



CLUB HANDBOOK

Revised May 2026

ASHT | 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

TABLE OF CONTENTS

VISION STATEMENT	2
MISSION STATEMENT	2
VALUES	2
ASHT EXECUTIVE BOARD	6
GENERAL EXECUTIVE BOARD RESPONSIBILITIES	6
<i>Chair</i>	6
<i>Vice-Chair</i>	6
<i>Treasurer</i>	7
<i>Secretary</i>	7
<i>Registrar</i>	7
<i>Parent Lead</i>	7
<i>Past Chair</i>	7
VOTING RIGHTS	8
BOARD MEETINGS	8
EXPANDED PARENT BOARD	8
ASHT COACHES	9
ASSISTANT & VOLUNTEER COACHES	9
<i>CBTF Coaching Courses</i>	9
<i>NCCP – National Coaching Certification Program</i>	10
<i>Acrobatic Arts</i>	10
CLUB COMMUNICATIONS	10
ATHLETE CODE OF CONDUCT	11
TRUSTWORTHINESS	11
RESPECT	11
RESPONSIBILITY	12
FAIRNESS & CARING	12
CLASS RULES	12
PARENT CODE OF CONDUCT	13
COMPETITION CODE OF CONDUCT	14
DISCIPLINARY ACTION POLICY – ATHLETES DURING CLASS OR CLUB ACTIVITIES	15
DISCIPLINARY ACTION POLICY – ATHLETES AT COMPETITIONS.....	15
DISCIPLINARY ACTION POLICY – PARENTS	16
COMPLAINTS	16

ATTENDANCE POLICY FOR ATHLETES	17
WITHDRAWAL FROM THE CLUB	17
AIRDRIE SKY HIGH TWIRLERS: PROGRAM OPTIONS.....	18
RECREATIONAL PROGRAMS.....	18
• SESSIONAL PROGRAMS (6-8 WEEK PROGRAMS)	18
• TINY TWIRLERS	18
• BEGINNER BATON 2	18
PRE-COMPETITIVE PROGRAMS	18
• PRE-COMPETITIVE 1	19
• PRE-COMPETITIVE 2	19
• PRE-COMPETITIVE 3	19
PRE-COMPETITIVE PROGRAM EXPECTATIONS	19
<i>Athlete Expectations</i>	19
<i>Parent/Guardian Expectations</i>	20
<i>Annual Expectations Letter</i>	21
COMPETITIVE PROGRAMS.....	22
• COMPETITIVE C	22
• COMPETITIVE BN (NOVICE), COMPETITIVE BI (INTERMEDIATE) AND COMPETITIVE BA (ADVANCED).....	22
• COMPETITIVE A	22
COMPETITIVE PROGRAM EXPECTATIONS	23
<i>Athlete Expectations</i>	23
<i>Parent/Guardian Expectations</i>	24
<i>Annual Expectations Letter</i>	24
AIRDRIE SKY HIGH TWIRLERS COSTS.....	26
CLASS AND CLUB FEES	26
PRIVATE LESSONS	26
GROUP COSTUMES (FOR COMPETITIONS AND RECITAL PERFORMANCES ONLY)	26
INDIVIDUAL COSTUMES.....	26
COMPETITION ENTRY FEES	27
PHOTOS	27
ASHT CLUB JACKETS	27
ALBERTA PROVINCIAL JACKETS	27
AIRDRIE SKY HIGH TWIRLERS: GENERAL INFORMATION	28
SHOWCASE	28
YEAR END RECITAL	28

CAMPS AND WORKSHOPS	28
EQUIPMENT AND ATTIRE	28
<i>PRACTICE ATTIRE (ALL ATHLETES AND LEVELS)</i>	<i>28</i>
<i>COMPETITION ATTIRE (ALL ATHLETES AND LEVELS)</i>	<i>28</i>
<i>COMPULSORIES</i>	<i>29</i>
<i>PAIR/FREESTYLE</i>	<i>29</i>
BADGE PROGRAM	29
RESOURCES.....	30
AIRDRIE SKY HIGH TWIRLERS: VOLUNTEERING & FUNDRAISING	31
VOLUNTEER EXPECTATIONS	31
➤ GENERAL EXPECTATIONS	31
➤ SERVING ON THE ASHT EXECUTIVE BOARD	31
➤ SERVE ON THE ASHT PARENT BOARD.....	32
➤ EXAMPLES OF VOLUNTEER OPPORTUNITIES	32
FUNDRAISING EXPECTATIONS	33
CENTRAL REGION BINGOS	33
CENTRAL REGION & ABTA FUNDING	34
AIRDRIE SKY HIGH TWIRLERS: COMPETITION INFORMATION	35
INDIVIDUAL COMPETITIVE EVENT DESCRIPTIONS	36
➤ PRE-COMPETITIVE EVENTS	36
➤ COMPETITIVE EVENTS	37
➤ DUET/GROUP COMPETITIVE EVENTS	38
➤ PAIR/FREESTYLE EVENTS	39
OUT OF TOWN COMPETITIONS.....	39
COMPETITON GENERAL INFORMATION	39
COMPETITION CHECKLIST.....	41

ASHT EXECUTIVE BOARD

ASHT is managed by a volunteer parent board committed to supporting the athletes, coaches, and overall operation of the club. The Board works collaboratively to ensure the successful administration of ASHT programs, competitions, fundraising initiatives, and events.

