader, Jimmy Myrick, who passed away in 2016. The award rewards returning CheerAbilities program helpers who most embodies the ideals of Jimmy's life, one of character, friendship, dedication, leadership, love of sport and love of life.

This year we awarded 2 helpers, Avery Yelton and Kaydence Godwin, and each received \$500 towards the 2019-2020 season's tuition.





Camp and Choreo Fun!