



“SO, YOU THINK YOU CAN TWIRL” (INDOORS)! **TIMED SPEED DRILLS CLOSED CONTEST**

OBJECTIVES:

- To provide an online twirling event for Alberta athletes
- To create some excitement and motivation for our athletes
- To promote excellent baton technique
- To give coaches new ideas to include in their online class content
- To hire and engage CBTF Judges

SANCTION BY: AB-21-8663

HOSTED BY: New Heights Baton Club – newheights@gmail.com

COMPETITION DIRECTOR: Elle Meek – 403-477-0860

DATE: **SATURDAY, MARCH 6, 2021**

START TIME: 9:00 A.M.

END TIME: To be announced once entries are received

DEADLINE TO ENTER: **SATURDAY, FEBRUARY 27, 2021**

HOW DO I ENTER THIS CONTEST? Fill out jotform and e-transfer funds

Jotform Link: <https://form.jotform.com/210184960166253>

Entry Fees Payable to: NEW HEIGHTS BATON CLUB

E-mail transfers will be accepted by the New Heights Treasurer at:
newheightsbaton@gmail.com

- password is not required
- Athlete's full name is required in the memo field of e-transfer

All athletes must have a Type A, B or BR membership status and number

LOCATION: ONLINE ZOOM FORMAT – Once you have registered you will receive the Zoom ID/link and Passcode via email

HOW DO I PARTICIPATE ON THE ZOOM APP?

1. Go to the app store on your device and download the FREE Zoom App
2. Open Zoom on your device
3. Click on “join meeting”
4. Type in the meeting ID or link
5. If required type in the passcode provided
6. Click on join with video
7. Click on call using internet audio
8. Please mute your microphone when you join

HOW DO I PREPARE FOR MY SPEED DRILLS?

- Clear an area of your home or garage. Make sure it is clean and safe
- Ensure you are visible in a well-lit area
- Make sure your entire body is visible on screen with space visible above
- Have water bottle nearby
- Warm up prior to joining the contest
- Set up your device and join 5 minutes before your scheduled Speed Drill Time
- You will be placed in a waiting room and welcomed in at your scheduled time by a CBTF Judge
- Try to limit the number of devices using wifi in your home. This can affect the wifi on your device
- Try to stay as close to your wifi portal as possible. If you are in a basement far from your wifi portal you may be glitchy or become disconnected
- Wear close fitted active wear, jazz shoes/running shoes, hair secured back in a ponytail or bun

AGE REQUIREMENTS: Minimum Age is 4 to enter. No maximum age restriction. Younger athletes will need parent assistance to log on and monitor throughout drill set.

OFFICIAL CBTF JUDGES WILL COUNT EACH SPEED DRILL – if the judge is unable to determine the correct number of catches, the athlete may be asked to perform the speed drill again.

ENTRY FEE: \$4.00 per drill

WINNERS WILL BE ANNOUNCED ON ZOOM ON SUNDAY, MARCH 7, 2021 AT 5:00 P.M. ALL PARTICIPANTS WELCOME TO ATTEND THE VIRTUAL AWARDS CEREMONY! WINNERS FOR EACH SPEED DRILL WILL BE POSTED ON THE ALBERTA BATON TWIRLING ASSOCIATION'S WEBSITE AND INSTAGRAM PAGE!

AWARDS: Each winner will receive a \$5.00 Tim Horton's Gift Card in the mail

ONLY SKILLS DEMONSTRATED WITH CORRECT TECHNIQUE WILL BE COUNTED. The judges have the right to disqualify a drill if it is done incorrectly or with incorrect technique. Athletes are encouraged to discuss with their coach which skills are technically correct and therefore ready to enter. It is highly recommended that you choose only the skills that you can perform with excellent technique. **ONLY CATCHES COUNT TOWARDS YOUR FINAL NUMBER**

IF A TIES OCCUR ALL TOP SCORES WILL BE AWARDED

COACHES AND ATHLETES ARE ENCOURAGED TO JOIN A ZOOM MEETING ON MONDAY, FEBRUARY 1, 2021 FROM 7:15-8:15 P.M. EACH SKILL WILL BE PRESENTED AS WELL AS HOW EACH SKILL WILL BE COUNTED. THIS DEMONSTRATION WILL BE FILMED AND THE LINK WILL BE AVAILABLE.

ZOOM LINK: <https://us02web.zoom.us/j/6294261183>

or

Join using ID 629 426 1183 Passcode LoranneMeek1

HOW DO I DETERMINE WHAT LEVEL TO ENTER? You will enter your current level in the Solo Event