The ASHT Executive Board consists of the following positions:

- Chair
- Vice-Chair
- Treasurer
- Secretary
- Registrar
- Parent Lead
- Past Chair

Chair, Past Chair, Secretary, and Parent Lead terms expire in odd-numbered years. Vice-Chair, Treasurer, and Registrar terms expire in even-numbered years. Executive board positions are generally elected for two-year terms at the Annual General Meeting (AGM).

The Registrar, Parent Lead, and Past Chair are considered non-executive operational positions but remain voting members of the Board.

General Executive Board Responsibilities

Chair

- Oversees the overall operation of the club
- Chairs Board and General Membership meetings
- Acts as the primary liaison between the Board and coaching staff
- Supports long-term planning and club governance
- Votes only in the event of a tie during regular Board business

Vice-Chair

- Assists the Chair with overall club operations and administration
- Assumes Chair responsibilities when the Chair is unavailable
- Supports coordination of Board activities, committees, and special projects
- Acts as the Competition Director for the club, including coordinating competition communication, deadlines, registrations, and group entries
- Coordinates group costume ordering and distribution with the coaching staff
- Assists with community events, promotional activities, and club operations as required

Treasurer

- Oversees club finances, budgeting, and financial reporting
- Manages fee collection, reimbursements, banking, and fundraising tracking
- Maintains financial records and supporting documentation for the club
- Provides financial updates and reports to the Board and membership
- Assists with annual budget planning and financial forecasting
- Coordinates applicable funding distributions and fundraising credits

Secretary

- Records and maintains meeting minutes and club records
- Assists with Board communications and documentation
- Maintains official club documents and policies
- Drafts coach contracts
- Acts as membership coordinator, ensuring all athletes and parents/guardians complete all steps necessary for ABTA memberships
- Ensures club events are sanctioned by CBTF

Registrar

- Oversees athlete registration and registration communication
- Manages the club's registration platform, calendar, and seasonal setup
- Coordinates gym bookings and scheduling with facilities
- Assists families with registration-related questions and class changes
- Supports planning and logistics for club events

Parent Lead

- Serves as the primary contact for parent questions and concerns
- Assists with communication between families, coaches, and the Board
- Supports parent engagement and club communication initiatives

Past Chair

- Provides guidance, historical knowledge, and transition support to the Board
- Assists with continuity of club operations and mentorship of new Board members
- The Past Chair position is only filled when the immediate previous Chair remains an active member of ASHT and is willing to continue serving on the Board.
- If the Chair resigns, is removed from the position, or is no longer an active member of the club, the Past Chair position will remain vacant until the next normal Board transition occurs.

Detailed operational responsibilities for Executive Board and Parent Board positions may be adjusted by the Board as required to meet the operational needs of the club.

Voting Rights

- All Executive Board members, with the exception of the Chair, may vote on regular club business and operational matters brought before the Board.
- The Chair serves as a neutral facilitator during Board discussions and will vote only in the event of a tie.
- All Executive Board members, including the Chair, are entitled to vote during the Annual General Meeting (AGM).

Board Meetings

- The Board will meet as often as necessary to effectively manage the operations of the club.
- A minimum of four Board meetings must be held during each season.
- Executive Board members are expected to attend Board meetings regularly and actively participate in club operations and decision-making.

Expanded Parent Board

ASHT may also appoint additional volunteer parent positions to support specific operational areas of the club. These positions are considered non-voting support roles unless otherwise determined by the Board.

These positions may include, but are not limited to:

- Volunteer Coordinator - Coordinates volunteer scheduling and tracks volunteer commitments
- Fundraising Lead - Coordinates club fundraising initiatives and fundraising communication
- Jacket Coordinator - Manages club jacket inventory, distribution, and ordering
- Internal Events Lead - Coordinates internal club events such as showcase, recital, team-building events, Christmas party, etc.
- External Events Lead - Coordinates ASHT participation in community events, demonstrations, and promotional opportunities such as airdrieFEST, Children's Festival, parades, etc.

Additional support positions may be added, adjusted, or removed based on the operational needs of the club from season to season.

ASHT COACHES

Airdrie Sky High Twirlers has a head coach, full-time coaches, assistant coaches, and volunteer assistants. Your athlete should expect to receive instruction from any of them. Our website has the most up to date information on our coaches. [ASHT Coaches](#)

All coaches must be registered as T1 & T2 coaches with the Alberta Baton Twirling Association (ABTA) during the membership process; ASHT coaches are responsible for their own ABTA membership fees. All coaches must have a current Standard First Aid Certificate with CPR & AED; ABTA usually provides partial reimbursement for this course but that is subject to change at any time. Coaches over the age of 18 must also have a current Vulnerable Sector check; ABTA can provide a letter indicating this is required.

