

ABTA Fall Training Workshop

October 30—November 1, 2009
Bishop O'Byrne High School — Calgary, AB

FEATURED INSTRUCTORS:

JACKIE STEWART— Jackie Stewart is a graduate of Purdue University with a degree in Communications. She is a USTA (United States Twirling Association) certified Master Coach and Judge. She is the Education Director for the USTA as well as the Judges Chair for the WBTF. Jackie has coached many National Champions and she has two students that are the current gold and bronze medalist for the U.S. team that competed in Limerick, Ireland at the 2008 World Championships. Jackie also does choreography for gymnastics and works with Level 10 and Elite gymnasts for TX East gymnasts in Tyler, TX. She loves to share the love of her sport in recreational programs as well as competitive levels.

MELISSA MARCUS— Melissa Marcus has many outstanding achievements in our sport, including:

- * 2002 and 2003 WBTF World Champion in the Team event
- * Former US Grand National Two and Three Baton Champion
- * 1999 WBTF Bronze Medal in Pairs at World Championships, and Bronze in team in 2004 and 2006
- * Former Feature Twirler at Florida State University and University of Miami

She has a Masters degree in Exercise Physiology and is working towards her doctorate at the University of Miami. Melissa is the Director, Coach, Choreographer of Synergy Twirling from Miami, Florida. Synergy has represented the US in the International Cup team competition 3 times and won the silver medal in the A division in 2007. She has also coached state, regional, US National, and International Cup champions.

MICHELLE SMITH— Biography Coming Soon.....

MYRA KIRK— Biography Coming Soon.....



SCHEDULE

LEVEL 'A' & 'B' ATHLETES

Friday October 30, 2009 (Bishop O'Byrne High School)
5:00pm—9:00pm—Private Lessons

Saturday October 31, 2009 (Bishop O'Byrne High School)
8:45am – 9:00am—Registration (Student Gathering Area)
9:00am—10:45am— Instruction (Gymnasium)
10:45am—11:00am—Snack Break (Everyone)
11:00am—12:30pm— Instruction (Gymnasium)
12:30pm—1:15pm—Lunch (provided)
1:15pm—4:30pm—Instruction (Gymnasium)
5:00pm—9:00pm—Private Lessons

Sunday November 1, 2009 (Bishop O'Byrne High School)
9:00am - 11:30am—Instruction (Gymnasium)
11:30am -12:15pm—Lunch (provided)
12:15pm - 2:45pm—Instruction (Gymnasium)
2:45pm— 3:00pm— Snack Break (Everyone)
3:00pm—4:30pm—Instruction (Gymnasium)

LEVEL 'C' & RECREATIONAL ATHLETES

Sunday November 1, 2009 (Bishop O'Byrne High School)
8:45am - 9:00am - Registration
9:00am - 11:30am—Instruction (Gymnasium)
11:30am -12:15pm—Lunch (provided)
12:15pm - 2:45pm—Instruction (Gymnasium)
2:45pm— 3:00pm— Snack Break (Everyone)
3:00pm—4:30pm—Instruction (Gymnasium)

**** *There will also be a half day Beginner Clinic held on Sunday, November 1st during the workshop for anyone who has never twirled baton before. This clinic is open to the public and will be taught by local instructors. If athletes have friends that want to try baton, this is the perfect opportunity to do so. More information about this clinic will be available soon. *****

WORKSHOP INFORMATION

The ABTA Fall Training Workshop is sponsored by: ABTA

Sanctioned by: ABTA Sanction #: AB-09-700

Workshop Director: Shari Foster

Billeting Coordinator: Bonnie Brinker

Meal Coordinator: Candy Tedford

Technical Support: Kim Johnson

CBTF Sanction #: CBTF-09-AB-3065

Email: abta@telusplanet.net

Email: bonniebrinker@shaw.ca

Email: ctedford@ajmpc.com

Workshop Location: Bishop O'Byrne High School, Calgary

The workshop will take place at Bishop O'Byrne High School in Calgary, AB. Instruction will be held in the Main Gym & the Student Gathering Area. Bishop O'Byrne High School is located at:

100, 333 Shawville Blvd. SE Calgary, Alberta, Canada

Snacks: All athletes registered for the workshop will be provided with healthy snacks for the day. Please be sure to notify the meal coordinator of any food allergies your child has. No food preferences please.

First Aid: Qualified personnel will be on site to administer first aid should the need arise.

