

Airdrie
sky-High

**CLUB
HANDBOOK**

Twirlers



Revised May 2019

Airdrie
Sky-High



Twirlers

VISION STATEMENT

Airdrie Sky High Twirlers (ASHT) strives to be regarded nationally for its development of young athletes who are highly competitive and display excellent sportsmanship. In teaming together to make our programs successful, our coaches and volunteer parents are committed first and foremost to our athletes.

MISSION STATEMENT

To promote the sport of baton twirling in our community and on the national stage, by developing programs that:

- Coach and train our youth into high performance athletes
- Teach the importance of sportsmanship and teamwork
- Respect the need for our athletes to have fun
- Assist in developing good young citizens within our community
- Are affordable for our many participating families

VALUES

In the pursuit of our Vision, the Airdrie Sky High Twirlers club athletes, parents and coaches value:

- Open and honest communication for all club business
- A team approach in our competition, programs and fundraisers
- Respect for the diversity of our opinions
- Creative thinking in our many decisions
- Fiscal responsibility in support of all

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ASHT EXECUTIVES

ASHT is managed by a board of volunteer parents, which consists of a Chair, Vice-Chair, Treasurer and Secretary. Each position is a 2-year term, with Chair/Secretary and Vice Chair/Treasurer expiring the same year.

ASHT COACHES

Airdrie Sky High Twirlers has a head coach, full-time coaches and assistant coaches. Your athlete should expect to receive instruction from any of them. Our website has the most up to date information on our coaches. www.skyhightwirlers.com/coaches

Assistant Coaches

An athlete who is interested in becoming an assistant coach must apply for the position. This includes a written application as well as an interview by the head coach in June of each year for the following season. The head coach makes the selection.

- **Level 2 Coach Certification**
 - Successful completion of the Level 2 Coaches course
 - Attendance at NCCP Course Part B
 - Minimum age 16
 - ASHT provides a starting wage of \$15.00 per hour of coaching

- **Volunteer Coach in Training**
 - Successful completion of the Level 1 Coaches course
 - Attendance at the NCCP Course Part A
 - Minimum age 16
 - ASHT provides an honorarium of \$10.00 per hour of assisting

- **Volunteer Assistants**
 - Minimum age 14

CLUB COMMUNICATIONS

- The ASHT website: www.skyhightwirlers.com is the most up to date source of information for all athletes and parents.
- All athletes have a Parent Lead for their group. The first avenue for questions is through your Parent Lead. Your Parent Lead will investigate further if required.
- ASHT has public Facebook and Instagram accounts as well as a private Facebook account for members.
- There are two Membership Meetings during the season. One in November and an Annual General Meeting (AGM) in late May.
- Email is the primary communication from the club administration to the general membership.

ATHLETES CREED

We, the Athletes, promise to maintain a positive and friendly attitude on and off the competition floor. We will adhere to the rules and regulation at all times and demonstrate respect for judges, coaches, parents, volunteers, competitors and, most of all, ourselves.

ATHLETE CODE OF CONDUCT

[Athlete and Parent Code of Conduct Pledge Form](#)

ASHT strives to promote a safe, supportive environment that encourages all athletes to be their best and support one another regardless of any differences. Athletes are expected to share a common vision that promotes a team spirit and individual growth of all members of the Club.

Athletes in all programs should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. This code applies to all athletes involved in the ASHT club.

I understand that in order to be a member athlete in good standing, I must act in accord with the following:

TRUSTWORTHINESS

- I will be worthy of trust in all I do.
- I will live up to high ideals of ethics and sportsmanship and always pursue victory with honour; I shall do what's right even when it's unpopular or personally costly.
- I shall compete honourably; I will not lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
- I will strive to fulfill commitments; I will do what I say I will do.

RESPECT

- I will always treat all people with respect and I will expect the same of other athletes.
- I understand that being punctual to my session will maintain and promote respect for my fellow athletes and coaches.
- I will be a good sport and will be gracious in victory and shall accept defeat with dignity; I shall compliment extraordinary performance and show sincere respect.
- I will turn defeat into victory by continually working to improve my skills and good sportsmanship.
- I will remember that giving my best effort is as important as victory.
- I will not engage in disrespectful conduct of any sort including profanity, obscene gestures, and offensive remarks of a sexual or racial nature, taunting, boastful celebrations or other actions that disrespect individuals or the sport.
- I will treat all judges with respect and will not complain about or argue with any decisions during or after a baton event or test.
- I will treat all volunteers and board members with respect both within my club and at competitions and events outside my club.

- I will treat all coaches with respect both within my club and at competitions and events outside my club.

RESPONSIBILITY

- I will be punctual for all classes, extra practices, special sessions/workshops and competitions. **I will let my coach know beforehand if I cannot make these time commitments.**
- I will set realistic goals and work to achieve them.
- I shall remember that participation in sports is a privilege, not a right and that I am expected to represent my club, coach and myself with honour, both on and off the stage. I shall consistently exhibit good character and conduct myself as a positive role model.
- I recognize the importance of safeguarding my health; I shall not use any illegal or unhealthy substances including alcohol, tobacco, drugs or engage in any unhealthy techniques to gain, lose or maintain weight.

FAIRNESS & CARING

- I shall live up to high standards of fair play; I will be open-minded and always willing to listen and learn.
- I will demonstrate concern for others and never intentionally injure any athlete or engage in reckless behaviour that might cause injury to me or others.
- I will strive to be proud of my sport and a credit to it.
- When recovering from an injury, I will follow the advice of my physician in determining when I am ready to twirl again.
- Be aware of the physical fitness value of baton twirling.

