

ALL-STAR NEWSLETTER

Volume 2, Issue 4

December 2007

This is the third in a series of stories to tell you more about the great twirling staff of the All-American Twirling Academy

Kristen Haddock

Kristen Haddock is from Macclenny, Florida. She twirled at Baker County Middle School and High School. She has held many State and Regional Solo titles, including 1998 Beginner Junior Miss Majorette of Florida, 2000 Intermediate Senior Miss Majorette of Florida as well as SE Regional Strut Champion. Kristen twirled for the first ATA All-Star team to compete at the national competition where we placed 9th. She also consistently placed in the top ten on the national level in many solo events.

Kristen was a member of all six UF Gatorette National Championship teams. She is married to Wesley Haddock and they are the proud parents of their new baby Addisyn.



Kristen and Amanda as UF Gatorettes

Next Issue

Information on

- Spring Competition
- Amanda's Biography
- Uniform Information

DEC & JAN BIRTHDAY LIST

Ashlee Berry	12/1/1995
Ashleigh Jackson	12/2/1994
Jesslyn Sands	12/3/1996
Kate Walker	12/5/1998
Elizabeth Stoeber	12/26/2002
Maudrey Tenly	12/27/1999
Kristin Giebeig	1/5/1989
Amber Swal	1/8/1990
Haley Kirkland	1/8/1993
Kaitlin Padgett	1/13/2000
Mikenzi Langlois	1/15/2002
Taylor Moore	1/26/2000
Hayley Mcrae	1/27/2001

CHRISTMAS PARADE #3

STARKE ON DECEMBER 8, 2007

Two Christmas Parades done - one to go!

The Starke Christmas Parade is on Saturday, December 8th.

Meeting: 2pm at the hospital which is located on Call Street (SR230) east of US301.

Parade: Begins at 3pm and will be over by 4pm

Uniform: Same as previous parades - ATA shirt, royal blue shorts (sweatpants if cold), hair up in bun with fake hair scrunchie, and white tennis shoes or tan baton shoes. Baton should either be clean or taped.

Finish: We are not sure yet where the end is yet. We will know when you drop your child off. Please ask and be prepared to pick up your child at the end of the route once we are done.

ALL-AMERICAN TWIRLING ACADEMY

MAILING ADDRESS
 PO Box 859
 Archer, FL 32618

CONTACT INFORMATION
 June's Home Number - 352-486-6516
 June's Cell Phone - 352-514-1362
 Mike's Cell Phone - 352-262-1041
 Kim Oxley - 904-838-1022
 Kristen Haddock - 904-338-4760
 Amanda Filosi—904-483-8703
 Email—jbug@hotmail.com
 Website—www.twirlbaton.com

TWIRLING NOTES

ORDERING SUPPLIES

Don't forget that you may place orders with me at any time and I encourage you to use the order sheets or email me at jbug@hotmail.com

PRIVATE LESSONS

If you are interested in private lessons please contact your location director:

Gainesville – June Stoeber
 Lake City – June Stoeber
 Starke – Kim Oxley
 Macclenny – Kristen Haddock

PRACTICE TIPS

As we take our Christmas break, we thought it best to share some practice tips.

1. Practice every day - Even if it is only 10 minutes or so, pick up your baton every day to build consistency.
2. Fundamentals - When practicing, concentrate on the fundamental list. Twirling routines are just combinations of fundamentals and advancement to higher classes is based on twirling fundamentals, not age.
3. Different levels of practicing - When you first learn a new skill, work it slowly to perfect it. After you feel more comfortable with it, start working to gain speed. For example, master one thumb flip, then work to continuous thumb flips.
4. Videotaping - If possible, videotape yourself at practice and then watch. This will help you learn what you are doing so good twirling becomes second nature.

DECEMBER and JANUARY 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6	7	8
	GNV	LC	Starke	MacC		Starke
9	10	11	12	13	14	15
	GNV	LC	Starke	MacC		
16	17	18	19	20	21	22
	NO CLASS IN GNV, LC or STARKE			MacC		
23	24	Merry Christmas	26	27	28	29
30	31	Jan 1	2	3	4	5
	FSU Bowl	UF Bowl				
6	7	8	9	10	11	12
	GNV	LC	Starke	MacC		



All-Stars

FUNDAMENTAL LIST

BEGINNER	ADV BEGINNER	INTERMEDIATE
1) Attention & Salute	1) Blind Catch	1) Backwards Vertical
2) Flat Spins L&R	2) Backhand Catch	Finger Twirls L&R
3) Wrist Twirls L&R	3) Back Catch	2) Backwards Horizontal
4) Figure Eights L&R	4) Left Hand Catch	Finger Twirls L&
5) Backwards Figure 8 L&R	5) Vert. Finger Twirls L&R	3) Mouth Rolls
6) Front Spins	6) Horiz Finger Twirls L&R	4) Front Neck Rolls
7) Front Spin Body Pass	7) Fish Tails L&R	5) Fish Tail Carries L&R
8) Front Spin Knee Pass	8) Double Elbow Rolls	6) 3 Elbows
9) Boxes L&R	9) Double Elbow Roll	7) High Toss Fan Kick
10) Whips L&R	Extensions	8) High Toss 1-turn Bow
11) Flashes L&R	10) Mouth Roll	9) 1-turn Blind Catch
12) Backward Flashes L&R	11) Front Neck Roll	10) 1-turn Backhand Catch
13) Fake & Real Indian Clubs	12) High Toss Bow	11) 1-turn Back Catch
14) Butterfly L&R	13) Vertical 1-turn	12) 1-turn Left hand Catch
15) Whirl Around L&R	14) Horizontal 1-turn	13) 2-turn Left hand Catch
16) Wrap - Neck & Waist	15) Vertical 2-turn	14) 2-turn Blind Catch
17) Arm Rolls	16) Horizontal 2-turn	15) 2-turn Backhand Catch
18) Elbow Rolls	17) Arabesque L&R	16) 2-turn Back Catch
19) Thumb Flips (Continuous)	18) Hitch Kick L&R	17) 2-turn Left hand Catch
20) Backhand Flips (Continuous)	19) Fan Kick L&R	18) Tour Jete
21) Vertical Aerials	20) Reverse Illusion	19) Cartwheel
22) Horizontal Aerials	21) Step Ball Change w/ Pique	20) Walkover
23) Jazz Run	22) Pique Turns	21) Developpe
24) Kicks L&R	23) Chaîne	22) Cabriole
25) Illusion	24) Attitude	23) Scissor Kicks
26) Step Ball Change	25) Glissade	24) Attitude Turns
27) Pique	26) Grande Jete	25) Pirouette
28) Step Ball Change w/ Pique	27) Petit Jete	
29) Basic Marching	28) Leg Extensions	
30) Lunge L&R		
31) Chasse		
32) Splits		