



# 2019/2020 HANDBOOK

This handbook was created to provide you with a quick and easy way of accessing information regarding Stix Baton Twirlers.

Hopefully you will find it very useful with any questions that you may have.

## **MISSION STATEMENT**

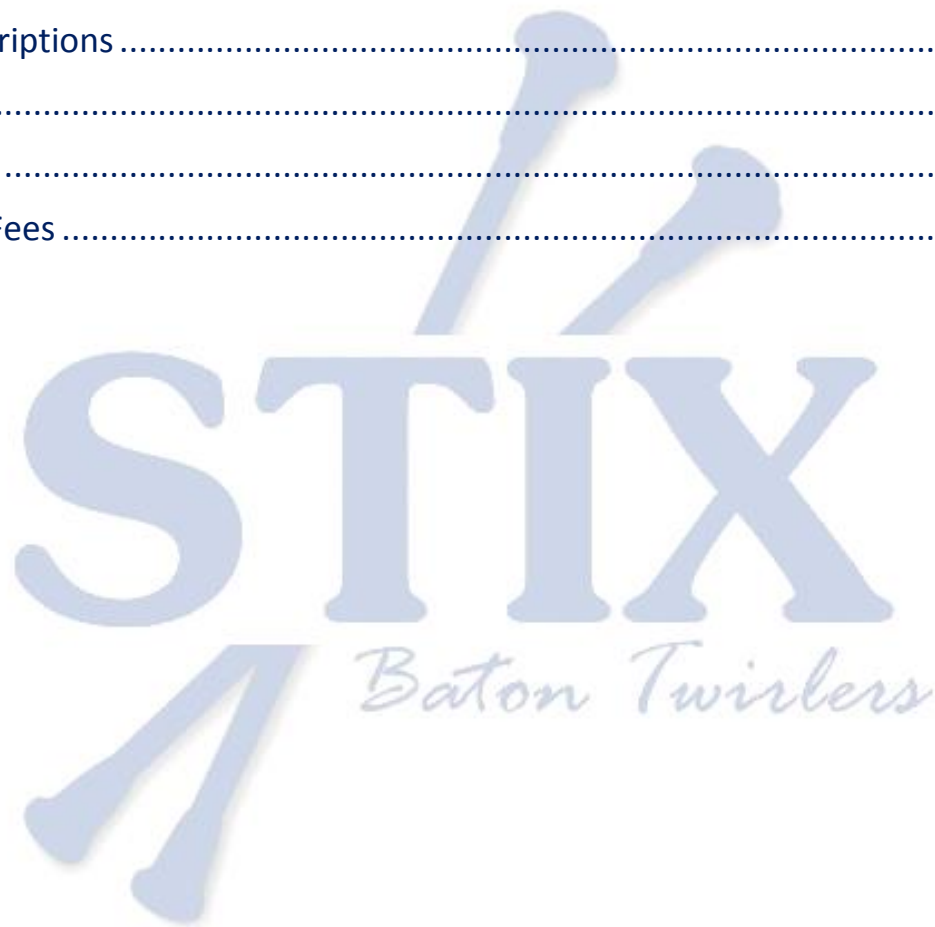
The mission of Stix Baton Twirlers is to provide a safe, fun and creative atmosphere in which athletes not only learn twirling skills, but they build confidence and leadership skills through team commitment as well as gaining self-esteem, fitness and co-ordination at the same time having lots of fun and making new friends. The Focus of Stix Baton Twirlers is on competition events, however athletes are given the opportunity to participate in carnivals and displays.

From now and forwards Stix Baton Twirlers will be abbreviated to SBT for this Handbook.



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## **PRACTICE**

We have 2 teams in different locations, please see information below.

<b>Dereham</b>	<b>Dereham</b>
<b>Practice Venue:</b> Swanton Morley Village Hall <b>Day:</b> Thursday <b>Times:</b> 4.30pm – 7pm <b>Cost:</b> £20 Per month <b>Coaches:</b> Kolette and Lee	<b>Practice Venue:</b> Northgate High School <b>Day:</b> Sunday <b>Times:</b> 10am – 12pm <b>Cost:</b> £20 per month <b>Coaches:</b> Lee and Kolette

### Long day training session

ALL athletes must attend as many practice sessions they possibly can to benefit and progress.

If an athlete will not be attending for whatever reason we do expect to be notified by phone, text, email or message on Facebook.