Wages for all coaches are determined by the board and communicated to the coaching staff each year; coaching agreement are also signed each year to ensure the expectations between the board and coaches are outlined. Requests for wage increases for the following season must be made in writing to the board by May 1st.

Assistant & Volunteer 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 the spring of each year for the following season. The head coach makes the selection.

Volunteer Assistants may also be required depending on class sizes; this is a great opportunity for athletes interested in coaching to gain some experience and hours towards the coaching certifications. If a coach requires a volunteer assistant, the request should be made in writing to the Vice Chair as soon as possible. The Vice Chair then sends a group email to anyone who is 13+ as of September 1st of that year to determine if they are available. If multiple kids are interested and it fits in their schedule, the positions are assigned based on age seniority so the older kids have a chance to coach first.

There are courses that must be taken and completed in order to be assistant and volunteer assistants. ABTA or Central Region **may** provide funding for portions of this training but that is determined on a year-to-year basis.

CBTF Coaching Courses

<https://www.cbtf.ca/Programs/Coaches/Courses>

Coach In-Training (CIT)

- Free
- Must be 13 years old
- Part 1 is theory and ONLINE
- Requires a mentor coach – *can be more than one coach but should have one person designated as their official “mentor coach”, but can put in hours and learn from more than one main coach*

Baton Twirling Foundations (BTF)

- Must be 15 years of old

- Costs \$50
- First stage of this course is theory and is ONLINE
- NCCP training is required in the third stage of this course (*more info below*)
- Requires mentor coach

NCCP – National Coaching Certification Program

Online Option: (MED, and Planning a Practice Offered here as of now)

<https://albertasport.ca/coaching/nccp-multi-sport-calendar/>

Home Study Option (Workbook from home): (Planning a Practice offered here as of now)

<https://albertasport.ca/coaching/home-study/>

You must obtain these modules:

- “Making Ethical Decisions (MED)”
- “Planning a Practice”
- “Nutrition”

Acrobatic Arts

[Acrobatic Arts](#) also offers assistant coaching courses.

CLUB COMMUNICATIONS

- The ASHT website: www.skyhightwirlers.com is the most up to date source of information for all athletes and parents.
- The first avenue for questions is through the Parent Lead. The Parent Lead will investigate further if required.
- ASHT has public Facebook and Instagram accounts, as well as WhatsApp group chats for each level.
- There are two general membership meetings during the season. One in November and an Annual General Meeting (AGM) in late May or June.
- Email is the primary communication from the club administration to the general membership.
- Monthly Newsletter

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

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 to be a member athlete in good standing, I must act in accordance 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.
- Negative talk, derogatory comments or bullying towards teammates is not tolerated. Refer to the [Complaint](#) section below. These actions must be subject to the [Disciplinary Policy](#).

PARENT CODE OF CONDUCT

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 keep their account in good standing and pay their bill on time.
- Parents shall fulfill the required volunteer and fundraising requirements that are outlined in the yearly Expectation Letters.
- 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 siting 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 Chair 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 Chair 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 the Parent Lead. 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 reached through the initial discussions, or if the complaint requires further review, the ASHT Executive will form a sub-committee to review the matter. The sub-committee will discuss the complaint and provide both parties with a written recommendation. If either party wishes to pursue further discussion following the written recommendation, an in-person meeting may be requested.

ATTENDANCE POLICY FOR ATHLETES

- Attendance at classes, practices, choreography sessions, competitions, showcase, recital, and other required club activities is essential to both individual athlete development and team success.
- Due to the team/group component of the pre-competitive and competitive programs, athletes are expected to commit to the full season.
- Consistent attendance is expected for all athletes. Excessive absences, repeated lateness, or failure to attend mandatory events may impact routine placements, team participation, competition eligibility, or future placement within ASHT programs.
- 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.**
- Athletes or parents/guardians are expected to notify the coach prior to any absence whenever possible.
- Any absence longer than two weeks must also be communicated to the ASHT Board in writing as soon as possible.
- If an athlete on a team/group is consistently absent or late for practices from September through December, that athlete risks forfeiting their position within the routine.
- **At the discretion of the coach**, the athlete may 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
- Athletes removed from a team/group routine due to attendance concerns remain responsible for any related costume fees, choreography fees, or competition expenses already incurred.
- Competitive athletes are expected to attend competitions selected by the Head Coach for their level. Mandatory and optional competitions will be communicated annually in the Athlete & Parent Expectations letter.
- Requests for extended absences, exemptions, or exceptional circumstances will be reviewed on an individual basis by the coaching staff and/or ASHT Executive.
- 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 or when the head coach has made an exception due to extenuating circumstances).

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 Registrar in writing. If adequate notice is not provided, the last month's fees will be held in lieu.

