



Newsletter

May 2010

Up Coming Events!

April 30—May 2, 2010

2010 Provincial Team Trials and Provincial Championships (Calgary, AB)

Schedule of Events: Friday April 30— Team Trial Competition

Saturday May 1— Groups, Open Competition

Sunday May 2—Provincial Championships events—Individual, Duet, Group

May 30, 2010

Reach Your Goals Competition (Airdrie, AB)

ABTA Technical Meeting (Location TBA)

May 21– 24, 2010

2010 Canadian Team Trials (Regina, SK)

July 4—10, 2010

2010 Canadian Baton Twirling Championships (Toronto, ON)

August 5—8, 2010

2010 World Championships (Bergen, Norway)

September 25, 2010

ABTA Awards Banquet (Calgary, AB)

ABTA Board of Directors Meeting (Calgary, AB)

September 26, 2010

ABTA Annual General Meeting (Calgary, AB)

October 15—17, 2010

'At The Top' Technical Conference (Edmonton, AB)

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'Alberta Baton Twirling
Association'

'At The Top' Technical Conference

Alberta Baton Twirling Association is proud to be hosting the 'At The Top' Technical Conference from October 15-17, 2010 in Edmonton at the Fantasyland Hotel located in West Edmonton Mall. This conference is open to all technical members of all skill levels, as well as athletes 16 years and older. Featured instructors who

will be teaching sessions at the conference are: Dale White, Ginette Groome, Steven Kopas, as well as many other guest instructors. ABTA has partnered with the Sport Medicine Council of Alberta who will be providing sessions on Sport Nutrition and Sport Psychology. Sessions will be held in both a classroom setting, as well as many

hands-on classes. Some information regarding the conference has been posted on the ABTA website. The brochure and registration forms will be available soon and will be sent to all registered technical members and club/region chairpersons.

Hope to see you there!!

*"Gold medals
don't make
champions.....
Hard work does"*

- Unknown



Canadian Funding Applications

ABTA Funding Applications are now available. If you require a funding form for the Canadian Team Trials or Canadian Championships, please contact the ABTA Office or your Region Chairperson.

Funding Application deadlines are as follows:

Canadian Team Trial Funding—May 10, 2010

Canadian Championship Funding—June 4, 2010

“There is no such thing as unrealistic goals – only unrealistic time frames”

- Loranne Meek

Skills Development Program

The CBTF Skills Development Program (SDP) is progression, with an emphasis on growth and advancement. It offers the recreational athlete an incentive to continue in his/her own personal growth within the sport. The SDP offers an opportunity to advance and eventually learn and perform elements similar to the World Level athlete.

If your club will be doing badge testing this spring/summer, please contact the ABTA Office with an estimated number of badges or pins you will require. This will ensure we have enough badges/pins in stock to send to you for your badge testing day.

Don't forget to sanction all badge test events!!



ABTA Technical Meeting

ABTA will be holding a technical dinner meeting following the Reach Your Goals Competition on Sunday May 30. All technical members are encouraged and invited to attend. We will be discussing technical updates, technical news, events, concerns, and ideas. If you have concerns or ideas you would like to see discussed at the meeting, please email the ABTA Office so these items can be added to the agenda. A technical meeting agenda will be sent out prior to the meeting.

There is no cost to attend. More information will be sent out soon.



Reach Your Goals Competition

The Baton & Dance Company is hosting the Reach Your Goals Competition in Airdrie on Sunday May 30. Events that will be offered at this competition are:

- Pre Events
- Group Events
- Individual Events
- Badge Testing

Entry forms will be distributed following Provincials. The entry deadline is May 17.

The * S.T.A.R. Program * will also be an event offered at the Reach Your Goals Competition.

Loranne Meek would like to get together with the Alberta Coaches during the Provincial Competition weekend to quickly review the S.T.A.R. Program skills. It is important that we ensure all coaches are demonstrating the skills correctly to their students.

A description about this program is displayed on the back page of this newsletter.

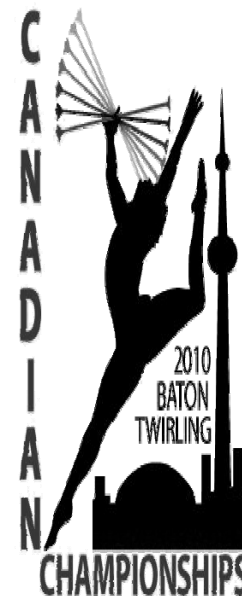


2010 Canadian Team Trial Information

Schedule of Events (Subject to Change)		
	AM	PM
Fri May 21	Provincial Practices	ALBERTA Provincial Practice 5:00pm—8:00pm
Sat May 22	Costume Inspection - 9am-11am (practice gym) Paid Provincial Practices Team Trials Opening Ceremony	Jr. Compulsories Sr. Short Program
Sun May 23	Preliminary Freestyle Rounds: Junior Women, Junior Men, Sr. Women	Preliminary Rounds: Jr. Pairs, Sr. Pairs, Team Semi-Final Freestyle Rounds: Jr. Women, Sr. Women
Mon May 24	Final Rounds: Jr. Pairs, Sr. Pairs Final Freestyle Rounds: Jr. Women, Jr. Men, Sr. Women	Final Freestyle Rounds: Sr. Women Final Round: Team Award Ceremony Contingent Photographs Critiques <i>Tentative: Canadian Contingent Meeting</i>

