



Pre-Competitive Program

Athlete & Parent Expectations

****To enter the pre-competitive program, all athletes must be recommended by an Airdrie Sky High Twirlers coach****

Please read this carefully as it outlines the commitment, expectations and responsibilities required for participation in the ASHT Pre-Competitive Program.

Requirements for Athletes in the Pre-Competitive Program:

- Attend classes for the full season** – Due to the team/group component of the pre-competitive program, all athletes are expected to commit for the full year. Consistent attendance is essential for both individual and team success. Please notify your coach of any absences by email and provide email notice to both your coach and the ASHT Board for any extended absences. Refer to the ASHT Handbook for the complete attendance policy and additional details.
- Attend Alberta competitions** - Athletes in the pre-competitive program are expected to attend the Alberta competitions selected by the head coach. Competition attendance is an important part of athlete development, team participation and overall program commitment. Below is a list of the competitions typically attended for this level of athlete:

Competition Name	Mandatory?	Approximate Dates	Tentative location
ABTA Fall Camp	Optional all levels	October	Spruce Grove
ASHT Showcase	Yes - all levels	January	Airdrie
Glitter & Gold Competition	Yes - all levels	January	Calgary
Valentines Competition	Optional all levels (individual events only)	February	Spruce Grove
Wild West Competition	Yes - all levels	March	Calgary
Sweet Pea Competition	Optional all levels (individual events only)	April	Olds
Tulip Twirl	Yes - all levels	April	Airdrie
ABTA Provincials	Pre 3 – Mandatory Pre 1 & 2 - Optional	May 7-9, 2027	Olds
Movin' On Up Competition	Yes - all levels	Beginning of June	Airdrie
ASHT Recital	Yes - all levels	End of May/Beg of June	Airdrie
CBTF Nationals	Team decision if local (all levels)	Beginning of July	Varies, TBD

- Additional Dance Training** – Dance training supports performance quality, flexibility, musicality and overall athlete development.
 - Pre 1** – Enrollment in a dance class is **highly recommended**
 - Pre 2 & Pre 3** – Enrollment in a dance class is **mandatory**
 - Classes may be taken at ASHT or a studio of your choice, subject to coach approval.

4. **Additional Acro Training** – Enrollment in an acro class is **highly recommended** for all pre-competitive levels to help athletes build strength, coordination and body control. Classes may be taken at ASHT or a studio of your choice, subject to coach approval.
5. **Juggling** – Available to athletes ages 6 and older to help develop foundational juggling skills in preparation for 2-baton and 3-baton routines.

Expectations of Parents/Guardians (or athlete if over 18)

1. **Attend and participate in ASHT AGM and General Membership Meetings** - Families are expected to attend and participate in club meetings to stay informed and involved in the direction and operation of the club.
2. **Fundraising Participation** – Participation in club-wide fundraising initiatives is mandatory for families in the pre-competitive program. Fundraising activities may take place throughout the fall, winter, and spring seasons and can include initiatives such as raffles, bottle drives, 50/50 sales, and any other club fundraising events as communicated by the ASHT Board.
3. **Volunteer Commitment** – ASHT is a volunteer-run club, and the success of our programs depends on the support and involvement of our families.
 - All pre-competitive program families are encouraged to contribute throughout the season by volunteering on a committee and/or serving on the ASHT Executive/Parent board when needed.
 - **Pre-competitive families will be required to pay a \$100 volunteer deposit** at the start of the season. This deposit will be fully refunded once all volunteer commitments have been completed. If volunteer commitments are not fulfilled, the deposit will be retained by the club, with the use of these funds to be determined by the ASHT Board.
 - **Volunteer expectations for pre-competitive families for 2026/2027 include:**
 - Completion of a minimum of **10 hours of ASHT-related volunteer service** throughout the season. Volunteer opportunities may include, but are not limited to:
 - Working at the ASHT Showcase, Recital or an ASHT-hosted competition
 - Assisting at community events such as AirdrieFEST, Children’s Festival or walking in a parade
 - Volunteering at an ASHT bottle drive
 - Additional volunteer opportunities will be communicated throughout the season
 - Completion of a minimum of **1 volunteer shift at each mandatory competition requiring volunteers**. Volunteer requirements vary by competition; however, families should expect this commitment at a minimum for the Wild West competition and ABTA Provincials. **Please note:** Competition volunteer shifts do not count towards the required ASHT volunteer hours unless the competition is hosted by ASHT.

Central Region Bingos

Families of Airdrie Sky High Twirlers may choose to participate in Central Region Bingos to help offset the costs of their class fees, provided Central Region continues to offer this fundraising opportunity. **Participation is entirely optional**, and the amount earned per shift may vary from season to season. During the 2025/2026 season, families received \$75 per shift.

Please note that volunteering at CR bingos do not count toward required ASHT volunteer hours or fundraising commitments.

Class Structure & Tentative Schedule (to be confirmed once registration is complete)

Pre 1 & Pre 2 – Included in ASHT program class time will be training and practice for a team/group routine and individual pre-events (Basic March, Forward Motion & Pre-Medley). Time commitment will be 1-1.5 hrs/week plus any additional dance/acro/juggling classes.

Athletes will also participate in the CBTF Skills Development Program (badge program) during class time. Progressing through the badge program is an essential part of athlete development, as it builds the foundational skills, technique, and body control needed for future success in compulsories, freestyle, and higher-level competitive events when transitioning into the competitive program.

Group/team routine music will be selected by the coach, and all music decisions will be final.

Pre 3 – Included in ASHT program class time will be training and practice for a team/group routine and individual pre-events (Mini Solo, 2-Baton and any pre-events not completed in Pre 1 & Pre 2). Time commitment will be 2 hrs/week plus 1 hour of dance and any additional acro/juggling classes.

Athletes will also participate in the CBTF Skills Development Program (badge program) during class time. Progressing through the badge program is an essential part of athlete development, as it builds the foundational skills, technique, and body control needed for future success in compulsories, freestyle, and higher-level competitive events when transitioning into the competitive program.

After individual pre-events have been completed, additional choreography for competitive C-level routines (Solo, 2-Baton, Medley, Solo Dance Twirl, and Duet) must be completed outside of regular class time through private lessons.

Registration Deposit & Fees

A non-refundable deposit (\$20 per class plus last month's fees) is required once athlete placement and registration have been finalized. All program fees are expected to be paid on time and in accordance with the club's payment schedule. Families experiencing financial difficulties are encouraged to contact the ASHT Board to discuss arrangements prior to missed payments.

A full fee schedule will be available at registration.

Families who anticipate difficulty meeting any of the program requirements are encouraged to contact the ASHT Board and Head Coach **prior to registering**.

Registration and placement within the pre-competitive program will be dependent on the ability to fulfill the expectations outlined above.