AIRDRIE SKY HIGH TWIRLERS: PROGRAM OPTIONS

RECREATIONAL PROGRAMS

ASHT offers recreational and sessional programs that provide participants the opportunity to try baton twirling without committing to a full competitive season. These programs are designed for beginner and non-competitive athletes in a fun, supportive and low-pressure environment.

Participants learn baton twirling fundamentals, basic routines and introductory Canadian Baton Twirling Federation (CBTF) Skill Development Program (SDP) skills. Recreational program participants do not attend competitions, although some classes may be invited to participate in the ASHT year-end recital or showcase performances.

- **Sessional Programs (6-8 week programs)**
 - Ages 6 years old and up
 - One hour classes run for 6, 7 or 8 weeks depending on the season
 - Fall and winter sessions may be offered based on registration numbers
- **Tiny Twirlers**
 - Ages 3 to 5 years old
 - 45 minute classes run for 6-8 weeks depending on the season
 - Focus on movement, coordination, rhythm and introductory baton skills
 - Fall sessions may be offered based on registration numbers
- **Beginner Baton 1**
 - Ages 6 years and up
 - Entry points throughout the year, subject to availability
 - Classes run from September – May
 - One hour per week
 - Designed for beginner athletes learning foundational baton skills and routines
- **Beginner Baton 2**
 - Ages 6 years and up
 - Classes run from September – May
 - One hour per week
 - Coach recommended or must take Beginner Baton 1 in a previous season
 - Designed for athletes ready to continue developing baton fundamentals and routine skills

PRE-COMPETITIVE PROGRAMS

ASHT's Pre-Competitive programs are designed for athletes interested in further developing their baton twirling skills while participating in a limited competitive environment. These programs provide additional training opportunities and introduce athletes to the expectations and commitment level of competitive baton twirling in a supportive and encouraging atmosphere.

Athletes continue developing baton fundamentals, routine quality, flexibility, performance skills and confidence while preparing for competitions, performances and evaluations throughout the season. Pre-

Competitive athletes attend a limited number of local competitions and may participate in the CBTF Skill Development Program (SDP), team events and the ASHT year-end recital.

- **Pre-Competitive 1**
 - Ages 6+
 - 1-1.5 hours per week plus any additional dance/acro/juggling classes
 - Attend 4 local competitions throughout the year
 - Attend the ASHT Showcase and Recital
 - Enrollment in a dance class is highly recommended
 - Enrollment in an acro class is highly recommended
 - Enrollment in juggling class is optional
- **Pre-Competitive 2**
 - Ages 6+ and coach recommended class
 - 1-1.5 hours per week plus any additional dance/acro/juggling classes
 - Attend 4 local competitions throughout the year
 - Attend the ASHT Showcase and Recital
 - Enrollment in a dance class is **mandatory**
 - Enrollment in an acro class is highly recommended
 - Enrollment in juggling is highly recommended
- **Pre-Competitive 3**
 - This is a **coach recommended class** with pre-requisites of Pre-Competitive I or II
 - 2 hours per week plus any additional dance/acro/juggling classes
 - Attend 5 competitions throughout the year (including ABTA Provincials in Olds, AB)
 - Attend the ASHT Showcase and Recital
 - Enrollment in a dance class is **mandatory**
 - Enrollment in an acro class is highly recommended
 - Enrollment in juggling is highly recommended

Pre-Competitive Program Expectations

The ASHT Pre-Competitive Program is designed as an introduction to competitive baton twirling and requires commitment from both athletes and families. Participation in the program includes team/group training, individual event preparation, competitions, and club involvement throughout the season.

Athlete Expectations

- Athletes in the pre-competitive program are expected to commit to the full season due to the team/group component of the program.
- Consistent attendance at classes, practices, competitions, showcase, recital, and any required choreography sessions is essential for both individual and team success.
- Athletes are expected to notify their coach of any absences prior to class. Extended absences must also be communicated to the ASHT Board in writing.
- Athletes are expected to attend the competitions selected by the Head Coach for their level. Competition attendance is an important part of athlete development, team

participation, and overall program commitment. Mandatory and optional competitions will be communicated annually.

- Athletes in Pre-Competitive programs may participate in the Canadian Baton Twirling Federation (CBTF) Skills Development Program (badge program). Progression through the badge program helps athletes build the foundational skills, technique, and body control required for compulsories and higher-level competitive events.
- Dance training is highly encouraged for all pre-competitive athletes and may be mandatory at certain levels as determined by the coaching staff.
- Acro training is highly recommended to assist athletes in developing strength, coordination, flexibility, and body control.
- Juggling opportunities may be offered to athletes ages 6 and older to support future 2-baton and 3-baton development.
- Group/team music, choreography, placements, and routine decisions are determined by the coaching staff and all decisions are final.
- Additional choreography or advanced individual routines may require private lessons outside of regular class time.