2010 Canadian Championship Information

Schedule of Events (Subject to Change)		
	AM	PM
Sun July 4	Provincial Practices—Main & Practice gyms	
Mon July 5	Doors Open 7:30am—Starting Time 9:00am Opening Ceremony Level A & B Compulsories & A Short Program Level A & B Freestyles—Preliminary Rounds	
Tues July 6	Doors Open 7:30am—Starting Time 9:00am Level A & B Pairs—Prelim Rounds Level A Freestyles—Semi Final Round (if needed) Level A & B Pairs—Final Rounds Level A & B Freestyles—Final Rounds	Continued from AM Canadian A & B Freestyle & Pairs Awards
Wed July 7	Doors Open 7:30am—Starting Time 9:00am Open Group Competition Canadian Dance Twirl Teams Canadian CBTF Teams Canadian Corps	Continued from AM Open & Canadian Group Awards Athlete's Party (Time TBA) 'Interaction' (Type 'C' members)
Thurs July 8	Doors Open 7:30am—Starting Time 9:00am Open Individual/Duet Competition and Winner/Championship Individual/Duet Preliminary Rounds	
Fri July 9	Doors Open 7:30am—Starting Time 9:00am Winner/Championship Individual/Duet Final Rounds Grand Nationals—Canadian Individual & Duet events	
Sat July 10	Approx. starting time—9:00am "Pride of Canada" Clinic Morning—Open Clinic for all athletes Afternoon—Closed Clinic for World Contingent	



Best of Luck to All Athletes!


S.T.A.R. PROGRAM

 (Skills to Achieve Results Program)

We are asking that all coaches in Alberta support this fun new program! It is inexpensive, fun, encourages team spirit, and gives the athletes an opportunity to measure their success from competition to competition! We are suggesting pre-competitive athletes and Level C Solo athletes take part!

What is the S.T.A.R. Program? This program was created by Elan Paluck, a coach in Saskatchewan to:

- * encourage the development of fundamental skills in beginner athletes
- * provide pre-competitive athletes with another activity to participate in at local competitions
- * a special thanks to Jill Ford for “fine tuning” the program in Alberta!

Here is how it works!

- * participating athletes are divided into four groups (Shooting Stars, Shining Stars, Wish Upon a Stars, Twinkling Stars)
- * they will be grouped according to age (4-7 and 8+ within their groups)
- * each group will rotate between 5 stations. The Announcer will tell the groups when to switch stations.
 1. Vertical Jump
 2. Sit & Reach
 3. Superman
 4. Twirling Skills
 5. Shuttle Run
- * each group will have a Leader that accompanies them to each “Space Station”
- * fun music plays in the background as the athletes move from station to station.
- * each stations will have a volunteer that assists in recording the scores.
- * each participant will have their own S.T.A.R. Rating Sheet that the Leaders and volunteers will record on. Athletes can take home their rating sheet after tabulation takes place.
- * each participant will receive a “star sticker” after performing each required skill at every station. It will be placed on their Rating Sheet.
- * each skill has 5 different levels/points an athlete can obtain (1 star, 2 star, 3 star, 4 star, 5 star). Of course they want to obtain a 5 Star Rating!

SKILL	5 STAR	4 STAR	3 STAR	2 STAR	1 STAR
Vertical Jump	30+ cm	25-29 cm	20-24 cm	15-19 cm	-14 cm
Sit & Reach	Nose to knees	Past toes	Toes	Ankles	Knees
Superman	60+ sec.	40-59 sec.	30-39 sec.	20-29 sec.	-20 sec.
Twirling Skills – RT H For. Fig. 8's (30 sec.)	35+	30-34	25-29	20-24	-19
Twirling Skills – LT H For. Fig. 8's (30 sec.)	35+	30-34	25-29	20-24	-19
Twirling Skills – 2-H Twirls (30 sec.)	25+	21-24	16-20	11-19	-10
Shuttle Run 30 feet (ages 4-7) (30 sec.)	-12.9 sec.	13-14.9 sec.	15-17.9 sec.	18-19.9 sec.	20+ sec.
Shuttle Run 60 feet (ages 8+)	- 18.2 sec.	20-18.3 sec.	22-19.9 sec.	24-21.9 sec.	25+ sec.

The athlete with the highest score will receive special acknowledgement and a special prize!