

TWISTED NEWS

Maryland Twisters Newsletter

October 2019

October's Athlete of the Month

Hanover: Anilla Castro - Supercells

How have you seen Anilla improve this season?

Not only has Anilla gained more skills this season, but she has matured as an athlete. She has more on her plate this year and she approaches everything with a positive attitude. Even when attempting new things, she remains calm and just keeps trying until she perfects it!

What can her teammates learn from her?

Her teammates can learn from her work ethic and accountability. If she misses a skill, she is the first one in the corner making it up! It's obvious to her team that she works hard outside of practice to be prepared for her responsibilities on the mat!

How does Anilla stand out on Cells?

She is always working towards the next goal! She never settles. And she has never shown a negative attitude towards her coaches or teammates.

What advice can you give her for the competition season?

Be CONFIDENT in everything you put on the mat! Let your hard work SHINE Anilla! You deserve it!

Coach Kristen M and Anna

Sterling: Anna Reed – Radar

How have you seen Anna improve since his Summer?

Anna transitioned from competitive gymnastics to all star cheer at the beginning of this season. From the very start, her passion to learn has shown through in her ability to pick up the technique and fundamentals of basing and being able to excel as an elite stunter on our team.

What does Anna contribute to Radar?

Anna continues to grow each practice and will positively lead her teammates to success. She is one of our strongest tumblers with her elite skills and adds impeccable technique to our tumbling sections. She goes above and beyond of what we ask of her in tumbling and stunting.

What would her teammates say about her?

Anna's teammates would say they feed off of Anna's hardworking and bubbly energy.

What can we expect to see from Anna this season?

This season you can expect an exceptional athlete on and off the mat. She will continue to shine and take that bubbly energy to the competition mat when she hits the stage with Radar!!

Coach Brittany B, Chelsey, and Kristen

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"Anna has made exceptional progress this season on Radar. She impresses us every practice with her commitment to learn and excel in becoming the best athlete she can be. With this being her first year in all star cheer, she has grown to be a positive role model and leader for her teammates

~Coach Brittany B



"Anilla is one of the hardest working athletes I have ever coached. She eats, breathes, and lives this sport! She is constantly in the gym working on her skills and has grown so much as a Twister! We are lucky to have athletes with her work ethic and determination in our gym! I can't wait to see what's in store for this dynamo!"

~ Coach Kristen M.

Meet Anna!



Hometown: Ashburn, VA

Age: 14

Years Cheering: This is my first year!

Favorite thing about Cheer: I love meeting new people and making closer friendships with my teammates and coaches.

Favorite Cheer Memory? When I first walked into Try Outs at MDT, everyone was so welcoming to me!

Cheer Goals? I want to go to Summit!

Fun Fact: I did competitive Gymnastics for seven years.

Meet Anilla!

Hometown: Washington, DC

Age: 11

Years Cheering: This will make 8 years

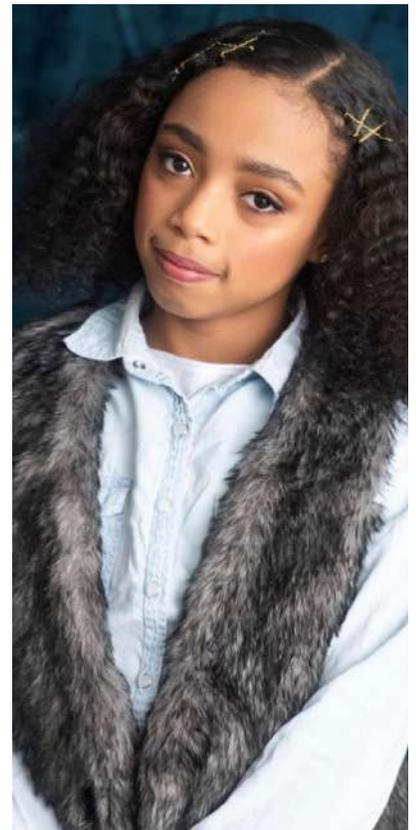
Years at MDT: 2nd year

What make you pick Cheer as your Sport? I tried other sports - ballet, soccer, tennis, track, and fell in love with Cheer! I love everything about it - tumbling, stunting, competitions, and my friends!