Billeting - Willing to Billet? Do you live in the Calgary area?: Are you willing to volunteer to take an out-of-town athlete into your home for the weekend? If you are willing to billet someone at your house please contact Bonnie Brinker.

Private Lessons: Private Lessons will be available upon request and subject to availability. Only athletes registered in the workshop are able to request private lessons. No exceptions. Send your request along with your registration form or via email to the ABTA office. Private lessons will be scheduled throughout the weekend.

Please note: There will be a \$25.00 gym fee charge per athlete who receives private lessons at the workshop. This fee will be collected at the workshop during registration. If an athlete chooses to cancel his/her private lesson, this fee will NOT be refunded.

Registration Deadline: MONDAY OCTOBER 26, 2009

What to bring

Baton(s)	Water bottle
Note pad and pen	Body suits, tights, warm up suits
Baton and/or dance shoes	

Loaner Batons will be available for 2-Baton and 3-Baton classes.

REGISTRATION FORM— REGISTRATION DEADLINE IS MONDAY OCTOBER 26, 2009

Name _____ Age _____

Address _____ City _____ Prov. _____

Postal Code _____ Alberta Health Care # _____ Phone # _____

Cell # _____ Email Address _____

ABTA/ CBTF Membership # _____ Club Name _____

Parent(s) Name(s) _____ Parent's Contact Phone Number _____

Coach(s) Name(s) _____ Coach(s) Membership # _____

Do you require a billet? YES _____ NO _____ Are you willing to billet? YES _____ NO _____

WORKSHOP FEES (Please circle appropriate fee)

	Level A	LEVEL B	LEVEL C	RECREATIONAL	GYM FEE (private lessons)
In Province	\$150.00	\$150.00	\$75.00	\$75.00	\$25.00
Out of Province	\$150.00	\$150.00	\$75.00	\$75.00	\$25.00

Circle Current Status:

SOLO: C BN BI A ELITE

2-BATON: C BN BI A ELITE

Please enclose a cheque in this amount with your registration form. Cheque payable to ABTA. Send forms and cheque to:

**ABTA
11759 Groat Road
Edmonton, AB T5M 3K6**

**** If you have made arrangements with your club/region to pay your workshop registration fee, check here _____**

**** Region/Club Name _____**

**** If your Region/Club is paying your registration fee, please feel free to fax your registration forms: (780) 415-0170**

Emergency Contact Information

Name _____

Phone _____

I hereby certify that _____ may attend the 2009 ABTA Fall Training Workshop, October 30—November 1, 2009 and hereby waive any claims against the director, the ABTA, Bishop O'Byrne High School, and any other organizations or persons affiliated with the workshop. In the event of an emergency, a licensed physician, hospital, or paramedic chosen by the person involved may treat my child.

Signed _____

Date _____

CLASS SELECTION

Please select the Workshop classes you would like to attend. The class description on the following page describes the minimum requirements for each class offered. Please use this outline to choose your classes according to your skill level. Circle or highlight your selections, and include this page with your registration.

- Please note:
- * Level A & B athletes need to choose classes on Saturday and Sunday.
 - * Level C and Recreational athletes need to choose classes on Sunday only.
 - * Classes are subject to change due to enrollment.
 - * Coach MUST sign registration form.
 - * Instructor's initials are in brackets to show who is teaching the class.
 - * Instructors: MM—Melissa Marcus, JS—Jackie Stewart, MS—Michelle Smith, MK—Myra Kirk

SATURDAY OCTOBER 31, 2009

8:45am –9:00am	Registration (Everyone)			
9:00am – 9:15am	Warm Up (Everyone)			
9:15am—10:00am	B Group Session (Sport Nutrition—Guest Speaker)	A/Elite Speed Development (MK)		A/Elite Aerials (MM)
10:00am—10:45am	BN Vertical Contact (MM)	BI Aerials (MK)	A Group Session (Sport Nutrition—Guest Speaker)	B Strengthening/Conditioning (MS)
10:45am—11:00am	Snack/Break (Everyone)			
11:00am—11:45pm	BN Rolls (JS)	BI Horz. Contact (MM)	B Body Technique (MS)	A/Elite Rolls (MK)
11:45pm –12:30pm	BN Aerials (MK)	BI 3-Baton (JS)	A/Elite 3-Baton (MM)	A/Elite Acro (MS)
12:30pm—1:15pm	Lunch (Everyone)			
1:15pm—1:30pm	Warm Up (Everyone)			
1:30pm—2:15pm	BN Speed Development (JS)	BN Dance Twirl (MM)	BI Instructor's Choice (MS)	A/Elite Short Program Elements (MK)
2:15pm—3:00pm	BN Acro (MS)	BI Rolls (MK)	A/Elite New Judging System (JS)	A/Elite Instructor's Choice (MM)
3:00pm—3:45pm	BN Travel Complex (MK)	BI Acro (MS)	A Rolls (MM)	A/Elite 2-Baton (Horz. Material) (JS)
3:45pm—4:30pm	BN 3-Baton (MM)	BI Movement with Baton (JS)	A/Elite Travel Complex (MK)	A/Elite Showmanship (MS)