CLASS RULES

- All personal conversations must happen before or after class and during breaks. This is a training environment and all socializing must be done elsewhere.
- When practicing, all athletes must learn to pay attention to what is happening on the floor and adjust and execute their skills around lessons, programs, etc.
- Politely calling out “excuse me” or “heads up” when needed.
- All language on the floor must be polite and respectful including any body language and gestures. Any foul language may result in loss of privileges.
- Athletes must ask or let a coach know before exiting the class during a session. This is for safety and attendance reasons.
- Only healthy snacks are permitted in the gym during class time.

PARENT CODE OF CONDUCT

[Athlete and Parent Code of Conduct Pledge Form](#)

ASHT is committed to ensuring that all athletes can participate in a safe and welcoming environment that encourages and promotes their overall development. Parents have an enormous influence on the athlete's experience in the sport and the quality of the athletes' experience is heavily influenced by the way parents conduct themselves in the ASHT club.

In this Parent Code of Conduct, "Parent and Parents" shall refer to "Parent(s) and Guardians of Athletes registered in the Club." This code applies to all parents who are members of ASHT or have children who are members of ASHT. Parents are always expected to abide by this code while engaged in ASHT club activities or competition.

- All Parents are expected to conduct themselves in a responsible manner consistent with the values of integrity, fair play, open communication and mutual respect.
- Parents must not enter the coaching space or gym, uninvited by the coach or assistant at any time; this includes before, during and after regular coaching hours.
- Parents shall always model positive and responsible behaviour and communicate with their child that they expect them to do the same.
- Parents shall always treat all individuals and property with dignity, courtesy, and respect, including but not limited to athletes, coaches, officials, volunteers, other parents and all other individuals that are part of any ASHT club activity.
- Parents shall refrain from any behaviour or comments, which are profane, insulting, harassing, sexist, racist, abusive, disrespectful or otherwise offensive.
- Parents shall emphasize the importance of values like sportsmanship, respect, cooperation, competition and teamwork to their athlete offering praise for competing fairly, participation and skill development.
- Parents shall model and encourage their athlete to maintain a healthy balance between baton and life. (i.e., school, other activities, social life, etc.)
- Parents shall model and encourage balanced, healthy food choices and subscribing to an active and healthy lifestyle.
- Parents shall set high, but reasonable expectations for their child's participation in baton focusing on development and enjoyment for the child.
- Parents shall instill confidence in their child's ability and skill development, always avoiding comparisons with other athletes.
- Parents shall celebrate the acquisition of skills and goals achieved by their child.
- Parents, along with the professional coach and the athlete, shall be considered members of a team. The parent's main concern is to support and encourage the athlete in their overall progress and development.
- Parents shall respect that the professional coach is responsible and empowered for the on-stage and training development of the athlete.
- A parent's role shall be to take a healthy interest in their child's progress and development and be responsible for the child's nutrition, rest, adherence to training regimen set by the coach or other fitness professional, overall health, life-balance and moral and emotional support.
- Parents shall ensure their athlete wears proper baton attire for regular classes and competitions.

- Parents shall openly support and uphold this code of conduct policy and act to ensure other parents follow and uphold this code of conduct policy.

COMPETITION CODE OF CONDUCT

➤ For parents, athletes and visiting spectators:

- Athletes always give your best effort, both individually and as a team.
- Respect:
 - Others (coaches, teammates, judges, baton twirlers from other clubs, parents)
 - The facilities (building, change rooms, public spaces indoors, etc.)
 - The surrounding grounds (parking lots, sidewalks and grounds)
- During competitions, the athletes receive score sheets; at no time should these score sheets be removed or read by another parent or athlete. These scores are to be picked up only by the individual athlete or parent of the athlete.
- If at any point you have questions pertaining to your score sheet, you can send an e-mail to one of your coaches or schedule a meeting. At no time should a parent or athlete address a judge and ask for an explanation on a score. These types of questions are to be addressed with the coach.
- At no time should an athlete, parent or spectator (unless volunteering) enter the competition floor or tabulation room.
- Please remember that competition can be a very exciting and emotional time for your athletes, we always need to remember to stay positive and be supportive. Any non-sportsmanship behavior witnessed will be addressed.
- Good sportsmanship and encouraging cheering.
- Stay seated during routines and while the music is playing.
- No flash photography!
- Spectators need to stay on the sidelines and not walk across the gym floor.

Important Information for Parents

- Physical activity stimulates growth and leads to improved physical and emotional health. Today, research shows that the importance of physical activity in children is stronger than ever. However sport, not just exercise, gives a child more than just physical well-being; it contributes to a child's development both psychologically and socially. Being the parent of a child in sport requires far more attention, time, and commitment than just driving them to their practices and games. The primary goal of parents and coaches is to help children find the success in sport they need to make them feel valued and wanted.

Your child's coach

- Is trained and/or certified through the Coaching Association of Canada's National Coaching Certification Program (NCCP)
- Encourages all participants
- Promotes fair play and acts as a role model
- Let's everybody play
- Ensures everyone is having fun
- Focuses on teaching the fundamentals and not on winning
- KNOWS the sport and is prepared for practices
- Communicates clearly with participants, parents and officials

- Gives specific instructions to your child to ensure that he/she understands
- And finally, if you have questions, concerns or complaints regarding your child's coaching, please speak to the coach or an executive member

DISCIPLINARY ACTION POLICY – ATHLETES DURING CLASS OR CLUB ACTIVITIES

An 'Offense' is hereinafter defined as a breach of the code of conduct defined in this manual (either Athlete, Parent or Competition Code of Conduct) as determined by either coach, executive Board of ASHT or by a written complaint from an ASHT Member. Coaches need to inform the board regarding any offenses.

