



ROARING THUNDER TIMES

MARCH 2009

Message From Miss Michele

The competition season is nearing its end. I'd like to first thank each of you for your overall support of our organization as we approach the conclusion of our fifth season. The 2009 competition season has been both exhilarating and heartbreaking at times for all of us. We have experienced the highs of what can happen when we are truly prepared and extremely focused on the task, and we have experienced the lows when we aren't. That being said, this season has still been fantastic and I am truly proud of all the girls, especially our girls who had no prior experience before coming to TSA. I want to also thank the girls of Turbulence for enduring pouring rains in March to travel to Galveston for Individuals Nationals. It was an exciting, learning experience.

Our season is not over and we are more focused than ever for the International All-Levels Competition that will be held on May 2-3 in San Antonio, Texas. All competitive teams are going in with first place bids to this huge event. This will be our final performance and we want to go out with a bang! Over the next few weeks, we will continue to practice, make adjustments and changes to all routines to make them pop. It is imperative that all girls attend all practices and come in ready to work.



COMPETITION HIGHLIGHTS

January 17—Cheer Power—Garland, TX

2nd Place: White Ice / 3rd Place: Blue Lightning & Ozone

January 24—Cheer America State Championships—Garland, TX

1st Place: White Ice (**Grand Championship**) & Ozone / Blue Lightning: 3rd Place

Coach Shank and Gold Mist, our amazing show team, continues to show out at each competition. The Tiny cheer division better watch out next year!

February 21-22: Spirit Celebration National Championships—Ft. Worth, TX

1st Place: Blue Lightning / 2nd Place: White Ice / Ozone: 9th Place

March 7: Cheer Power Small Gym Championships—Belton, TX

2nd Place: Ozone / 3rd Place: Blue Lightning & White Ice
White Ice: **Showmanship Award**



Ozone, in action, at the Belton Competition.

Coaches' Chat Line.....



CHEERLEADING TIP: HOW TO PERFECT YOUR JUMPS

1- The first thing to do is to have a mat that you can lay down on. Lay flat on your back. In a quick motion, bring your legs out into a "v" and bring your arms out to the side. (like you are doing the jump in the air but laying down.) Keep repeating until you can feel that you are getting quicker and your technique is getting better.

2- Another easy step is to have another person help you out. Start off by standing in front of them. Have your partner stand behind you and place their hands on your waist. Do your jump how you usually execute them. When your partner feels you jumping up and they will raise your waist up so that will allow you to get extra height. Land your jump as you usually would do. Keep repeating a few times until you feel that this practice session has helped.

3-Another easy way to improve your jumps is to practice. Before cheerleading practice and after stretching, start practicing your jumps. Do at least 3 of each jump, the more you practice them the better you will be able to execute them more quickly and cleanly.

GET YOUR HEADS IN THE GAME! FINAL COACHING TIPS FOR SAN ANTONIO

- * It is important that every girl attend every practice. We don't have many practices remaining before San Antonio.
- * Stay focused! Come to practice ready to work.
- * Work on jumps and make sure your timing is right. We must keep up our energy!
- * Stretch before all practices.
- * It's been a great season so far. All teams have made huge improvements since the first competition. Thank you to everyone involved with all of our teams. We appreciate your time, flexibility and commitment.



HAPPY BIRTHDAY TO YOU



FEBRUARY: 17-Mikala Portley, 22-Nyah Randle, 23-Alexyz Bowen, Bria Randle, 24-Tasia Massinburg, 28-Jada Gillespie

MARCH: 1-Hailey Cody, 3-Kennedi Middleton, 13-Ashanti Doyle, Jada Stearn, 22- Coach Regina, 29-Alayna Crowder,

APRIL: 3-Coach Trenecia, 5-Ebony Johnson, 7-Coach Toya, 9-Taylor Williams, 12-Hanna Holden, 22-Raena Jenkins, 26-Alexis Banger, Kiana Mitchell, 25-Amani Doyle

And the thunder roars.....

Hats off to our TSA parent team, Roaring Thunder, for their awesome performance at the March CheerPower competition in Belton, TX . Who knew our coaches and moms had it like that! They looked good and the routine was fantastic. They were hot! Who says TSA doesn't have spirit?

**Remember the motto:
Pain is Temporary; Pride is Forever!**



PARENT CORNER

- ⇒ TSA now has established a paypal account that will allow you to make TSA payments online. Simply log on to www.twistersspiritathletics.com and visit the "General Info" link for instructions.
- ⇒ Check out www.squads.com. The girls' performances from the February competition are in the video archives. It also gives the girls an opportunity to chat with other cheerleading teams.
- ⇒ Mark your calendars for the 2009 TSA Awards Gala on May 30, 2009.
- ⇒ Tumbling classes will begin in April. Make sure to check with your child's current coach for team placement. All girls will be placed according to their ability levels. These are not their permanent teams.
- ⇒ Please remember to submit a copy of your child's report card to Miss Michele each six weeks. TSA will acknowledge all academic achievements at the awards gala.
- ⇒ Make sure you visit the Parent Portal and register your child's information.



**MAKE SURE THAT YOU READ
THIS SEASON'S TSA INFORMATION
PACKET IN ITS ENTIRETY.
IT WILL ANSWER ALL YOUR
QUESTIONS.**



TURBULENCE TAKES GAL- VESTON BY STORM

On March 14-15, the Turbulence coaches, girls and fans traveled to Galveston, TX to compete in American Cheer Power's Individuals Nationals competition. Although the days were rainy, the girls gave outstanding performances against tough, established competition. It was definitely a "whole new world"! Congratulations to the girls who have now received bids to the "Nation's Best" Competition in Las Vegas, NV in mid-May. Special Congratulations go to Blue Lightning's Kayla Middleton for placing first and being named National Champion in the Mini division for Cheer Only!

Cheer Only - 1st place

Kayla Middleton, **National Champion**

Crowd Pleaser Group (Youth Prep) - 3rd Place

J'mya, Terah, Taylor, Erica

Crowd Pleaser Group (Youth) - 5th Place

Ryann , Ashley , Kennedi , Adrianna

Crowd Pleaser Group (Varsity) - 2nd Place

Donisha , Briana , Jada

Crowd Pleaser Group (Junior) - 3rd Place

Mariah , Jazmyne , Tishunna

Jumps Only: Legacy Combs, 6th Place

Tumble Pass: Donisha Collins, 3rd Place

Hip Hop Group (Youth) - 5th Place

Kennedi , Makaya , Hailey , Kajuan

Hats off Kayla on
your national
championship
trophy and jacket.