Parent/Guardian Expectations

- Families are expected to attend and participate in ASHT General Membership Meetings and the Annual General Meeting (AGM).
- Participation in club-wide fundraising initiatives is mandatory for families in the pre-competitive program. Fundraising opportunities may include raffles, bottle drives, 50/50 sales, and other club fundraising initiatives communicated throughout the season.
- ASHT is a volunteer-run organization and relies on the involvement and support of its families. Pre-competitive families are expected to contribute volunteer time throughout the season.
- Volunteer requirements, volunteer deposits, required hours, and competition volunteer expectations will be communicated annually in the Athlete & Parent Expectations letter.
- Volunteer opportunities may include:
 - Working at ASHT-hosted events, competitions, showcase, or recital
 - Assisting at community events and promotional activities
 - Participating in bottle drives or additional fundraising activities
 - Serving on committees or assisting the ASHT Executive when needed
- Families may choose to participate in Central Region Bingos to help offset club fees, provided the program remains available through Central Region. Participation is optional. Please note that Central Region Bingo shifts do not count toward ASHT volunteer or fundraising requirements.
- Families are expected to maintain accounts in good standing and ensure all fees are paid according to the club payment schedule.

Annual Expectations Letter

Additional annual program-specific details including:

- Competition schedules
- Volunteer requirements
- Fundraising expectations
- Tentative training schedules
- Program fees and deposits
- Mandatory and optional events

Will be outlined in the yearly Pre-Competitive Athlete & Parent Expectations letter that is distributed to families in May or June.

COMPETITIVE PROGRAMS

ASHT's Competitive programs are designed for athletes committed to advancing their baton twirling skills through a higher level of training, performance and competition. These programs provide athletes with focused coaching and development opportunities in both individual and team events within a structured and goal-oriented environment.

Competitive athletes participate in provincial competitions throughout the season, with eligible athletes advancing to national-level competitions. Training focuses on technical skill development, conditioning, flexibility, strength, performance quality and routine execution. Program placement is determined by coaching staff based on athlete age, skill level, commitment and competitive readiness.

- Classes run from September to June
 - Competition attendance at designated events is mandatory for competitive athletes
 - Athletes will compete in individual (solo, 2-baton, 3-baton, medley and solo dance twirl) and team/group events as determined by coaches
 - Eligible athletes may qualify for provincial and national competitions
 - Additional training opportunities, workshops, clinics and private lessons may be recommended or required
 - Only athletes that have graduated from high school or who are in Grade 12 are permitted to belong to the club while not participating in a group/team unless an exemption has been granted by the head coach due to extenuating circumstances.
 - **Requests for exemptions must be submitted in writing to the Head Coach prior to the start of the season**
 - All other individual, freestyle, duet and pair routines are developed and practiced outside of regular class time and may 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 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.

Competitive Program Expectations

The ASHT Competitive Program is designed for athletes who are committed to advancing their baton twirling skills through higher-level training, competitions, and performance opportunities. Participation in the competitive program requires a significant commitment from both athletes and families throughout the season.

Athlete Expectations

- Athletes in the competitive program are expected to commit to the full season due to the team/group component of the program.
- Consistent attendance at classes, practices, competitions, showcase, recital, choreography sessions, and additional training opportunities is essential for both individual and team success.
- Athletes are expected to notify their coach of any absences prior to class. Extended absences must also be communicated to the ASHT Board in writing.
- Athletes are expected to attend the competitions selected by the Head Coach for their level. Competition attendance is an important part of athlete development, team participation, and overall program commitment. Mandatory and optional competitions will be communicated annually.
- Competitive athletes are required to participate in team/group routines unless an exemption has been granted by the Head Coach due to extenuating circumstances.
- Dance training is mandatory for all competitive athletes as it supports flexibility, performance quality, musicality, and overall athlete development.
- Acro training is highly recommended to assist athletes in developing strength, coordination, flexibility, body control, and advanced skill progression.
- Athletes are strongly encouraged to participate in rolls, compulsories, and additional skill development training opportunities offered by ASHT.
- Nations Cup or Freestyle training opportunities may be offered to eligible athletes working toward qualification for national or international events.
- Juggling opportunities may be offered to support future 2-baton and 3-baton development.
- Included in regular class time may be training and practice for Solo, 2-Baton, Medley, Solo Dance Twirl, 3-Baton, Duet, and Team/Group routines.
- Additional choreography, stylization, and routine development for individual, duet, pair, freestyle, or advanced events may require private lessons outside of regular class time.
- Team/group placements, music selections, choreography, and routine decisions are determined by the coaching staff and all decisions are final.
- Athletes are expected to demonstrate commitment, sportsmanship, respect, and professionalism both within ASHT and while representing the club at competitions and events.