Please note the following ASHT protocol that coaches will follow during class and/or ASHT activities:

1st Offense: Verbal warning from athlete's coach and the parent is informed of the warning if the athlete is under the age of majority.

2nd Offense: Athlete will be asked to sit out for the remainder of the class and the parent is informed of 2nd offense.

3rd Offense: Athlete will be asked to sit out for the remainder of class; the parent is informed of the offense in writing and a meeting is requested to discuss expectations and changes required.

4th Offense: The athlete will be removed as a member of the ASHT club. No refund, either in part or whole, will be made under this scenario.

In the sole determination of the coach, if an athlete is being unsafe with a baton, they will be removed from class immediately. This type of behavior causes the athlete to move directly to a 3rd Offense and the athlete will be asked to sit out for the remainder of class. The parent will be informed of offense in writing and a meeting will be requested to discuss expectations and changes required.

DISCIPLINARY ACTION POLICY – ATHLETES AT COMPETITIONS

An 'Offense' is hereinafter defined as a breach of the [Code of Conduct](#) defined in this manual (either Athlete, Parent or Competition Code of Conduct) as determined by either coach, executive Board of ASHT or by a written complaint from an ASHT Member. Coaches need to inform the board regarding any offenses.

Please note the following ASHT protocol will be followed for offenses at Competitions:

1st Offense: Verbal warning from athlete's coach and the parent is informed of the warning if the athlete is under the age of majority.

2nd Offense: A written warning will be issued by the ASHT Board to the athlete and parent citing the offense and a request for corrective behavior.

3rd Offense: The athlete will be disqualified from further competition and removed as a member of the ASHT club. No refund, either in part or whole, will be made under this scenario.

ASHT considers adherence to the [Code of Conduct for Athlete](#) at Competitions to be paramount in demonstrating the values of our club.

DISCIPLINARY ACTION POLICY – PARENTS

An 'Offense' is hereinafter defined as a breach of the code of conduct defined in this manual (either Athlete, Parent or Competition Code of Conduct) as determined by either coach, executive Board of ASHT or by a written complaint from an ASHT Member. Coaches need to inform the board regarding any offenses.

The following ASHT protocol is what the Board will follow if there is an offense to the Code of Conduct by a parent during class, ASHT activities and/or at competitions:

1st Offense: Written warning will be issued by the Chairman of ASHT to the parent(s) identifying the breach of the Code of Conduct. For greater clarity, any offense by an individual parent will be applied to all members of the parenting group for the athlete.

2nd Offense: A FINAL written warning will be issued by the Chairman of ASHT to the parent(s) identifying the breach of the Code of Conduct.

3rd Offense: The Athlete will be removed as a member of the ASHT club. No refund, either in part or in whole, will be made under this scenario.

ASHT considers adherence to the [Parent Code of Conduct](#) to be paramount in demonstrating the values of our club.

COMPLAINTS

If you (athlete or parent) have a complaint, the first step is to have a discussion with their parent lead or a group meeting if applicable. If the issue cannot be resolved or is a private matter, we fully encourage contacting the ASHT Executive Board in writing via the Chair or Vice-Chair's email. Please indicate the specific breach of the [Code of Conduct](#) with a detailed and factual account of the situation including dates and any supporting documentation. The board reserves the right to obtain a written rebuttal account from the complainant.

If an immediate resolution is not found through initial discussions or the complaint needs to be discussed at a board level, the ASHT Executive will bring the complaint forward in the next scheduled board meeting. A response to the complaint will be provided to the complainant within 7 days after the scheduled board meeting.

ATTENDANCE POLICY FOR ATHLETES

- Attendance at group practice is vital to the success of the group.
- While occasional absences are to be expected due to illness, **the expectation at the competitive level is to attend all group practices.**
- The coach should be notified of any absence and reason prior to the practice.
- For all competitive athletes the board is to be notified in writing (within 30 days) of any absence longer than two weeks.
- If an athlete on a competitive team is consistently absent or late for group practice from September through December, that athlete risks forfeiting their spot in the group.
- **At the discretion of the coach**, the athlete maybe be:
 - asked to hold the place of the alternate within the group (would still be expected to attend group practices for the remainder of the season and attend all competitions)
 - be removed from group altogether
- If the athlete is removed from the group, the athlete is no longer a member of the ASHT Club as groups are mandatory at the competitive level (except for athletes who have graduated from high school).
- This athlete is still responsible for any costume and/or group fees.

WITHDRAWAL FROM THE CLUB

Should your child wish to withdraw during the season, one month's notice is required. Notice must be provided to the Chair or Co-Chair in writing. If adequate notice is not provided, the last month's fees will be held in lieu.