We ask that our athletes attend practice 5 minutes before the session starts to allow time to change and then be ready for warm ups on time.

When attending practice athletes should wear:

- Jazz shoes
- Vest top or Crop top
- Shorts or leggings
- Hair should be tied up
- Bring a bottle of soft drink

Parents will from time to time be invited in to watch practice. Notices go out for this and this is your opportunity to see your child whilst practicing. We do ask that you do not interrupt the session by talking to the athletes and let them practice.

Each joining athlete gets their first session FREE of charge then the above fees are in place thereafter.

Our athletes are expected to listen and do what is asked of them during practice, we will not tolerate bad behaviour or back chat as it wastes ours, the athletes and parents time. If this happens athletes get 1 warning and if it continues then we will call the parent to collect the child.

Practice! Practice! Practice! Unless you practice, routines will not be remembered. So please make sure you practice regularly.

The team will only reach a level based on the commitment of the athletes and the parents. Skills are taught during practice sessions, However, for athletes to excel, they must practice these skills outside of the sessions.

It is very important that each athlete respects the other team members as well as the coaches. There are many different ages and skill levels, but we are all part of the same team working toward the same goals. Unacceptable behaviour is not tolerated and could result in the athlete being asked to leave the team. If your child experiences any type of

misbehaviour, please contact the coaches immediately so that the behaviour can be addressed.

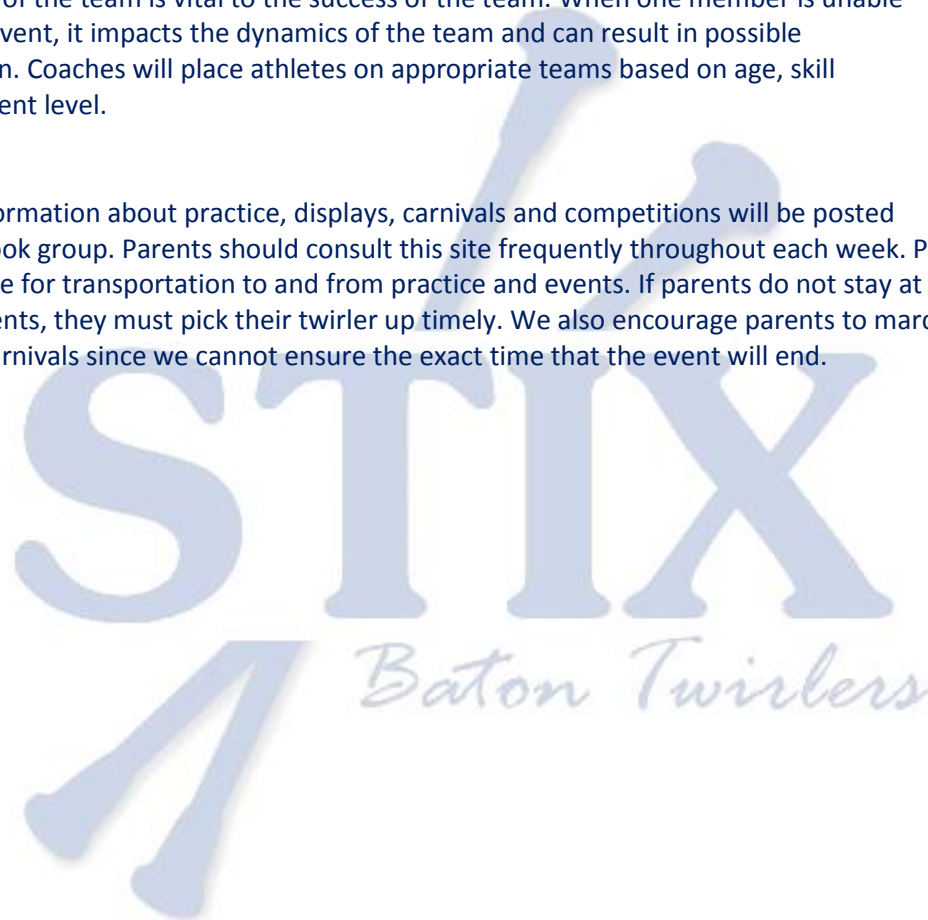
It is also very important that each athlete brings a positive attitude with them to practice. Many skills can be difficult to master, but are not impossible. It only takes a little hard work and perseverance. We promote an “I can” attitude. The only way for athletes to be successful is if they come to practice with an “I’ll try” attitude.