Favorite Tumbling Pass: Punch front thru to arabian roundoff handspring double!

Favorite Cheer Team? I don't really have a favorite but I love watching all MDT teams!

Fun Fact: My nickname is Jelly Bean because I just can't keep still on the mat! I am always bouncing around!



Happy Birthday to YOU!

October

Reese Allen, Dakota Atchley, Michael Ball, Brea Balsarick, Kelsey Boettcher, Samantha Boucher, Skye Brouillette, Teagan Budka, Bella Burke, Shelby Butler, Kylie Byrd, Bailey Christian, Auja Contardo, Caitlyn Crawford, Samantha Crismon, Kanai Dixon, Jackson Duong, Kate Ericson, Camryn Faulkner, Anjela Fitzhugh, Alexa Fox, Adalia Funderburk, Lia Hall, Rachel Hammond, Nyah Handsom, Nataleigh Hardesty, Taylor Hillian, Olivia Hines, Skye Ilies, Kiley Jamison-Cooper, McKenna Katzenberger, Elise Kocak, Nia Lewis, Karina Lynn, Isabella Maduro, Kameron Mishoe, Sanaya Nevels, Cai Roland, Lian Roland, London Scott, Ali Smallwood, Caroline Smith, Charlotte Strout, Olivia Valentine, Johanna Wainwright, Lordes Weston, Micah Williams, Ayla Zdanowski

Congratulations to our Coaches who recently Walked Down the Aisle!



Coach Ashley



Coach Shonte



Coach Chelsey and Aaron

Upcoming Events:

Showcase Wristband Sales Open to Public!

November 10th

Sales available in iClass

Winter Cheer Evaluations

November 16th

Hanover and Sterling

Last Day to Pre-Register for Winter Cheer

November 13th

Love MDT?! Have your friends join our Winter Cheer Program!

DOT Dance - Hanover

November 16th

Join us for our 3rd Annual Father Daughter Dance in Hanover!

October's AOTM Nominees



Skye Lawrence - Sunshine

"Skye is remembering all her routine positions. She is also a great listener!"

~ Coach Shelly



Allie Pfaff - Sprinkles

"Allie is a perfect candidate for AOTM! She is a talented, hardworking, coachable athlete, who goes the extra mile in her training to ensure that she is constantly progressing. She acts as a role model on her team, always leading by example."

~ Coach Becky



Rachael Rabinovitz - Eye of the Storm

"Rachel has been a leader right out of the shoot this season. Lovingly called the professor, she has analyzed each section of the routine during choreography so that she can be the lead for counting in stunt groups and running tumbling. We love to see athletes take leadership roles and she also comes into every practice with a positive attitude. Way to start the season, Rachael!"

~ Coach Sharon



Skye Ilies - Surge

"Skye is a new athlete at Maryland Twisters, but she has quickly emerged as a hard working asset to the team! She is very well rounded and strong in every area of the scoresheet!"

~ Coach Tom



Trinity Smith - Weathergirls

"Trinity is a second year member of weathergirls. Trin's flexibility and overall stunting has improved tremendously since the start of the season. Her tumble technique is one of the best on the team and she always has a smile and positive attitude. Watching her grow over the last two years has been so fun to watch and we can't wait to watch her shine this season."

~ Coach Bobbi



Jessica Smith - Lady Ts

"Jess comes to practice ready to work and with a positive attitude. Jess has worked hard to get her skills and continues to strive for more. Jess is a leader on our team and is always willing to help out."

~ Coach Caitlyn

October's AOTM Nominees



Haylie Bond - Little Winds

"Haylie is ALWAYS one of the first to arrive to practice, and makes sure she is there to get the team together and properly warm up without being asked. She's has taken on the leader role for the Little Winds team along with a couple others."