AIRDRIE SKY HIGH TWIRLERS: PROGRAM OPTIONS

[ASHT Programs](#)

RECREATIONAL PROGRAMS

- Throughout the season ASHT offers the opportunity for participants to try baton without committing to the full season
- These 8 week sessions are designed for beginners and non-competitive twirlers
- This class includes baton twirling rudiments and group routines for the year-end production as well as an introduction to the [Canadian Baton Twirling Federation \(CBTF\) Skill Development Program \(SDP\)](#).
- The 8 week, Twirling Tots and the Beginner Baton participants do not attend competitions
- ASHT asks the Beginner Baton classes to perform at the year-end recital

- **8 Week**

- Ages 5 years old and up
- One hour classes run for 8 weeks
- Fall and winter sessions available if registration numbers are sustainable

- **Twirling Tots**

- Ages 3 to 5 years old
- 45 minute classes run for 8 weeks only
- Fall and winter sessions available if registration numbers are sustainable

- **Beginner Baton (formerly Purely Recreational)**

- Ages 5 years and up
- Entry points throughout the year
- Classes run from September – May
- One hour per week

PRE-COMPETITIVE PROGRAMS

- 10-month pre-competitive program that is an excellent introduction to the sport of twirling
- Participants will twirl one hour per week (weekdays only, no weekends)
- Athletes learn a group routine (group dance twirl) and individual events (Basic March I & II, Forward Motion I & II, Medley I & II)
- Can participate at local events, competitions and the year-end recital
- They will have the option to participate in the [CBTF Badge program](#) if recommended
- Ballet, jazz or acrobatics are strongly recommended as they play a role in building fantastic twirlers
- Starting in October, coaches welcome parents to attend the last 15 minutes of a weekday class on the first class of every month. There you can find out information on competitions, forms and general things you need to know about the upcoming season.

- **Pre-Competitive I**
 - Ages 5 to 7 years old
- **Pre-Competitive II**
 - Ages 8 year olds and up
- **Pre-Competitive 'C' Program (formerly Recreational C)**
 - This is a **coach recommended class** with pre-requisites of Pre-Competitive I or II
 - Participants are usually 5 years old and up

COMPETITIVE PROGRAMS

- Competitive stream of twirling that offers the athlete training and guidance to the elite level of the sport
- Placement in this 10-month program is determined by the coach and by championship grouping/age.
- Athletes will learn a group routine and individual events (Solo, 2/3 baton and Medley) for competitions at the provincial level and those eligible will take part at the national level as well **(Competitions at this level are MANDATORY)**
- Classes will focus on conditioning, strength, flexibility and cardio training.
- Ballet, jazz or acrobatics classes are required at this level as it assists the athlete in performance
- Only athletes that have graduated from high school are permitted to belong to the club while not participating in a group dance twirl.
- All other individual/freestyle/duet/pair events are practiced and created outside of regular class time and require private lessons.

- **Competitive C**
 - This program is an introduction to the competitive stream of baton twirling where athletes build upon their skill learned in the Pre-Competitive and/or the Pre Competitive C Program.
- **Competitive BN (Novice), Competitive BI (Intermediate) and Competitive BA (Advanced)**
 - This program is suitable for athletes continuing the competitive stream of baton twirling. It provides the athlete the guidance and training required to reach the elite levels of the sport.
- **Competitive A**
 - This program is for athletes with aspiration to compete on the international stage. This level includes elite athletes who represent Alberta and Canada at high-level competitions.

INTERNATIONAL CUP AND WORLD CHAMPIONSHIPS

Athletes who aspire to compete at the International and World level require a certain amount of dedication; below is a summary of training guidance from our coaching staff.

Skill	Level B	Level A	Elite
Training	15 hours/week	20 hours/week	25 hours/week
Flips (R/L)	80	100	120
Splits	3 ways – 4 inches	3 ways – full	3 ways – over
Spins	3	4	5
Combination	1 spin rev.	2 spin rev.	1 spin double
Body	Single Illusion Single Cartwheel Single Walkover	Double Illusion Double Cartwheel Double Walkover	Triple Illusion Triple Cartwheel Triple Walkover
Back Neck Rolls	5 steps	15 steps	Monsters
Fugimeas	5	15	1 minute
Elbow Pops	15	30	1 minute
2-Baton Showers	5	15	20
2-Baton Double Toss	2 spin	3 spin	Illusion
3-Baton Pendulums	5	15	1 minute
3-Baton Flat Box	5	15	1 minute
Specialty Trick!			
Dance/Acro	Pre-Intermediate/Level 2-4	Intermediate/Level 5-8	Advance, Pre- Professional/Level 8+

AIRDRIE SKY HIGH TWIRLERS COSTS

Class and Club Fees

- The exact annual fee for each level is determined at the beginning the season and is dependent upon enrolment and gym/coach costs.
- A non-refundable deposit is collected at the time of registration to hold the athlete's spot. It covers the last month of fees.
- Fees are payable either in lump sum, bi-annually (half in September and the other half in January) or equal monthly payments by e-transfer or post-dated cheques. A fee of \$25 is assessed for any late payment. The treasurer provides one reminder after which the late fee is applied. A fee of \$45 is assessed for any NSF returned payments.
- Club fees including [Alberta Baton Twirling Association \(ABTA\)](#) membership, costume deposit and group competition entries are due by December 1 and can be paid in full in September or in installments from September-December.
- Please note that the number of classes offered each month will vary due to a number of factors including holidays, venue availability and competitions. Fees are based on the entire year's classes and are broken into equal monthly fees for ease of payment.

Private Lessons

- Private lessons are the responsibility of the parents and need to be paid directly to the coach.
- They are required when doing extra events that are not covered in class, such as solo dance twirl, duet, freestyle or pair.
- Check with your parent lead on the current list of coaches available and rates for each.

Group Costumes (for competitions and recital performances only)

- Group costume deposits are included in club fees (costume costs average \$80-\$225). This includes all competitive and pre-competitive athletes.
- Costume deposit fees are non-refundable once orders are placed (typically in October).
- If costumes cost more that the initial deposit, the difference is collected upon completion.
- Any unused costume deposits are returned at the end of the year.
- Group costume design/color is decided by the coaches, as well hair and makeup requirements for the group.

