

2010 Lynda Garland Award Announced

July 5, 2010 - The Lynda Garland "Award for Excellence" was presented at the Canadian Baton Twirling Championships in Toronto, Ontario. This year's recipient of Lynda Garland's "Award for Excellence" was Lorraine Meek.

At the 2008 Canadian Championships in Moncton, NB, the CBTF recognized Lynda Garland's years of service to Baton Twirling in Canada and around the world by creating a new award that bears her name. Among Ms. Garland's many accomplishments, she was one of the founders of the Twirl Canada organization and was its first President from 1979 through 1983. Twirl Canada went on to become the [Canadian Baton Twirling Federation](#) [1] (CBTF), which was a charter member of the [World Baton Twirling Federation](#) [2] (WBTF) when it was formed. Lynda served as President of the World Baton Twirling Federation between 1983 and 2008.

Ms. Garland established the criteria for the new award. The Lynda Garland "Award For Excellence" is presented to a Canadian Baton Twirling Federation (CBTF) Coach who exemplifies excellent, progressive coaching, superior technical abilities and provides innovative ideas and programs.

In presenting the award, Ms. Garland provided a history of Lorraine's career and accomplishments:

Lorraine started twirling at age 4 in Calgary, Alberta. She joined the Royalettes Baton Club under the direction of Karen Thompson Gratton when she was 8 years old and the Rocky Mountain Spinners under the direction of Karen Woycenko at the age of 13.

Lorraine trained and lived with renowned coach Chet Jones, of Portland, Oregon, trained with Annet Galloway (USA) and coaches Darlene and Tim King on the World Team.

She won many Provincial and National titles from 1978-1985; was the Grand National 2-Baton Champion in 1983 and 1985 and was a member of Batons West when they won the Silver medal at the World Championships in Turin, Italy in 1985.

Lorraine began her coaching career at age 18. Her coaching career has spanned 25 years.

She is currently the Head Coach, Owner and Director of The Baton & Dance Company in Calgary, Alberta. The studio offers training in all CBTF and WBTF events, plus classes for recreational athletes, Jazz, Technique and Hip-Hop.

Lorraine teaches children and young adults ranging in age from 3 to 24. She is a Level 2 CBTF-certified Coach and trains athletes from the grass roots to the World Level of the baton twirling sport.

Lorraine was a professional dancer for many years and owned and operated Dance Tech, a professional dance troupe.

She attended the 1986 WBTF World Championships in Turin, Italy, as a member of the Batons West Team that won the World Silver Medal.

In 2000, Lorraine co-trained with fellow coach Loren Dermody. "The A Team" placed 5th at the WBTF World Championships in Den Bosch, Holland and in 2003 Lorraine accompanied her student Alyssa Dangschat to the WBTF World Championships in Barcelona, Spain. Alyssa placed 11th in the Junior Women's division.

In 2004, Lorraine accompanied her student Cory Archer to the WBTF World Baton Twirling Championships in Osaka, Japan.

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In 2005, Cory won the Bronze Medal in the Junior Men's Division at the WBTF World Championships in St. Paul, Minnesota and in 2006 she attended the WBTF World Championships in Rome, Italy, where Cory won the Gold Medal in the Sr A 3-Baton division at the 2nd WBTF International Cup.

Again, in 2007, Lorraine teamed with her colleague Loren Dermody. They co-trained Cory and Jenna Jemieff. The Pair won the bronze medal at the WBTF World Championships in Hamilton, Ontario.

In 2008, Lorraine and Loren Dermody co-coached and trained the International Cup Group "Music in Me". The Group won the Gold Medal in in the B Division at the 4th WBTF International Cup in Limerick, Ireland.

Lorraine has coached clinics at the Local level (elementary schools, after-school programs, mall demonstrations); at the Provincial level (sport promotion days, clinics, camps); at the National level (provincial clinics in British Columbia, Alberta, Saskatchewan, Manitoba, Ontario and annually in New Brunswick); and at the International Level (in Switzerland and Japan).

Lorraine continues to promote the sport tirelessly each season. Her twirlers have performed at the Calgary Stampeders Half-Time show, Calgary Cannons baseball games, the 1996 Western Premier's Conference, Annual Hullabuloo, Calaway Park, CFCN Lunch Hour News, the 2 & 7 Breakfast Show, the 1998 TOPPS Convention, the Calgary Women's Show, SAIT, the University of Calgary and Mount Royal College Basketball Half-Time shows, The Big Breakfast, and Winter Guard guest performances.

Lorraine has volunteered in many positions in the sport over the years: Regional Technical Representative, Provincial Technical Chairperson, CBTF Sanction Officer, CBTF 1st Vice-President (2004-2008) and was the 2007 Competition Director for the 3rd WBTF International Cup.

She has helped many students obtain a job by writing glowing letters and providing a personal reference.

Lorraine continues to update her judging certifications and has become a CBTF Module 1/Level 2 Course Conductor. She is an active CBTF Skills Development Program Adjudication Course Conductor.

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