



TWISTED NEWS

Maryland Twisters Newsletter

November 2019

November's Athlete of the Month

Hanover: Jordan Gibson - Cold Front

How have you seen Jordan improve this season?

Jordan has improved immensely with pushing her peers with a positive attitude and never giving up.

What can her teammates learn from her?

Her teammates can learn hard work and a never give up mindset.

What's one goal you would set for Jordan?

One goal I would set for her is to work on making her running pass more difficult.

What advice can you give her heading into Showcase?

I would tell Jordan to relax and take it one step at a time. You know what to do out there!

Coach Matt T. and Brittany L.

In This Issue

- November Athlete of the Month Winners!
Hanover: Jordan Gibson of Cold Front
Sterling: Alyssa Rucker of Whirlwinds
- Meet the AOTM
- Happy Birthday to You!
- Upcoming Events
- November AOTM Nominees



"Jordan is a quiet but powerful athlete. Not only is she an amazing back-spot who makes amazing saves, she comes as a full package with her tumbling and strong dance and performance during the routine. We are so proud of Jordan and cannot wait to watch her this season!"

~ Coach Matt T.

Sterling: Alyssa Rucker – Whirlwinds

How have you seen Anna improve as a Twister?

Last year on Sprinkles Alyssa was a base. This year she rose to the occasion and took on flying. Needless to say she is killing it! Not only does she work hard at practice to improve her skills, she takes the extra time to progress outside of practice by taking classes!

How does she standout on Whirlwinds?

Alyssa capabilities are limitless! She never fails to put a smile on our faces with her quirky personality and positive attitude.

What would her teammates say about her?

Her teammates would consider her supportive, hardworking, and determined.

What can we expect to see from Alyssa this season?

You can expect to see Alyssa moving nonstop on the floor. She flies and tumbles in every section of our routine. There is nothing Alyssa can't do!

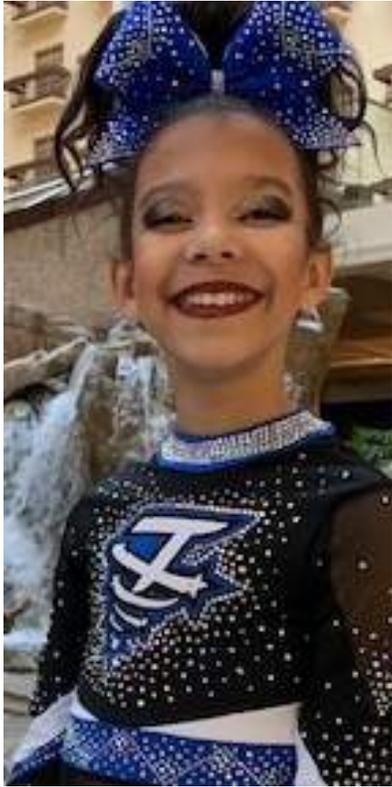
Coach Becky and Delaney



"Alyssa is a well rounded, hard working athlete. From being a base last year, to a flyer this year, Alyssa can do it all! She is always up for a new challenge."

~Coach Becky

Meet Alyssa!



Hometown: Leesburg, VA

Age: 11

Years Cheering: Three

Years at MDT: Two

Favorite thing about Cheer: Tumbling and team bonding with friends! My team is the best!

Hardest Skill You've Learned: Being flexible and keeping my balance as a flyer!!

Fun Fact: I like to draw, play percussion in band and ice skate.

Meet Jordan!

Hometown: Howard County, MD

Age: 13

Years Cheering: Seven

Years at MDT: 3rd year

Favorite Thing About Cheer? I like Tumbling and Stunting!

Hardest Skill You've Learned: A standing handspring tuck

Favorite Subject in School? Language Arts

Fun Fact: I like to draw and paint. One of my pieces of artwork was displayed at Walters Art Museum



Happy Birthday to YOU!

November

Mallory Adams, Layla Antonelli, Hayden Baxter, Autumn Bowman, Ryan Brown, Coblie Comerford, Grace CorCoran, Carmella Crisitello, Nicoletta Crisitello, Miranda Daniel, Kaitlyn Edmunds, Reagan Fearson, Tyrique Forrester, Lyla Fries, Portia Gill, Colby Glidden, Mai Graves, Desirae Gregg, Ariel Hamilton, Harmony Harper, Morgan Harris, Emerson Holupka, Natalie Hurlless, Elise Iglesias, Ella Kimmel, Alexa Kondilas, Francesca Kotwica, Harper Less, Emily LiaBraaten, Jazmyn Majors, Kamaaron Marshall, Janiah Mason, Tyrae Mason, Megan McCool, Alyssa McQuaide, Loren Minnix, Esther Oluboyo, Amina Owusu, Morgan Palmer, Victoria Pelligrini, Ahlahnis Perry, Anna Reed, Kaitlyn Rini, Alexa Robertson, Alex Roberts, Ashton Scharf, Jessica Smith, Haylie Snyder, Briana Taylor, Carly Thompson, Omariah Turner, Jose Velasquez, Shaylynn Vincent, Breyanna Williams

Upcoming Events:

NO OPEN GYM

December 6th

In preparation for Showcase Open
Gym is cancelled.

SHOWCASE

MD: December 7th and 8th

VA: December 8th

We can't wait to officially kick off the
Season!

ONE UP - BALTIMORE

December 14th-15th

MD: All Teams

VA: All Teams except Thin Ice

CHRISTMAS CLOSURE

December 24th-January 1st

Both gyms will be closed for the Holiday.
Check with your coaches regarding practices.