Twirling gives athletes an opportunity to excel not only through team events but also through individual events. We encourage athletes to participate as a soloist as well as a team member.

Competition teams are divided by average age and skill level of the athletes on that team. Each member of the team is vital to the success of the team. When one member is unable to attend an event, it impacts the dynamics of the team and can result in possible disqualification. Coaches will place athletes on appropriate teams based on age, skill and commitment level.

#### Parents

Important information about practice, displays, carnivals and competitions will be posted on our Facebook group. Parents should consult this site frequently throughout each week. Parents are responsible for transportation to and from practice and events. If parents do not stay at practice or twirling events, they must pick their twirler up timely. We also encourage parents to march with the team in carnivals since we cannot ensure the exact time that the event will end.



## **COMPETITIONS**

### **REGION / OPEN COMPETITION**

We have a region competition held each year in Lowestoft in September, also known as the September Open which consists of the following events:

Freestyle Solo  
Freestyle Pairs  
Dance Twirl Team  
Pom Team/Group  
Freestyle Team  
Twirl Challenge  
Fancy Dress P&P

### **AREA CHAMPIONSHIPS**

There is an Area competition held every year in Lowestoft which is qualification through to Nationals. Events held at this event are:

Solo Twirl  
Solo 2 Baton  
Solo 3 Baton  
Fancy Strut  
Solo Dance Twirl  
Poise and Personality  
Duo  
Artistic Twirl  
Artistic Pair

Our athletes will have the opportunity to take part in the above events in their ability level.

### **NATIONAL CHAMPIONSHIPS**

You must qualify to be able to take part in one of the individual events at Nationals. This competition is held every year at Easter Bank Holiday in the K2 Crawley, this competition caters for all age divisions from Tiny tot to Adult and all abilities from Beginner to Advance.

Events at this competition are:

Solo Twirl  
Solo 2 Baton  
Solo 3 Baton  
Fancy Strut  
Solo Dance Twirl  
Poise and Personality  
Duo  
Freestyle Team

## **BRITISH OPEN COMPETITION**

This competition is held on the May Bank Holiday each year and is based in Preston at the Sir Tom Finney Sports Centre. Events usually at this competition is:

Individual Freestyle  
Pairs Freestyle  
Artistic Solo  
Artistic Pair  
Teams  
Groups

## **OTHER OPEN COMPETITION**

For the athletes to be able to have as much floor time as possible we will take part in open competitions run by other regions and teams. This is a good way for our athletes to see other teams and meet new friends as well as building confidence in performing.

Events vary at open competitions and you will be advised on what open competitions we will do and what events will be there.

## **TIPS FOR COMPETITIONS**

Hopefully this information will make the competition process a lot less stressful and much more enjoyable for our athletes and spectators. If you are unsure where the venue for the competition is and have not received the address via text, letter or email then please do contact Lee to get this information. If you need a lift, please be sure to ask at practice I am sure there will be someone happy to help.

Athletes plus any spectators must all be on their best behaviour we are all representing our team so please use your manners and be courteous, there are many different teams as well as other sports using the venue at the same time.

Please make sure you listen out for your age group and ability level and which arena you are to go on.

Everyone is to clean up after themselves, please take ANY rubbish away from our area at the end even if it does NOT belong to you.

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Please make sure you have everything on the list with you as it makes it a lot less stressful for us all.

Athletes please remember:

- Pack your twirling bags the night before the competition
- Eat a good dinner the night before the competition
- Go to bed early the night before the competition
- Set your alarm clock the night before the competition!

Parents:

- Please explain to your athlete that competition is a commitment to oneself as well as the other athletes. If an athlete does not show up for a performance, the team may be disqualified! This means all the other athletes will NOT be permitted to perform due to the rules of the competition.

In the event your athlete cannot perform the day of the competition, please call us immediately.

- Please be aware that you may not take flash photography while any athletes are performing on the floor.
- Please remember that you can only photograph our own athlete. No videos should be taken of other performers unless you have their permission. You will also need a video pass (unless at an open competition).
- If you need help with ANYTHING, please ask!
- Sometimes arrival time to the competition can be rather early. Please understand that the more warm-up time the athletes have... the better.