Individual Costumes

- Athlete/parents are responsible for purchasing and ensuring their athlete has the individual event costumes that are required for competitions.
- Costumes can be ordered on-line, purchased new or second hand from local costume shops or custom made by a seamstress.
- Prior to competitive season, ensure that costume(s) have been seen and approved by your coach. Generally, there is a specific class to show your coach your costume(s). If you have any questions, please talk to your coach prior to purchasing your costume.

Competition Entry fees

- Competition entry fees for events range from \$8-\$25 per event.

- Group competition fees for the mandatory competitions are included in group fees, unless a group chooses to enter additional competitions.
- The competition season runs from January to July; ABTA hosts 5 – 6 competitions per year.
- Athletes competing outside Alberta/Canada are responsible for covering the coach's expense.

Photos

- Club photos are typically scheduled in April; the exact time/date will be announced.
- Athletes are highly encouraged to attend for the group and club photos.
- Purchase is not mandatory.

ASHT Club Jackets

- The ASHT club jackets are owned by the club and are loaned to the competitive athletes for the duration of their training with the club. No cost is associated to the athlete for this.

Alberta Provincial Jackets

- If your athlete is competing at Nationals, they are required to purchase the jacket
- ABTA has jackets for sale at the Provincial competition or used ones can be purchased from another athlete

AIRDRIE SKY HIGH TWIRLERS: GENERAL INFORMATION

YEAR END RECITAL

All recreational and competitive ASHT athletes participate in the year-end recital (generally held in early June). Details will be provided regarding date, time and venue.

Awards that may be presented at recital include: most improved and most potential for B and C athletes, perfect attendance awards for individual and group classes and a spirit award.

CAMPS AND WORKSHOPS

All athletes are invited to partake in camps and workshops put on by ABTA; they are highly recommended and worth the effort to attend.

EQUIPMENT AND ATTIRE

More information and tutorials on attire, hair and makeup can be found on our website [ASHT Competition Tips](#).

Practice Attire (all athletes and levels)

- Beige Bloch jazz shoes with no laces (split sole if preferred)
- Body Suit and tights or athletic body fitted clothing
- Hair neatly away from face in a ponytail or bun

Competition Attire (all athletes and levels)

- Beige jazz shoes and beige tights
- Hair neatly away from face in a ponytail, braid or bun (ASHT coaches prefer a bun)
- Costume/Bodysuit of choice (you may have a skirt for Medley or Solo Dance Twirl ONLY)
- Make-up is suggested by coaches and is intended to enhance expression on the competition floor
- Sleeveless costumes may be easier to twirl in
- Avoid long skirts
- Make sure all hair accessories are securely fastened

Compulsories

- In addition to beige shoes/tights, a plain black bodysuit is required for **C and B** compulsory events (sleeves or sleeveless)
- In addition to beige shoes/tights, the official [CBTF Compulsory bodysuit](#) must be worn by **Level A and Short Program** athletes.
- Hair is required to be in a bun
- No earrings allowed

Pair/Freestyle

- Costumes, hair and makeup is determined in consultation with coaches

Batons, tights, jazz shoes and body suits can be purchased at the following Airdrie stores:

- East Side Sports
- Attitude Dance Wear

Individual competitive event costumes resources:

- Attitude Dance Wear
- Debbie Mancini (email: debbyman@hotmail.com or phone 403-948-7947)
- Annual ASHT Used Costume Sale (when offered)
- See Airdrie Sky High Website ([ASHT Competition Tips](#)) for additional resources for costumes.

BADGE PROGRAM

Your athlete may be asked to participate in The [Canadian Baton Twirling Federation \(CBTF\) Skills Development Program \(SDP\)](#). It offers the recreational athlete an incentive to continue their personal growth within the sport. The SDP offers an opportunity to advance and eventually learn and perform elements similar to the World Level athlete.

Each badge is divided into two parts: Baton Technique and Body Technique. In order, the program consists of:

- | | | |
|----------------|-------------------|----------------|
| • White Ribbon | • Bronze 2-Baton | • Pink Badge |
| • Yellow Badge | • Grey Badge | • Gold Pin |
| • Orange Badge | • Green Badge | • Gold Rolls |
| • Red Badge | • Silver Pin | • Gold 2-Baton |
| • Maroon Badge | • Silver Rolls | • Diamond Pin |
| • Bronze Pin | • Silver 2-Baton | |
| • Bronze Rolls | • Turquoise Badge | |

Badge testing for the white ribbon is part of the regular programming and there is no charge. During the year, ASHT offers badge training and testing. Information on these sessions will come home with your athlete when the coaches determine they are ready to test.

Resources

The SDP is supported by a manual which includes a complete description of how to perform each element in each Badge/Pin and how to participate in the program. A DVD is also available to provide visual aid and support the Manual.

- SDP Starter Package: \$20.
 - [CBTF - SDP Starter Package](#)
 - Follow the above link to purchase an electronic manual of the White to Maroon badges plus a DVD demonstration of those badges.
- Full SDP Package: \$40.
 - [CBTF - SDP Full Package](#)
 - Follow the above link to purchase an electronic manual for the entire badge program - White to Diamond Pin (including the entire new two baton and roll specialty badges).

AIRDRIE SKY HIGH TWIRLERS: VOLUNTEERING & FUNDRAISING

VOLUNTEER OPPORTUNITIES

Given that ASHT is a parent run, non-profit organization, there is an expectation that all families will get involved in some way; some options are outlined below.