LEVEL I DRILLS

30 SECONDS PER DRILL

ATHLETES MUST BE RECREATIONAL OR PRE-COMPETITIVE LEVEL TO ENTER THESE DRILLS

1. VERTICAL R FORWARD FIGURE 8'S (face front)
2. VERTICAL L FORWARD FIGURE 8'S (face front)
3. VERTICAL R REVERSE FIGURE 8'S (face front)
4. VERTICAL L REVERSE FIGURE 8'S (face front)
5. 2 - HAND TWIRLS (STANDARD DIRECTION – face front)
6. 2 - HAND TWIRLS (NON-STANDARD DIRECTION – face front)
7. HORIZONTAL R FIGURE 8'S (face front)
8. HORIZONTAL L FIGURE 8'S (face front)
9. HORIZONTAL R CIRCLE OVERHEAD, NECK WRAP R TO L, PASS BEHIND BACK, REPEAT (STANDARD DIRECTION – face front)
10. HORIZONTAL L CIRCLE OVERHEAD, NECK WRAP L TO R, PASS BEHIND BACK, REPEAT (NON-STANDARD DIRECTION – face front)
11. VERTICAL R CIRCLE NECK WRAP R TO L, MATCHED HAND PASS OVERHEAD REPEAT (STANDARD DIRECTION – face front)
12. VERTICAL L CIRCLE NECK WRAP L TO R, MATCHED HAND PASS OVERHEAD, REPEAT (NON-STANDARD DIRECTION – face front)

LEVEL II DRILLS

1 MINUTE PER DRILL

ATHLETES MUST BE LEVEL C OR B-N IN SOLO TO ENTER THESE DRILLS

1. VERTICAL R THUMB FLIPS (face front)
2. VERTICAL L THUMB FLIPS (face front)
3. VERTICAL R BACKHAND FLIPS (face front)
4. VERTICAL L BACKHAND FLIPS (face front)
5. VERTICAL SIDE TO SIDE R to L FLIPS (REVERSE DIRECTION – face L side)
6. VERTICAL SIDE TO SIDE BACKHAND FLIPS R to L (FORWARD DIRECTION – face R side)
7. VERTICAL R 8 FINGER (face front)
8. VERTICAL L 8 FINGER (face front)
9. HORIZONTAL R 8 FINGER ((face front)
10. HORIZONTAL L 8 FINGER (face front)
11. HORIZONTAL WAIST WRAP R TO R (face front)
12. HORIZONTAL WAIST WRAP L TO L (face front)

LEVEL III DRILLS

1 MINUTE PER DRILL

ATHLETES MUST BE LEVEL B-N, B-I OR B-A IN SOLO TO ENTER THESE DRILLS

1. VERTICAL R ½ REVERSE FIGURE 8, CRADLE DOWN (face front)
2. VERTICAL L ½ REVERSE FIGURE 8, CRADLE DOWN (face front)
3. VERTICAL CIRCLE (CLOCKWISE) R TO R SHOULDER WRAP (face L side)
4. VERTICAL CIRCLE (COUNTER-CLOCKWISE) L TO L SHOULDER WRAP (face R side)
5. VERTICAL R TO L BLIND CATCH, PASS REPEAT (face back)
6. VERTICAL L TO R BLIND CATCH, PASS REPEAT (face back)
7. VERTICAL CIRCLE (CLOCKWISE) R SHOULDER RELEASE, CATCH L, L TO R THUMB FLIP REPEAT (face L side)
8. VERTICAL CIRCLE (COUNTER-CLOCKWISE) L SHOULDER RELEASE, CATCH R, R TO L THUMB FLIP REPEAT (face R side)
9. VERTICAL “4 FLIP DRILL”- R TO L THUMB FLIP, L TO L BACKHAND FLIP, L TO R THUMB FLIP, R TO R BACKHAND FLIP (REVERSE DIRECTION - face L side)
10. VERTICAL R THUMB FLIP CATCH L GROUND, L TO R THUMB FLIP REPEAT (face L side)
11. VERTICAL L THUMB FLIP CATCH R GROUND, R TO L THUMB FLIP REPEAT (face R side)
12. VERTICAL 2-BATON ALTERNATING R THUMB FLIP, L BACKHAND FLIP (STANDARD DIRECTION – face front)

LEVEL IV DRILLS

1 MINUTE PER DRILL

ATHLETES MUST BE LEVEL B-I, B-A OR A IN SOLO TO ENTER THESE DRILLS

1. HORIZONTAL BLIND L TO R, MATCHED HAND PASS R TO L REPEAT (STANDARD DIRECTION – face back)
2. HORIZONTAL BLIND R TO L, MATCHED HAND PASS L TO R REPEAT (NON-STANDARD DIRECTION – face back)
3. HORIZONTAL HIGH R THUMB FLIPS
4. HORIZONTAL LOW L TO L BACKHAND FLIPS (face front)
5. HORIZONTAL “4 FLIP DRILL” – R TO R HIGH FLIP, R TO L LOW BACKHAND FLIP, L TO L LOW THUMB FLIP, L TO R HIGH BACKHAND FLIP (face front)
6. VERTICAL R TO R BLIND (face back)
7. VERTICAL R TO R FLASH BACK (face back)
8. VERTICAL R TO L DROP DOWN (face front), TURN, L TO R DROP DOWN (face back)
9. VERTICAL 2-BATON ALTERNATING THUMB FLIPS REVERSE DIRECTION (face L side)
10. VERTICAL 2-BATON ALTERNATING BACKHAND FLIPS, FORWARD DIRECTION (face R side)
11. VERTICAL 2-BATON ALTERNATING R THUMB FLIP, L BACKHAND FLIP, (OPPOSITION DIRECTION - face R side)
12. VERTICAL 2-BATON SIMULTANEOUS R AND L THUMB FLIPS, CROSS HANDS, CATCH SIMULTANEOUSLY (face L side)