Parent/Guardian Expectations

- Families are expected to attend and participate in ASHT General Membership Meetings and the Annual General Meeting (AGM).
- Families may be asked to represent ASHT at Central Region meetings or club-related events throughout the season.
- Participation in club-wide fundraising initiatives is mandatory for families in the competitive program. Fundraising opportunities may include raffles, bottle drives, 50/50 sales, sponsorship initiatives, and other club fundraising activities communicated throughout the season.
- ASHT is a volunteer-run organization and relies heavily on the involvement and support of its families. Competitive families are expected to contribute volunteer time throughout the season.
- Volunteer requirements, volunteer deposits, required hours, committee participation, and competition volunteer expectations will be communicated annually in the Athlete & Parent Expectations letter.
- Volunteer opportunities may include:
 - Working at ASHT-hosted events, competitions, showcase, or recital
 - Assisting at community events and promotional activities
 - Participating in bottle drives or additional fundraising activities
 - Serving on committees or assisting the ASHT Executive when needed
- Families should expect volunteer requirements at competitions requiring host volunteers, including provincials and other designated events.
- Families may choose to participate in Central Region Bingos to help offset club fees, provided the program remains available through Central Region. Participation is optional. Please note that Central Region Bingo shifts do not count toward ASHT volunteer or fundraising requirements.
- Families are expected to maintain accounts in good standing and ensure all fees are paid according to the club payment schedule.
- Families are expected to support athletes in maintaining a healthy balance between training, school, rest, nutrition, and personal well-being.

Annual Expectations Letter

Additional annual program-specific details including:

- Competition schedules
- Volunteer requirements
- Fundraising expectations

- Tentative training schedules
- Program fees and deposits
- Mandatory and optional events
- Training opportunities and qualification pathways

Will be outlined in the yearly Competitive Athlete & Parent Expectations letter that is distributed to families in May or June.

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 \$20 administrative fee is collected at the time of registration to hold the athlete's spot in each class.
- For monthly classes, the last month's fees are also collected at the time of registration; if you withdraw before classes start in September, the \$20 administrative deposit is retained but the last month's fees will be refunded. After classes have started, 1 month's notice is required to withdraw (for example, if you withdraw on November 15th, December fees must still be paid). For sessional classes, no refunds will be provided once classes have started.
- Fees are payable via credit card in Uplifter; they can be paid in 1 lump sum at the beginning of the season or equal monthly payments. A \$25 fee is assessed for any late payment.
- Club fees include group/team costumes, group competition entries, and two ABTA volunteer memberships per athlete. Families are responsible for the cost athlete ABTA Membership fees each year.
- 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 the Parent Lead on the current list of coaches available and rates for each.

Group Costumes (for competitions and recital performances only)

- Group costume design/color is decided by the coaches, as well hair and makeup requirements for the group.
- Sometimes costumes arrive with sizing different than expected. If the costume was ordered by ASHT after coach sizing approval, and a different size is required, the club will cover the cost of a replacement or an alteration. If alterations or an exchange is requested by the parent, these must be Coach approved, and the cost for these alternations or exchange must be covered by the parent/guardian.

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 \$10-\$150 per event.
- The competition season runs from January to July; ABTA hosts 6-7 competitions per year.
- Athletes competing outside Alberta or are responsible for covering the coach's expenses, including CBTF Nationals and any International competition.

Photos

- Club photos are typically scheduled in February, however the exact time/date will be announced.
- Athletes are required 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 pre-competitive and competitive athletes for the duration of their training with the club.
- A \$50 jacket deposit will be taken at registration and will be refunded upon return of the jacket at the end of the season.

Alberta Provincial Jackets

- If your athlete is competing at Nationals, they are required to purchase an ABTA jacket and it is yours to keep.
- ABTA has jackets for sale at the Provincial competition or used ones can be purchased from another athlete.
- Any badges you receive for competing at Nationals or International Competitions can be added to the sleeve of your Provincial Jacket.

AIRDRIE SKY HIGH TWIRLERS: GENERAL INFORMATION

SHOWCASE

ASHT typically holds a Showcase prior to the first competition as a chance for the twirlers to try out their routines on the floor in full hair and makeup. All groups are expected to attend. Details will be provided regarding date, time, and venue.

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, dedication awards 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). Running shoes are OK for 8-week and Beginner Baton programs.
- Body Suit and tights or athletic body fitted clothing
- Hair neatly away from face in a ponytail or bun
- These requirements must be adhered to

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
- When not competing, at minimum, athletes should remain in black pants and their ASHT jacket with hair still neatly away from the face.

Compulsories

- In addition to beige shoes/tights, a plain black bodysuit is required for **C and B** compulsory events (sleeves or sleeveless)
- 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
- Annual ASHT Used Costume Sale (when offered)

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 | • Grey Badge | • Gold Pin |
| • Red Ribbon | • Green Badge | • Gold Rolls |
| • Yellow Badge | • Turquoise Badge | • Gold 2-Baton |
| • Orange Badge | • Pink Badge | • Copper Badge |
| • Red Badge | • Silver Pin | • Diamond Pin |
| • Maroon Badge | • Silver Rolls | • Black Badge |
| • Bronze Pin | • Silver 2-Baton | • Maple Leaf Pin |
| • Bronze Rolls | • Purple Badge | |
| • Bronze 2-Baton | • Blue 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 ready to test.