SUNDAY NOVEMBER 1, 2009

8:45am—9:00am	Registration (Recreational & Level C)			
9:00am—9:15am	Warm Up (Everyone)			
9:15am—10:00am	Rec/C Rolls (MM)	BN Medley (MK)	BI Dance (MS)	A/Elite Baton with Movement (JS)
10:00am—10:45am	Rec/C Dance (MS)	BN Rolls (MM)	BI Travel Complex (JS)	A/Elite Vert. Contact (MK)
10:45am—11:30am	Rec/C 2-Baton (JS)	BN Dance (MS)	BI Rolls (MK)	A/Elite Duet & Pair (MM)
11:30am –12:15pm	Lunch (Everyone)			
12:15pm—12:30pm	Warm Up (Everyone)			
12:30pm—1:15pm	Rec/C Body Technique (JS)	BN Spin Technique (MK)	BI Dance Twirl (MM)	A/Elite Strengthening/Conditioning (MS)
1:15pm—2:00pm	Rec/C Duet & Pair (MM)	BN Showmanship (MS)	BI 2-Baton (MK)	A/Elite 3-Baton (JS)
2:00pm—2:45pm	Rec/C CBTF Badges (MK)	B Compulsories (JS)	BI Speed Development (MM)	A/Elite Dance (MS)
2:45pm - 3:00pm	Snack/Break (Everyone)			
3:00pm—3:45pm	Rec/C Aerials (MK)	BN Movement with Baton (MS)	B New Judging System (JS)	A/Elite Horz. Contact (MM)
3:45pm—4:30pm	Rec/C Acro (MS)	BN Horz. Contact (MM)	BI Duet & Pair (MK)	A/Elite 2-Baton (Vert Material) (JS)

ATHLETE NAME _____

COACH SIGNATURE _____

Request for Private Lessons

Private lessons will be granted on a first come, first serve basis. Depending on the number of requests, these lessons could be scheduled before, during or after the workshop. We will try our best to accommodate everyone's requests. If you would like to request private lessons, please indicate which instructor you would like and the duration of the lessons requested.

Private Lesson Fees:

Melissa Marcus — \$40.00/hour (US funds)

Jackie Stewart — \$60.00/hour (US funds)

Myra Kirk — \$60.00/hour (Canadian funds)

Please Note:

- **Private lessons are to be paid directly to the instructor at the time of your lesson. Instructors accept CASH ONLY!**
- **There will be a \$25.00 gym fee for all athletes who receive private lessons.**
- **If your Region/Club is paying your registration fee, the gym fee will be collected at the Workshop during Registration.**
- **If an athlete chooses to cancel his/her lesson, this fee will NOT be refunded.**

INSTRUCTOR	AMOUNT OF TIME REQUESTED	PREFERRED LESSON TIME		TYPE OF INSTRUCTION REQUESTED (ie. Solo, Freestyle, 2-Baton etc.)
		Friday October 30	Saturday October 31	
Melissa Marcus				
Jackie Stewart				
Myra Kirk				

***** Please submit Private Lesson request by October 15, 2009 *****

Coaching & Judges Seminar

With Jackie Stewart

When: Saturday October 31, 2009

Time: 9:00am—11:00am

Where: Bishop O'Byrne High School (Student Gathering Area)

Cost: \$10.00 (cheque payable to ABTA)

Topic: New Judging System



Name: _____

Address: _____ City _____ Postal Code _____

Phone Number () _____ Email Address: _____

ABTA/CBTF Membership # _____ Current Coaching Level _____

Club Name _____

Please send registration form and cheque to:

ABTA
11759 Groat Road
Edmonton, AB
T5M 3K6

REGISTRATION DEADLINE: MONDAY OCTOBER 26, 2009

** If you have made arrangements with your club/region to pay your workshop registration fee, check here _____

** Region/Club Name _____

** If your Region/Club is paying your registration fee, please feel free to fax your registration forms: (780) 415-0170