~ Coach Alyssa

Emme Nylund - Dew Drops

"Emme has been an amazing addition to Dew Drops this season. She is another athlete brand new to cheerleading who has stepped up to every challenge we have given her. She is extremely self-motivated and is constantly trying to improve. Emme's can-do attitude has a positive impact on all of those around her. She is incredibly supportive of her teammates and is always the first to cheer them on in whatever they are doing. She is very passionate about improving her skills and is always working hard! we are so excited to watch her continue to grow and build confidence in everything she does! Way to go Emme!"



~ Coach Jess



Bailey Ekanem - Breeze

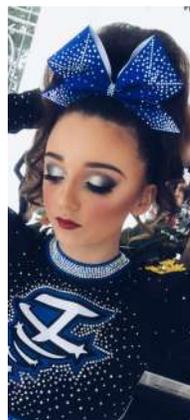
"Bailey is an exceptional athlete and person that brings a lot to Breeze. She is dedicated and determined to becoming better, not only for her team, but for herself. Bailey is always paying attention, and asking questions to clarify. She is never afraid to ask for help when needed. We love Bailey's work ethic and the love she has for Breeze and cheerleading, it truly does show every single practice. Great job Bailey!"

~ Coach Noelle

Kaylee Berry - Sirens

"Kaylee has shown leadership amongst her team. She is always encouraging and there to help and push her team. We are very proud of all of the hard work that Kaylee has displayed and look forward to seeing her continue to grow."

~ Coach Kristin K



Harper Wilson - Thunder

"Harper has been a HUGE asset to Thunder already. She has handled her responsibility of crossing to another team like a champion. She is a versatile base (main or side) and has been switched around countless times, with multiple groups. Her technique and positive attitude remain consistent with any change and she is an athlete you can count on to teach others grips or counts. We are lucky to have her!"

~ Coach Anna

Lucy Boyd - Fourcast

"Lucy is an exact representation of what it means to be a Twister and a member of 4cast. She is always smiling, working hard on mastering tumbling skills, and perfecting her flying skills. When faced with adversity, Lucy always maintains a positive attitude. She is always encouraging her teammates at practice and demonstrates the utmost respect for all of her coaches. Lucy's dedication and commitment will take her far in this sport, as well as in life. She is a pleasure to have and we look forward to seeing her grow this season."

~ Coach Chardae



October's AOTM Nominees



Erica Karinshak - F5

"Erica is an extremely talented athlete. She has transitioned from a flyer to an aggressive and technical side base. Her tumbling has also improved since she started tumbling with F5 this summer. In the routine, she has many elite passes and has handled them with ease. Erica's skills are quite impressive, however; what is more important is her work ethic, positive attitude, and coachability. Erica has stepped her tumbling skills by taking private lessons and pushing herself at practice. At practice, you can see her push her teammates and hold them accountable. She is able to take criticism well and works hard to apply corrections given to her. The best part is she smiles a lot at practice, even when things get rough. Thanks, Erica for you all your hard work and all that you contribute to the gym and F5!"

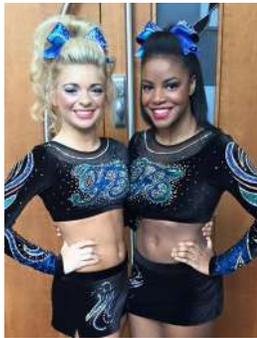
~ Coach Will

WHERE ARE THEY NOW?

MDT Legacies

featuring

Taryn Burke



MDT Alumni 2005-2015

Cheerleading Coach - University of Central Florida

Taryn Burke grew up here at MDT. For 11 years, she dedicated her life to this program and her passion to cheerleading. Taryn is also a World medalist & a 2011 World Champion, all achieved as a member of F5.

Taryn has a degree in Early Childhood Development & graduates from UCF this December. Her goal is to get a masters in mental health counseling and continue on from there by being a counselor for kids.

She is currently coaching at UCF which is a huge honor. A fun fact, 5 year F5 veteran Skylar Judd is on this year's UCF team. Taryn and Skylar spent one year together on F5!

Eye participated in the Baltimore Buddy Walk cheering on the walkers as they started and finished. It was a beautiful day at the Inner Harbor, Baltimore! We met many local celebrities and potential new cheerleaders! We were honored to celebrate with our new friends!