➤ **Serve on the ASHT Executive**

The ASHT executive manages the club and liaisons with the coaches to ensure the club operates smoothly. This includes everything from ordering costumes for groups to booking gym and coaching time. They are all volunteers and welcome assistance from all parents. All positions are nominated for 2-year terms. Expectations for the ASHT Executives:

- To meet regularly to discuss club operational requirements
- Engage the coaches on club decision points
- Communicate all pertinent information to all club members
- Bring forward any proposals requiring membership decision to a general meeting for final voting decision

➤ **Be a Director (Not Executive)**

We have several non-executive director roles:

- Registrar: Manages competitive and non-competitive registration, monitors registration email and compiles athlete information/ASHT class lists
- Facility Scheduler: Books all venues for practices, special training and meetings. Reviews invoices to ensure they are in line with bookings.
- Fundraising Director: Coordinates all athlete individual funding from Central Region (CR) and ABTA. Assists with the communication of individual fundraising initiatives and organizes club fundraisers.
- Media Relations Coordinator: Public Relations with Traditional Media
- Social Media Coordinator(s): Public Relations with Social Media

➤ **Be an active member of ASHT**

- Attend parent meetings and be involved in important upcoming events, information and decisions
- Volunteer as Parent Lead for our Recreational, Pre-Competitive and Competitive Programs
- Volunteer as Parent Committee Lead: Fundraising, Social, Events, Media, etc.
- Assist with theme days for special occasions (Halloween, Christmas, Valentine's Day etc.)
- Assist with any special events (Recital, Parades, Camps, Workshops, Registration booths)

FUNDRAISING OPPORTUNITIES

[ASHT Fundraising Page](#)

To help keep fees to a reasonable level, ASHT may host fundraisers throughout the year; parents of competitive baton twirlers are required to fulfill fundraising requirements.

All parents of athletes attending out of province or international events are required to cover related expenses as well as the expenses of the coach(s). These parents may organize fundraisers to help offset the costs.

Club and Individual Fundraising Events

- The purpose of club fundraising events is to raise funds for the benefit of the club as a whole; there is a certain level of mandatory participation required by the parents and athletes.
- The purpose of individual fundraising events is to provide an opportunity for the parents to cover their athletes twirling costs; participation is optional.
- Funds raised go into the athlete's individual account and can be used for competition fees, traveling expenses, etc.
- Sometimes fundraisers are a blended event, where a portion of the funds raised are designated for the club as a whole and a portion is split between those who participated. This will be stated clearly prior to the event.
- Fundraising examples include bottle drives, selling products, raffles, etc.

How do I collect my funding?

- Each ASHT athlete has a fundraising account that accrues when they participate in fundraisers.
- If there are any ASHT fee or program changes and a credit is owed to the athlete, it will be added to the athlete's account.
- Each athlete will need to complete a "Fundraising Reimbursement Form" for all reimbursements.
- Complete the form, attach the required receipts and provide to the ASHT Treasurer.
- If you need an update on the balance of your fundraising account, contact the Treasurer.
- Form can be found on the link below, or at the back of this handbook

NOTE: These credits may be used for the following expenses but cannot be duplicated with any Central Region (CR) or ABTA funding expenses. Use separate receipts to claim funding from ASHT and CR.

The preferred receipts are listed in order below:

- 1) Competition fees (always keep a copy of entry forms/payment confirmation, this is your receipt)
- 2) Hotel expenses (entitled to ½ the hotel; the athletes portion)
- 3) Gas to competitions and meals at competitions (no alcohol on the receipt, just athletes portion)
- 4) If you need another option please contact your parent lead for more ideas

Central Region (CR) Funding Eligibility?

- Your child is required to attend Wild West competition and Provincials to collect funding
- Fundraising forms are submitted as a club to the ASHT fundraising coordinator; you will be notified when to get your forms and receipts together

- It is mandatory to submit 3 copies of the fundraising form and receipts

BINGOS

- Held at the Bingo Barn located at 1107 – 33rd Street NE in Calgary (beside Army and Navy store)
- You need to be 18 and have an ABTA membership number to work Bingos; this is set up at the beginning of the season through ASHT
- Bingo signup is done online and the schedule for each year comes out late Spring (the sign up link is included on the [ASHT Fundraising Page](#))
- ASHT expects all competitive parents to work a minimum of **two** bingos to help Central Region provide gym funding for our athletes
- Bingo is the primary funding source for Central Region and it enables CR to subsidize the costs of ABTA Fall Camp, Provincials, Nationals, Worlds (during World years) and International Cup (during IC years)
- **Each bingo event that we work generates over \$1500 for the Central Region. Your athlete benefits directly from this to keep the costs of this sport more affordable. Please do your part to help generate the funds.**
- In 2019, CR introduced a new structure for providing funding to athletes based on the number of bingos worked. Families will need to work two bingo shifts per quarter per athlete to qualify for funding toward specific events.

Bingo Dates	Amounts	Funding For
July 9 – September 7 <i>7 bingo dates available</i>	2 bingos = \$150 funding	Fall Camp
October 20 – January 5 <i>7 bingo dates available</i>	2 bingos = \$150 funding	Pan-Pacific event or Team Trials
January 10 – March 27 <i>6 bingo dates available</i>	2 bingos = \$150 funding	Provincials
April 28 – June 30 <i>6 bingo dates available</i>	2 bingos = \$150 funding	Nationals/Worlds

- To ensure all parents have an equal opportunity to work bingo, Central Region initially sets a maximum number that may be signed up for. Priority is given to those who intend to take the funding (for example, you don't need to sign up during the second session if you are not planning on attending Pan-Pacific or Team Trials). You may sign up if there is a need for workers to fill vacant positions. Volunteer wisely to maximize your funding.
- Any bingos worked over and above the two for funding will be paid out (with appropriate receipts) at a value of \$75 per shift.