## COMPETITION CHECKLIST

- Batons – Clean the ends of your batons
- Solo costume's
- Team costume's
- Smiles 😊
- Team music (if applicable)
- Solo music (if applicable)
- Hair Bag
- Make up Bag
- Jazz Shoes
- Tights
- Positive Attitude
- Camera
- Directions to the competition
- Healthy Snacks
- Packed Lunch if you are a fussy eater
- Money for Spectator admission to competition
- Team attire - Hoody, T-shirt/Vest top, Leggings
- Smiles 😊



## EQUIPMENT AND COSTUMES

### EQUIPMENT

#### **BATON**

You will need to purchase a baton, you can get this from [www.bannerbatons.co.uk](http://www.bannerbatons.co.uk).

To measure for the correct size baton, you should measure from under the armpit to the tip of the middle finger. This will be the size of the baton you will need.

The style of baton we use is called the Lite Star – Thick shaft, this is the one you should get.

Note\* there are many different types of batons, but the Lite Star is the better, a lot of others will make grasping certain tricks harder for your child to get.

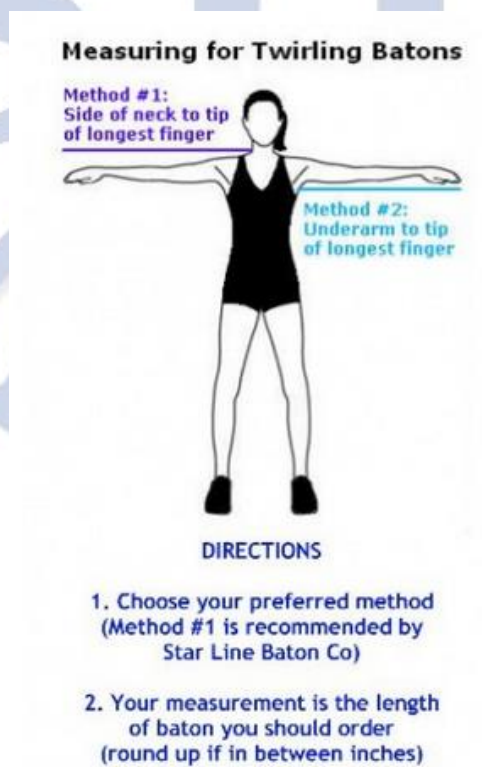
Athletes may benefit from having 2/3 batons for when we come to doing multiple baton work, but we do have our own batons they can use.



#### **BATON TAPE**

You can purchase baton/grip tape from banner batons also. Please speak to a coach in person to find out how to tape your baton.

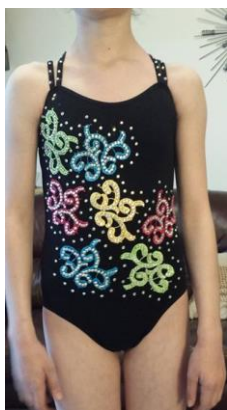
Any other equipment used will be supplied by the team such as pompoms.



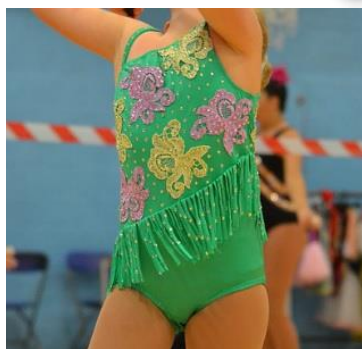
## COSTUMES

We will give you examples of costumes for each of the events we participate in.

**SOLO, TWO BATON and DUO** – A skirt less, sleeveless leotard is needed which can be any colour or design you wish. A Few ideas of solo/duo costumes below.



**FANCY STRUT** – For Fancy strut you can have skirted or non-skirted but sleeveless, this is if there are any rolls they won't slide off the sleeve. Examples:



**POISE AND PERSONALITY** – You want a floaty dress/leotard – but you don't want the dress/skirt too long. Sleeved or Sleeveless is fine. Examples:



### JAZZ SHOES

You will need to get Jazz shoes not just for competition but for Practice also we use Tan split sole jazz shoes. Please speak to us to see if we have any for sale, if we do we will let you know where you can purchase these.



There are many Facebook selling sites selling a lot of these costumes and shoes which you can join, there are plenty of dance costumes pages that can custom make your leotard, or you can visit dance shops or Amazon and eBay.

If you have any questions regarding the costuming and footwear please speak to a coach.

Although we have the above examples of costumes if you find something and are not sure then please speak to a coach who will be able to let you know if it is appropriate and for which events.



