

TWISTED NEWS

Maryland Twisters Newsletter

January 2020

January's Athlete of the Month



Hanover: Kianna Reese - Fierce Winds

How have you seen Kianna improve this season?

Kianna is a captain on Fierce Winds. She has grown as a leader on the team and is always there to gladly help others!

How does she stand out on Fierce Winds?

She cares about more than just her own team! On her own, she set up a Big Sister, Little Sister program with Little Winds!

What can her teammates learn from her?

Her teammates can learn from her work ethic. She always does what is asked of her and never complains!

What is one goal you would set for Kianna?

We would love to see her grow even more as a leader! Don't be afraid to use your voice!

Coach Amber and Michelle

Sterling: Izabella Thorbro-Steenberg – Blaze

What does Bella contribute on Haze?

Bella contributes one of the most important traits an athlete can possess, PASSION! She puts her heart into every full out and encourages her teammates to push during off days. The amount of love she has for her gym, teammates & coaches is unmeasurable.

What would her teammates say about her?

Her teammates would say that she's very competitive, fierce, kind, and supportive.

What is one piece of advice you would give her for Nationals Season?

Trust yourself, trust your teammates, and trust your training. It's just a full out!

What do you see in Bella's future?

I see many big wins, not only in cheer, but in life. Her work ethic will take her far.

Coach Chardae and Jess

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"Bella" never fails to amaze Jess and I with her hard work, strong mind, determination, and willingness to be a better version of herself at each and every practice. In the summer, Bella moved to VA from Orlando, and quickly adapted to the culture here at MDTVA. She went from having no body positions, to some of the most beautiful and effortless stretches and needles. Not only is Bella the baby of the team, she has also only been a cheerleader for a few months. We are blown away by her progression. She is always smiling, stretching, or making TikToks. She loves to be challenged and will be first to tell you that there's no FEAR in FIERCE. We love having Bella on Blaze!"

~Coach Chardae

"Kianna is a hardworking, reliable athlete. She is a captain on Wind and is a breath of fresh air to coach! She's a Dynamite dancer serving you up with her own solo part in our dance!"

~ Coach Amber

Meet Izabella!



Hometown: Ashburn, VA

Age: 9

Years Cheering: 1

Years at MDT: Six months!

Current Skills Goal: RO BHS Tuck

Which Team is your Dream Team:

Maryland Twisters Reign

Favorite Athlete: Gabi Butler

Fun Fact: I was born & lived in Honolulu, Hawaii and I just celebrated my 1 year cheer anniversary this month!

Meet Kianna!

Hometown: Frederick, MD

Age: 13

Years Cheering: Seven

Years at MDT: 2nd year

Favorite routine of all time? Fierce Winds 2018-2019 or F5 2019-2020

Which Competition are looking forward to: NCA

Favorite Subject in School? Spanish

Fun Fact: I play percussion in band, I love to dance, I love to babysit but most all I love going to Walmart late at night and ride little kids bikes through the store



Happy Birthday to YOU!

January

Madeline Baker, Emma Biegler, Madison Boucher, Lyla Burrington, Christen Carpenter, Jaden Carter, Brielle Culbreath, Sydney Currie, Kayla Dick, Kaylee Dickenson, Kennedy Dosik, Alani Flores, Ava Foks, Taylor Goines, Alexis Gross, Caroline Hanna, Kalaya Hillian, Brooke Holt, Caroline Holt, Amber Kane, Elijah O'Hara, Jocelyn Ortega, Ava Ortiz, Claudia Osborne, Jelani Parker, Bridget Perkins, Alana-Jean Reed, Alissa Reising, Delaney Retchless, Lily Reynolds, Mayson Smith, Natalie Spisak, Anastasia Torres, Kayleigh Trent, Annabella Vincent, Sophie Vogan, Kayden Weaver, Karsen Werts, Brooke West, Alexis Weston, Aria Williams

Upcoming Events:

Battle at the Capitol - National Harbor

February 1st-2nd

MD: All Teams

VA: All Teams

Mid Atlantic Open - Richmond, VA

February 8th-9th

VA: Tiny Novice, Mini 1, Levels 1, 2
and Thin Ice

Cheersport - Atlanta, GA

February 15th-16th

MD: Level 6

Maryland Madness - Upper Marlboro, MD

February 15th

MD - Tiny Novice, Prep, Mini, All Levels 1
and 2

VA: Tiny Novice, Mini, All Levels 1 and 2

NCA Allstar Nationals - Dallas, TX

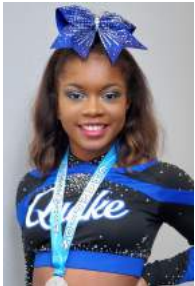
February 28th-March 1st

MD: Travel Teams Level 3-6

VA: Travel Teams Level 3-5,
Thin Ice

January's AOTM Nominees

Sydney Walker - Quake



"Sydney is new to MDT. When she joined the team in the summer she was shy and quiet. She quickly blossomed and has definitely become a team leader. She consistently encourages her teammates and she gives 110% at every practice. Sydney is a well rounded athlete. She excels in tumbling, jumps, and building. We look forward to watching Sydney continue to grow this season on Quake. She is a joy to all around her, and pleasure to coach!"