What Time is Bingo?

- Start times are set but bingo is a game therefore the end times can vary. The times listed below are estimates only. If available, you can work two shifts together (morning and afternoon or evening and late night).

MORNING: 8:30am-12pm
EVENING: 4:30-9:30pm

AFTERNOON: 10:30-3:30pm
LATE NIGHT: 9:30pm-1:30am

What about meal/break times?

- Each bingo worker is entitled to a 15-20 minute meal break during each shift.
- Central Region covers the cost of your meal from the onsite concession to a max of \$10-\$14; you are responsible for any overage.

What positions do we work?

- Ticket sales, ball sellers, money runner, verifier, or paymaster. Positions are generally determined by the bingo organizer.

What if I can't attend?

- When you book a bingo, you are expected to fulfill the commitment.
- If you can no longer attend, you need to find your own replacement (another club member or family member). This person needs an ABTA number or needs to pay \$10 to receive an ABTA number.
- Inform the Central Region coordinator of the changes.
- If you do not attend or find a replacement, you will be fined \$100 for each scheduled shift you miss.
- It is important to keep track of when you are scheduled to work; you should receive an email reminder a couple days before.

AIRDRIE SKY HIGH TWIRLERS: COMPETITION INFORMATION

The expectation is that all competitive athletes attend the following competitions:

- Valentines (optional for recreational & pre-competitive) – *mid-February*
- Wild West (mandatory for recreational C & pre-competitive) – *mid-March*
- Sweet Pea (optional for recreational & pre-competitive) – *April*
- Provincials (optional for recreational & pre-competitive) – *end of April/early May*
- Movin' on Up (mandatory for recreational C & pre-competitive) – *early June*
- Nationals (mandatory for A/BI Level only) – *First week of July*

Parents of competitive athletes are asked to assist in running some of these competitions as well as volunteer during the events.

Parent leads or the ASHT Competition Director will provide the brochure and registration information prior to the competitions. If you are unsure of what events to register for, consult your coach.

Note: Once an athlete is 12 years of age or in the BI level, they may be able to enter an individual event more than once (i.e. an athlete can perform their solo routine in the open competition as well as the regional and/or championship competition).

INDIVIDUAL COMPETITIVE EVENT DESCRIPTIONS

➤ PRE-COMPETITIVE EVENTS

New twirlers are introduced to the competitive events of baton twirling through these events. The athlete competes against themselves for a grading and ribbon which reduces the pressure of competing against other athletes for placing.

Letter Grade	Ribbon Color	Proficiency Scale
NI	Green	Needs Improvement
C	White	Good
B	Blue	Very Good
A	Red	Excellent *once this level is achieved, the athlete moves up to the Competitive C events

- **Basic March I & II**

The athlete marches in a square (8 counts per side) in front of the judge, once marching clockwise and once counters clockwise. The athlete must demonstrate the ability to stay in time with the music and be technically correct.

- **Forward Motion I & II**

The athlete does a simple dance combination from the right back corner to the front left corner, and from the left back corner to the right front corner. This event helps the athlete to learn basic movements required in Baton, as well as helping with timing.

- **Solo I & II**

This routine is much like the full Solo routine, having a vertical section, finger twirls section, rolls section, and horizontal section. The length of the routine is 32 counts and is set to modified solo music. Its purpose is to introduce the athlete to the basic moves involved in Baton Twirling.

- **Medley I & II**

This routine uses the first 32 counts of the Medley music, and like its larger counterpart, the athlete must perform each of the following elements in the proper order: a turn, a kick, a leap, a lunge and a spin. The baton may not leave the athlete's hand. The Pre-Medley routine teaches the athlete musical timing and introduces the required dance elements.

- **Solo Dance Twirl I & II**

This routine allows for the athlete's individual twirling skills. The athlete must show use of the musical phrases in correlation with Baton handling. It is designed to teach the athlete timing and rhythm, dance steps and to incorporate the moving Baton.

- **2-Baton I & II**

Much like the full-length 2-Baton routine, this event involves the manipulation of two batons by one person. Unlike the full event, however, it is only a fraction of the length and is a standardized routine across the country. The *athlete* must show the manipulation of the batons through both patterns (vertical and horizontal) and each mode of twirling (*aerials*, rolls and contact material).

➤ **COMPETITIVE EVENTS**

These events have the more serious twirler in mind. They are longer, more complex and allow for competition between people of similar ages and skill levels. The divisions are outlined in the following chart and help ensure competition between athletes is as fair as possible.

Age	Category	
Primary	4-8 years of age	<ul style="list-style-type: none"> • These ages are graded; bronze, silver, gold and diamond to move up. • If the athlete reaches the BI level, then they will receive a flashed score
Juvenile	9-11 years of age	
Junior	12-14 years of age	
Senior	15-17 years of age	
Collegiate	18+ years of age	
Level	Championship Grouping	Score to advance
C: Beginner	C	2.5
B-Novice	BN	3.5
B-Intermediate	BI	5.0
B-Advanced	BA	7.0
A-Advanced	A	N/A

- **Solo/Duet**

This event involves twirling the baton in vertical and horizontal patterning, in the left and right hand, and in a continual flowing motion while demonstrating a broad base of twirling skills. A solo routine should exhibit aerials, rolls and contact material in stationary complex.