## **EVENT DESCRIPTIONS**

### **SOLO EVENT DESCRIPTION**

#### **SOLO TWIRL**

Solo is a twirling performance by one person using one baton, it involves twirling in vertical and horizontal patterns in right and left hands and in continual flowing motion whilst demonstrating a variety of twirls.

#### **TWO BATON TWIRL**

Two baton twirling is the continuous and simultaneous manipulation of two batons by one person. It combines the technique and skills of one baton twirling with moves that require mastery of timing, co-ordination, concentration, control, dexterity and pattern/plane treatment.

#### **SOLO DANCE TWIRL / FREESTYLE**

Dance Twirl Solo is a variety of dance and baton combinations that are choreographed to a current piece of set music (Freestyle is chosen by coaches). Emphasis is on dance and baton combinations that are executed with proper technique and that maintain maximum performance skills throughout the routine. Dance Twirl draws on all dance forms that are appropriate to the music. It is the visual interpretation through the combined use of baton and body.

#### **FANCY STRUT**

Fancy strut is a combination of body and baton moves performed within the chosen style of the athlete, in a forward motion. The routine must be constructed in a logical manner. Strong technique is required of both body and baton and the aesthetic aspect should be considered.

#### **POISE AND PERSONALITY**

This has been designed to establish the correct body technique, strength and flexibility of the athlete and to allow the performance of a variety of movement without the restriction of twirl. It will also promote grace, posture, flow of movement and the utilisation of space.

#### **DUO**

Duo is a twirling performance by two persons each with one baton. The focus of the performance is on the synchronisation of the 2 athletes, performing as one with the same style, technique and ability level. The duo should be choreographed with all the twirling modes expected in solo twirl, but with the addition of exchanges, transitions and formations. Interaction between the duo is acceptable and can add interest to the overall visual effect, but it must be remembered that the emphasis of duo is on the 'synchronised twirling' and exchanges technique and presentation skills should be maintained to the highest degree. The athletes should perform a clean, clear and flawless programme in harmony with each other throughout.

#### **THREE BATON**

Three baton twirling is the continuous and simultaneous manipulation of three batons by one person. It combines the technique and skills of one and two baton twirling with moves that require a mastery of timing, co-ordination, concentration, control, dexterity and pattern/plane treatment.

## **POM STRUT**

Like Fancy strut but with poms, include footwork, leaps and jumps incorporating poms and arms.

## **TEAM EVENT DESCRIPTION**

### **DANCE TWIRL TEAM**

A dance team is a group whose entire performance is accompanied by recorded music of their own preference. The routine should incorporate dance steps or a series correlated with the music, utilising the beauty of leg and footwork, body and baton, free arm and head. It must take into consideration the floor design and combination of baton and material. It should include highs and lows, changes of pace and demonstrate an interrelation of all elements, baton, dance, individual members and the team as one unit.

### **TWIRL CHALLENGE TEAM**

This event is for 5 athletes from one club who will compete in 4 separate individual/duo events, to achieve the highest place possible to achieve the most 'place points' for their team.

Events are Solo Twirl, Two Baton, Fancy Strut and Duo.

### **FREESTYLE TEAM AND GROUP**

A variety of techniques and moves unique to baton twirling with choreographed expression of music. The body moves taken from a wide range of dance and gymnastics integrated with the 3 basic modes of twirling and exchanges. The moves conform to the structure of the music expressing mood and feeling being conveyed by it.

### **POM POM TEAM AND GROUP**

The entire performance is accompanied by a recording of music of their own choice. The routine should be designed to include a variety of manoeuvres and motion using dance and pom moves combined to create effective patterns, pictures and transitions. Utilising the entire floor space, whilst interpreting the music and entertaining the audience. Every movement should be created with relationship of all members, except when split/separate parts are necessary.

## **GRADING EXAMS**

Our Athletes are given the opportunity to be able to participate in the BBTSA Grading awards system.

The grade syllabus is designed to equip athletes with the correct skills and techniques. Each compulsory movement has been studied and broken down into graded segments.

Grades instil discipline and a strong basis on which athletes can improve their twirling and bodywork skills.