All athletes entering C Compulsories must have their Silver Pin.
All athletes entering B Compulsories must have their Gold Pin.

Resources

The Skills Development Program is supported by a comprehensive online technical resource, available by subscription within the CBTF CanTwirl App. The Skills Development Program within CanTwirl includes written descriptions and video demonstrations for all skills in the program (over 300).

CanTwirl can be downloaded free of charge in the Apply App Store or Google Play; there is an annual fee of \$35 to access the program information and videos.

AIRDRIE SKY HIGH TWIRLERS: VOLUNTEERING & FUNDRAISING

ASHT is a volunteer-run, non-profit organization. The success of our programs, competitions, events, and fundraising initiatives depends on the involvement and support of our families. All families are expected to contribute positively to the operation and growth of the club.

Volunteer and fundraising expectations may vary depending on the athlete's program level and will be outlined annually in the Athlete & Parent Expectations letter.

VOLUNTEER EXPECTATIONS

➤ **General Expectations**

- Families are encouraged to actively support the club through volunteering, fundraising, committee participation, and event assistance throughout the season.
- Volunteer opportunities may include, but are not limited to:
 - Assisting at ASHT-hosted competitions, showcase, recital, or special events
 - Helping with fundraising initiatives such as bottle drives, raffles, or 50/50 sales
 - Assisting at community events, parades, demonstrations, or promotional activities
 - Serving on committees or assisting the ASHT Executive
 - Representing ASHT at Central Region or community meetings when requested
- Volunteer requirements may vary between recreational, pre-competitive, and competitive programs.
- Annual volunteer requirements, deposits, required hours, competition volunteer expectations, and deadlines will be communicated prior to registration each season.
- Volunteer deposits may be collected at the beginning of the season and refunded upon completion of the family's volunteer requirements. Failure to fulfill volunteer commitments may result in forfeiture of the deposit.
- Competition volunteer shifts hosted by organizations outside of ASHT may be mandatory for some programs. These requirements will be communicated annually.
- Families who anticipate difficulty fulfilling volunteer commitments are encouraged to contact the ASHT Board as early as possible to discuss potential accommodations or alternative arrangements.

➤ **Serving on the ASHT Executive Board**

The ASHT Executive Board is responsible for the overall operation and management of the club. Executive members are volunteer parents/guardians who work collaboratively with coaches to support athletes and ensure the successful operation of ASHT programs.

General Executive Board responsibilities are outlined earlier in this handbook.

Executive Board members are expected to:

- Attend board meetings regularly
- Participate actively in club operations and decision-making

- Support club events, competitions, fundraising and volunteer initiatives
- Communicate respectfully and professionally with athletes, families, coaches and other board members
- Act in the best interest of ASHT and its athletes at all times

➤ **Serve on the ASHT Parent Board**

ASHT relies on the support and involvement of volunteer parents to help ensure the successful operation of the club throughout the season. In addition to the Executive Board, ASHT may appoint volunteer parent positions to assist with specific operational areas of the club.

Parent Board members support the planning, coordination, and execution of club activities, competitions, fundraising initiatives, events, and communications. These positions are intended to help distribute responsibilities across the club and encourage family involvement within the ASHT community.

Parent Board positions may include, but are not limited to:

- Volunteer Coordinator
- Fundraising Lead
- Jacket Coordinator
- Internal Events Lead
- External Events Lead

Additional positions may be added or adjusted based on the operational needs of the club each season

Parent Board members are expected to:

- Attend meetings related to their area when requested
- Communicate regularly with the Executive Board member overseeing their area
- Assist with organizing and coordinating assigned responsibilities
- Support positive communication and collaboration within the club
- Act in the best interest of ASHT and its athletes at all times

Parent Board positions are non-voting roles unless otherwise determined by the Executive Board.

➤ **Examples of Volunteer Opportunities**

Volunteer opportunities within ASHT may include, but are not limited to:

- Serving as a Parent Lead or Parent Board member
- Assisting with fundraising initiatives, social events, media, or club communications
- Supporting special events such as showcase, recital, camps, workshops, registration events, and community demonstrations
- Assisting with themed activities or seasonal events throughout the year
- Volunteering at ASHT-hosted competitions or club events
- Supporting athlete and family engagement initiatives within the club

Additional volunteer opportunities may be communicated throughout the season based on club needs.

FUNDRAISING EXPECTATIONS

Participation in fundraising initiatives helps support the operation of ASHT programs, competitions, equipment, athlete opportunities, and overall club activities. Fundraising efforts assist in keeping programs affordable while supporting the continued growth of the club.