- **2-Baton/3-Baton**

The continuous and simultaneous manipulation of two or three batons by one person is called 2-baton or 3 baton. This event combines the technique and skills in twirling one baton with movements that require a mastery of timing, co-ordination, concentration, control and dexterity. A 2-baton or 3 baton routine should exhibit aerials, rolls and contact material in stationary complex in horizontal, vertical and dual pattern of the batons.

- **Medley**

Medley is the combination of bodywork and twirling with an emphasis on the bodywork. The Medley routine is divided into 3 sections. In the first section, the baton cannot leave your hand. And, while you can twirl it, the judge is looking for 5 basic elements only – turn, kick, leap (or jump), lung and spin. In the second section, the baton is more involved, but tosses cannot be more than one revolution out of the twirler's hand. The judge is looking in this section for continuous movement of the body. The third section is to continue in the same manner as the second, however, tossing the baton is now permitted.

- **Solo Dance Twirl**

This routine combines baton and body continuously and simultaneously, correlating to the musical phrases, tempo and rhythm of the music. The event focus is on the interpretation of the music and the combination of dance and twirling. There are no restrictions on the baton in this routine.

➤ **DUET/GROUP COMPETITIVE EVENTS**

- **Duet Twirl**

Two individuals working together perform this event. It should exhibit pair work and interaction between the two members as well as aerials, rolls, contact material, exchanges, 2-baton, synchronic and syncopated twirling and floor design.

- **Group Dance Twirl**

Choreographed by the coach and learned in class to perform at competitions. There are two different group sizes; 3 – 6 athletes (small group) or 7+ athletes (large group). The athletes combine baton and body continuously and simultaneously, correlating to the musical phrases, tempo and rhythm of the music. Athletes will demonstrate exchange work, patterning and simultaneous twirling. The event focus is on the interpretation of the music and the combination of dance and twirling. There are no restrictions on the baton in the routine. Music, costumes (cost is included in fees), hair and makeup are selected by the coach.

➤ **PAIR/FREESTYLE EVENTS**

- The freestyle event combines 8 compulsory elements (25% of the total score) and a freestyle program (75% of the total score). It is performed to a self-selected piece of

music and uses the entire competition floor. Junior & Senior A athletes perform the short program.

- The Pair event is like freestyle only it is performed by two athletes and no compulsory elements are required.
- Coaches choose athletes to compete in this event based on a criteria checklist list. The coach will have the right to withdraw the athlete from the event if the criteria is not met.
- All choreography is done outside of class at the athlete's expense
- Costumes are purchased by the athlete/parent

OUT OF TOWN COMPETITIONS

- It's preferred that a team stay together at out of town competitions for the spirit of the team.
- There are host hotels recommended for competitions; to support ABTA please book at one of them.
- **At Nationals, the host hotels are MANDATORY unless you are staying with family/friends. The stay and play rule is in affect and your athlete could be disqualified if you do not meet this.**
- Every effort is made to secure accommodations that are safe, affordable and comfortable.

COMPETITON GENERAL INFORMATION

- **Be on time** (if you're not early – you're late!)
- Make sure you know what to wear for processional: black pants, beige shoes, and Airdrie Sky High jacket or t-shirt (depending on level).
- No fake hair; if you are not used to doing hair, please practice before competition day.
- All hair pieces must be **tightly fastened**, they cannot fall out.
- If you have a question about your athletes score or comments – **DO NOT** approach the judge. Ask your coach and they will deal with the question appropriately.
- Athletes should walk around on the outside of the lanes and not through the middle of the floor
- There will be drop penalties so catching is very important. Practice – Practice – Practice!
- Video your athlete as it is a great training tool. Ensure the competition director is notified prior to videoing.
- Keep track of scores, placement, drops, mistakes etc. This will help the athlete know what to practice and improve for the next competition.
- Ensure the athlete picks up their own score sheets at the awards table and brings to their next practice for their coach to review.
- Only healthy snacks are permitted in the gym during competition.
- Information on attire and costumes can be found [above](#) or on our website [ASHT Competition Tips](#)

COMPETITION CHECKLIST

- BATONS!
 - Dance Shoes
 - Group Costume
 - Solo Costume(s)
 - Tights (no holes or runs)
 - Black Pants
 - Airdrie Sky High Jacket

 - Hairbrush
 - Hairspray
 - Hair gel
 - Hair elastics
 - Bobby pins

 - Eye Shadow
- Blush
 - Lipstick
 - Mascara
 - Eye Liner

 - Needle and Thread
 - Healthy Snacks
 - Water Bottle
 - Sweater
 - Clear Nail Polish (to stop runs in tights if you get a hole)

 - Highlighter (for marking your sets in the program)

“The difference between failure and success is doing a thing nearly right and doing it exactly right.”



Airdrie sky-high

AIRDRIE SKY HIGH TWIRLERS ATHLETE/PARENT PLEDGE FORM

By signing below, I acknowledge that we have read the ASHT Athletic Code of Conduct, ABTA Athlete's Creed and Parent's Code of Conduct. We agree as athlete and sport parent to demonstrate these values. We understand that ASHT may invoke disciplinary action to ensure the safety of the athletes in the sport environment.

Date: _____

Print Athlete's Name: _____

Signature: _____

Date: _____

Print Parent's Name: _____

Signature: _____

Twirlers



Fundraising Reimbursement Form

Name:	
Athlete:	
Submission Date:	

Date:	Description:	Amount:
Total:		

Please attach receipts to this form.

Signature

Date

Admin Use:

Fundraising Amount	Source	Payout
Cheque Amount		

Treasurer

Date

o