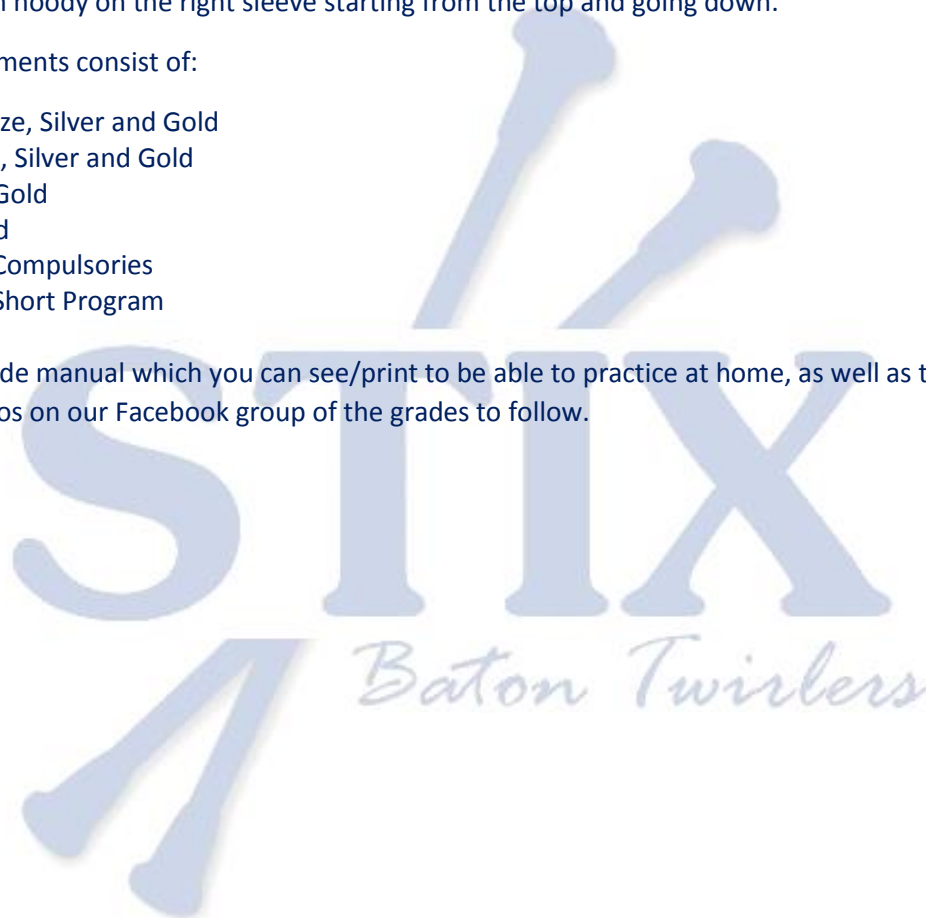
The Grade examinations are conducted by qualified grade examiners.

Successful athletes will receive an embroidered grade badge and certificate. This is to be then sewn on to the team hoody on the right sleeve starting from the top and going down.

The grade segments consist of:

Beginner Bronze, Silver and Gold  
Novice Bronze, Silver and Gold  
Intermediate Gold  
Advanced Gold  
International Compulsories  
International Short Program

We have a grade manual which you can see/print to be able to practice at home, as well as this there are videos on our Facebook group of the grades to follow.



## **TWIRLING CLINIC**

In October each year there is a Twirl Clinic also known as Twirl Fest which is run by the BBTSA.

This includes four full days of in depth training for our athletes by top National and International Coaches in all aspects of the Sport. Training is on various Dance, Gymnastics and Twirling disciplines based on the ability and standard of the individual athletes.

This is a good way for our athletes to meet other athletes and coaches from all over the UK.

Information is always given out to all our athletes to decide if they would like to attend.

## **COSTS AND FEES**

### **SUBS FEES**

Subs are £20.00 per week

Invoices are sent the previous month and are to be paid in advance, before the coming month.

### **ANNUAL MEMBERSHIP FEE**

£10 each twirler must pay £10.00 for that year's membership fee. This will cover insurance.

### **COMPETITION FEES**

Competition fees vary from competition – you will be sent an invoice with how much you owe for competition – there is always a deadline for competitions and this payment must get to me on time for your child to be able to take part in the competition.

### **BBTSA MEMBERSHIP FEES**

Varies – Due by 1<sup>st</sup> January.

£18.00 – Full Membership (National Membership)

£9.00 – Partial Membership (Non-National Members)

### **GRADING FEE**

£20

### **SPECTATOR FEE AT COMPETITION**

Varies