

## *What to expect at a baton contest*

For a lot of you, March 8th will be your first baton contest. New events can be scary so here are a few things to expect to ease your mind.

1. There will be a lot of twirlers! Last year's contest had 165 solo twirlers and 54 group routines. That translated into 14 hours of twirling! As such, the gym is packed all day long.
  - If you are doing solo events, the best tip is to know what events you are in. It will be your responsible to report to the right lane at the right time. Lanes assignments are found in the program book which is for sell at the head table. If you have questions, please see the head table. (which is Mr. Mike)
  - If you are in group routines, know what group you are in and know what your report time is. When you get to the gym, look for you group teacher to check-in. If you can't find your teacher, ask Mr. Mike at the head table. Also, a group lineup can be found posted on the gym wall and is available in the program book so you know who else is performing and the order of groups.
2. You will receive a "packing" list of things to have. Please double check the list before you leave for the gym as there is no spare batons, costume or props at the contest site.
3. If you are confused or have questions, ASK! We never want people not to understand what is happening. The March 8th is run by Mike and June so this is a great chance to learn about the world of competitive baton twirling without any confusion.

## **OLUSTEE FESTIVAL PARADE** **SATURDAY FEBRUARY 16, 2008**

Parade: Begins at 10:30am and will be over by 11:30am

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.

Start/Finish: We have yet to get the information as to the starting and stopping locations. We will have this information in class as we receive it.

### ***Next Issue***

Information on

- Latest information on the All-Star Classic
- Recital Date/Location

### **FEB & MARCH BIRTHDAY LIST**

Lindsey Roberts	2/1/1992
Bridget Higginbottom	2/18/1995
Jaclyn Adkison	2/28/2000
Hannah Rogers	3/9/1997
Kacey Kreiser	3/18/1998
Emmaline Williams	3/23/2001
Paxon Wise	3/24/2000
Mallory Cain	3/24/1999
Karlie Payne	3/27/1997
Elizabeth Crews	3/30/1999

# 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  
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 Email—[jjbug@hotmail.com](mailto:jjbug@hotmail.com)  
 Website—[www.twirlbaton.com](http://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 [jjbug@hotmail.com](mailto:jjbug@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

These are the same practice tips from last month, but we felt it important to repeat it. Everyone enjoys things they are good at and the only way to get good is practice!

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.

JANUARY / FEBRUARY / MARCH 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		JAN 1	2	3	4	5
6	7 GNV	8 LC	9 Starke	10 MacC	11	12
13	14 GNV	15 LC	16 Starke	17 MacC	18	19
20	21 GNV	22 LC	23 Starke	24 MacC	25	26
27	28 GNV	29 LC	30 Starke	31 MacC	FEB 1	2
3	4 GNV	5 LC	6 Starke	7 MacC	8	9
10	11 GNV	12 LC	13 Starke	14 MacC	15	16
17	18 GNV	19 LC	20 Starke	21 MacC	22	23
24	25 GNV	26 LC	27 Starke	28 MacC	29	Mar 1
2	3 GNV	4 LC	5 Starke	6 MacC	7	8 CONTEST

## 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		