- Participation in club-wide fundraising initiatives may be mandatory for pre-competitive and competitive families.
- Fundraising expectations may vary depending on the athlete's program level and will be communicated annually in the Athlete & Parent Expectations letter.
- Fundraising opportunities may include, but are not limited to:
 - Bottle drives
 - Raffles
 - 50/50 sales
 - Sponsorship initiatives
 - Community events and demonstrations
 - Product or merchandise fundraisers
 - Additional fundraising opportunities organized throughout the season
- Families are expected to participate respectfully and positively in all fundraising activities representing ASHT within the community.
- All fundraising proceeds collected on behalf of ASHT must be submitted according to the timelines and procedures communicated by the Board.
- Individual fundraising credits, when applicable, may be applied toward eligible athlete expenses as determined by the ASHT Board.
- Fundraising may be used for club proceeds, or may be split amongst the families participating. This will be clearly communicated from the board at the start of each fundraiser.
- Individual fundraising proceeds and applicable credits may either:
 - be applied directly to a family's account within Uplifter; or
 - be reimbursed to families via e-transfer for eligible registration fees or expenses that have already been paid, as determined by the ASHT Board and club financial procedures.
- Fundraising requirements, deadlines, and participation expectations may be adjusted from season to season based on the operational needs of the club.

Central Region Bingos

Families may choose to participate in Central Region Bingos to help offset the costs of athlete fees, provided the program continues to be offered through Central Region.

- Participation in Central Region Bingos is optional.
- Funding amounts per shift may vary from season to season.
- Central Region Bingo shifts do not count toward ASHT volunteer hour requirements or fundraising obligations unless otherwise communicated by the ASHT Board.

- Funding received through Central Region Bingos will be applied according to club financial procedures communicated each season.

Central Region & ABTA Funding

Athletes of ASHT may be eligible for funding throughout the season from ABTA and Central Region. Certain Central Region funding opportunities may require athlete participation at designated events, including the Wild West Competition, in order to qualify for funding eligibility.

Additional funding opportunities offered through Central Region, ABTA, or other affiliated organizations may have separate eligibility criteria, participation requirements, deadlines, or volunteer obligations. These requirements may vary from season to season and will be communicated by the ASHT Board as information becomes available.

AIRDRIE SKY HIGH TWIRLERS: COMPETITION INFORMATION

Competition schedules, mandatory attendance requirements, eligibility criteria, volunteer obligations, and athlete expectations may vary from season to season and by program level.

Families should refer to the yearly Athlete & Parent Expectations letter for the most current competition requirements, mandatory events, and participation expectations.

The table below provides a general overview of competitions typically attended by ASHT athletes.

Event Name	Participation Requirements	Approximate Dates	Tentative location
ABTA Fall Camp	See Athlete & Parents Expectations letter	October	Varies
Glitter and Gold	See Athlete & Parents Expectations letter	January	Calgary
ASHT Showcase	Mandatory for all Pre-Competitive and Competitive athletes	January/February	Airdrie
Valentines	See Athlete & Parents Expectations letter	February	Spruce Grove
Wild West	Mandatory for all Pre-Competitive and Competitive athletes	March	Calgary
Sweet Pea	See Athlete & Parents Expectations letter	April	Olds
Tulip Twirl	See Athlete & Parents Expectations letter	April	Airdrie
Provincials	See Athlete & Parents Expectations letter	May	Olds
Movin' On Up	See Athlete & Parents Expectations letter	Early June	Airdrie
ASHT Recital	Mandatory for all Pre-Competitive and Competitive athletes	Early June	Airdrie
Nationals	See Athlete & Parents Expectations letter	Early July	Varies

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

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 <i>*once this level is achieved in Level II Pre-Events, the athlete moves up to the Competitive C events</i>

- **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. There is a penalty for missing an element in the 1st section (0.1 penalty).

- **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).

- **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.

➤ **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"> • <i>These ages are graded; bronze, silver, gold, and diamond (required to move up).</i> • <i>If the athlete reaches the BI level, then they will receive a flashed score</i>
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.

- **Dance Twirl Team**

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.

As of January 2020, teams are required to achieve a qualifying score by one judge to qualify to compete at Nationals.

Level C to B – Final Score 40.0

Level B to A – Final Score 60.0

WBTF Teams Level B to A – Final Score 50.0

➤ 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. The stay and play rule is in effect 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.
- If an athlete decides to attend a baton, dance, or other competition outside the ASHT regular competitions, they need to inform their coach who should then ensure the ASHT Head Coach is aware. The head coach will then inform any other parties that may be affected.

COMPETITON GENERAL INFORMATION

We are representing ASHT at every competition we attend so proper etiquette is important

- **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 or near the judge's tables
- There will be drop penalties so catching is very important. Practice – Practice – Practice!
- While any competition music is on or any athlete is twirling on the main floor, there should be no movement or talking in the main gym/stands as this is distracting to the athletes and judges. Wait for a break between sets to leave or come back to your seat
- 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.

- The practice gym is reserved for athletes/coaches only (no parents) and practicing (not playing)! If you are done competing or have a long wait until your next set you must sit in the stands or hangout in the hallway.
- Information on attire and costumes can be found [above](#) or on our website [Competition Tips](#)

COMPETITION CHECKLIST

- BATONS!
- Dance Shoes
- Group Costume
- Solo Costume(s)
- 2 pairs of 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.”