~ Coach Chardae

Makaila Lewy - Lightning

"Makaila is a returning twister this season. After taking some time off to perfect her skills, and grow as an athlete she has come back this season strong as ever. She is always working hard at practice. And never complains about having to pick up more work! She is quiet and respectful to coaches, and vocal and helpful to her teammates! She is quite a performer and a very good Back spot! Lightning is glad to have her!"

~ Coach Blake



January's AOTM Nominees



Morgan Williams – Reign

"Morgan is a seasoned Twister athlete who knows what it takes! She is strong, consistent, and reliable. Morgan is always the first one there cheering on her teammates! We are lucky to coach such a great all around athlete like Morgan! We can't wait to see what's in store for her season!"

~ Coach Kristen M.



Annabelle Bermudez - Frozen

"Annabelle joined Frozen not long before our first performance and picked the routine up right away! She is smart, a stellar athlete, and a kind teammate! Annabelle is a natural cheerleader and I can see her going very far in this sport! We are so proud of everything she has accomplished in just the few months she has been on the team and love coaching her!"

~ Coach Chelsey



Ryleigh Sowers - Storm

"Ryleigh is one of the oldest on our team and is new to Twisters. Ryleigh works hard at every practice and is always trying to encouraging her teammates. She is a pleasure to work with and we are so glad she is on the team!"

~ Coach Kristin K.



Aaliyah Johnson - Sidewinders

"Aaliyah has demonstrated leadership characteristics that has made her one of our team captains this season! We can always count on Aaliyah to come in ready to work and with a positive attitude. Keep up the great work Aaliyah, we're very proud of you!"

~ Coach Ebony



Maddie Denton - Cold Front

"Maddie is a first year Twister and you would never know! Her presence in the air and on the mat is unmatched. Maddie's positive attitude and incredible work ethic will get her very far in the program! We are so proud of you. Keep up the hard work!"

~ Coach Matt T.



Madison Henson - Sky

"Even though injured, Madison is the epitome of leadership. She motivates the team constantly. Even on message boards she's a true champion for her team. Being positive and pushing them. Her stunting is amazing and she refuses to allow other bases to let a flyer come out of the air. You can hear her on the mat always pushing them to keep going. A true leader. She was made one of the team captains."

~ Coach Shelly

January's AOTM Nominees



Raegan Pearsall - Flurries

"We can always count on Raegan to show up smiling and with a positive attitude! She always knows all of her counts and is willing to lend a hand to her teammates whenever necessary. We're very proud of the progress she has made in both her stunts and tumbling, and we look forward to the rest of the season with her!"

~ Coach Erin

Ava Fielding - Haze

"Ava is a first time competitive cheerleader this season. She has had to learn everything from scratch. She is one of our amazing flyers in our first stunt. In just a short few months she has worked so hard to be put into the jump sequence, become a flyer, get her bridge kick over for her tumbling goal and show us her sassy facials! She is such an enthusiastic and positive light for our team. She is always smiling and giving us 100 percent effort. She has reached the goal from her coaches which is a stretch to stretch, this isn't an easy skill but she has worked hard for it. She continues to impress us with every practice passing. We are VERY proud of her success as an individual and how well she works with her teammates. She is a team player and is always rooting for her fellow haze athletes. She pushes herself by taking classes and privates to help achieve her goals. Ava Fielding is an amazing athlete and we can't wait to see what the future holds for her."



~ Coach Shelby

Chelsea Regan - Storm Chasers



"Chelsea is a fantastic new addition to our team this year! You wouldn't even know this was her first time being on any sort of team! Chelsea is always smiling, always at practice, and enthusiastic to learn new tricks. Cheerleading has quickly become one of Chelsea's favorite activities. She also enjoys swimming which she was able to do during a Summer Camp in China, and wheelchair basketball which she was a part of in Maryland. Chelsea has only been in the US since March of 2018. She loves music, and loves to sing. Getting ready for the cheer competitions has been one of Chelsea's favorite parts of cheering. She loves getting her makeup and hair done and can't stop smiling when she proudly wears her brand new Twisters bow. Chelsea is making leaps and bounds all over life! Up until a year ago, she couldn't walk. She had an upside down club feet and has had multiple surgeries which allowed her to stand safely and walk....and now even cheer! Chelsea is an extraordinary kid and we are so lucky she ended up crossing paths with our gym because she is a joy to coach and a joy to be teammates with. Keep up the hard work girl!"

~ Coach Ali

Katie Ferris - Whirlwinds

"Katie's enthusiasm for her team is infectious. She works so hard, is constantly encouraging her teammates, and goes the extra mile in classes/conditioning outside of practice. Katie's potential is through the roof and we are so proud of the athlete she is, and what we know she will grow to be!"

~ Coach Becky



Kalaya Hillian - Mist

"Kalaya has progressed by leaps & bounds in her cheer skills in just a few short months! We are truly so proud of her and she amazes us every practice with her work ethic and determination"

~ Coach Jada

Club Zero Leaders

First place ~ Lady Ts, Sprinkles ~ 45 points

Second place ~ Haze, Fourcast, Supercells ~ 40 points

Third place ~ Surge, Whirlwinds ~ 30 points

Competition Totals

Third Place finishes: 8

Second Place finishes: 17

First Place finishes: 35

Grand Champions: 4

Summit Wild Card Bids: 2

Summit At Large Bids: 3

**Congratulations to our January National Champions!
Radar, Supercells, and Reign!**