CAPITOL CITY CLASSIC - UPPER MARLBORO

January 11th

MD: All Teams except Level 6

VA: Thin Ice only

CHEER LIMITED - RICHMOND

January 11th

VA: Travel Teams Level 3-5

November's AOTM Nominees



Kylie Bellison - Fierce Winds

"Kylie is always putting in extra work! She shows up to every practice ready to do her best. We are lucky to have reliable athletes like Kylie on Wind!"

~ Coach Amber

"Elise unbelievably valuable member of Blaze. Every time she steps on the mat for practice it is with a positive, can-do attitude. We are constantly asking her to step into new roles within the routine and she consistently exceeds our expectations. She attacks every skill with confidence and poise, and does not back down from any challenge. Her work ethic is evident in the weekly body positions she sends in, where she has achieved a needle in the span of a few months! Elise's attitude and drive have helped shape her into the athlete and teammate she is today!"

~ Coach Jess



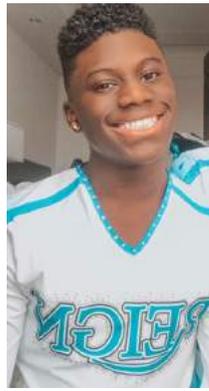
November's AOTM Nominees



Rebecca Schultz – Lightning

"Becca is one of the hardest working athletes we've coached! She is quiet, but her talents don't go unnoticed. Her drive and dedication to the team is unmatched. Becca is a team player and always comes to practice and gives 110% effort. We are happy to have the pleasure to coach Becca and we are excited to watch her continue to grow this season!"

~ Coach Krissy



Kameron Mishoe - Reign

"We have had the pleasure of coaching Kam since he became a Twister. It's been amazing to watch him grow, mature, and progress as an athlete. He is constantly pushing himself and putting in extra reps till he gets it right! He has come such a long way in a few short years! And we can't wait to see what's next for this powerhouse, elite level athlete!"

~ Coach Kristen M.



Kendall Weaver - Frozen

"Kendall comes to Frozen practice every Wednesday ready to do her best and learn new things. She is small but she is mighty! She is constantly helping her teammates with their routine and pushing herself to get her skills to the next level. We cannot wait to see her keep growing as a passionate athlete!"

~ Coach Brittany B.



Portia Gill - Haze

"Portia is an extraordinary athlete. She is always willing to lend a hand when we need one. She is a strong backspot and helps reassure her flyer and stunt group that they are doing a good job. She is always on time to practice and comes in with a positive attitude. She never complains and is always willing to go the extra mile. We love having Portia as a demonstrated leader for the younger ones on Haze."

~ Coach Shelby



Te'a Manard - Storm

"Te'a always works hard. Whenever she gets done doing a skill she runs up to her coaches and immediately asks for corrections. She has a great attitude and always has a big smile on her face."

~ Coach Shonte



Yasmeen Bracy - Flurries

"We can always count on Yasmeen to know her counts, her spots in the routine and to give 100% at every practice! Not only is she a great athlete, but she is a super supportive teammate. We love that she comes into every practice with a smile on her face and positive attitude. Keep up the great work, Yasmeen!"

~ Coach Ashley

November's AOTM Nominees



Noah Wainwright - Storm Chasers

"Noah is brand new to Twisters this year, but you wouldn't be able to tell from his hard work and positive attitude at our Saturday morning Storm Chaser practices. Noah is 14 and taller than his coach so he makes for the perfect stunt partner on our team. Noah is always on time to practice and always enters the gym with a smile. He is picking up our new choreography and is always kind to others around him. Noah is even pushing wheelchairs for fellow teammates in our routine and his coaches couldn't be more proud of him! He is the perfect Athlete of the Week and we look forward to watching him grow this year!"

~ Coach Ali

Ciara Combs - Quake

"CiCi lives, breathes, and bleeds black and blue! Her burning passion and undeniable love for this sport shines through her performance, attitude, and work ethic at EVERY practice. She continues to show improvement in all areas. Her positive attitude and energy is contagious. CiCi's dedication and "team before self" attitude will take her far in life. She has truly set the standard for what it means to be a Quake athlete. We are excited for this season and look forward to watching CiCi shine! Keep smiling, keep working hard, and keep pushing- the sky is the limit!"



~ Coach Chardae

Cailee Clayton - Sidewinders

"Cailee has shown incredible improvement already this season! She takes corrections and applies them, and her hard work has shown in her advancing tumbling and basing technique. We can always count on Cailee to come in with a great attitude and a willingness to learn. Awesome work Cailee, we're very proud of you!"

~ Coach Allie



Mayson Smith - Sky

"Mayson is an excellent athlete and is a joy to coach. She always gives 100 percent each practice no matter what. This is her first year cheering and she has come so far since the first practice in her cheer abilities. She always has a positive attitude and is a great example for her team to follow. She is truly committed to this team and it shows at every practice through her tumbling and stunting abilities. We are extremely proud of what she has accomplished so far and we know she will continue to grow as the season progresses!"

~ Coach Colleen



Jacqueline Craig - Mist

"Jacqueline is an athlete that Mist is so fortunate to have! She is a very hard worker and takes constructive criticism very well! The coaches never have to tell her the same correction twice and she never complains. We can always count on her to do her job and to hold her own. She sets a very high standard for herself and her team and we love her work ethic! Thanks for being awesome Jacqueline!"

~ Coach Jada

