



## Secret Pal Information Sheet

2024 IBTF WORLD FREESTYLE & RHYTHMIC TWIRL CHAMPIONSHIP - Helsingborg, Sweden

Canadian Baton Twirling Federation

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La Fédération Canadienne de Baton Sportif

CBTF Athletes competing in the 2024 IBTF World Freestyle & Rhythmic Twirl Championship will participate in the Team Canada Secret Pal Exchange! It will be your job to make sure that your Secret Pal receives little gifts, notes, cards, positive phrases, pictures etc. that will make them feel happy, motivated and part of the team.

DO NOT SPEND A LOT OF MONEY. Be creative and make your own gifts and cards but make sure your secret pal can't figure out who you are!

- ❖ Have someone else deliver your Secret Pal gifts.
- ❖ Be secretive, mysterious, sly and creative!
- ❖ Have fun, help support and motivate your teammates.

You will give your Secret Pal something on each day, from August 4 to August 11<sup>th</sup> inclusive. You will need 8 gifts in total.

You may spend \$2 - \$5 on the daily gifts (**Aug 4 to Aug 10**). On the final day – **Sunday, August 11** you will exchange your final gift (\$15 - \$20) and find out who your secret pal is.

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Name \_\_\_\_\_

Age \_\_\_\_\_ Zodiac Sign \_\_\_\_\_

## What are your FAVOURITES...

Color
Flavoured Water
Hard Candy
Fruit or Vegetable
Jewelry
Animal
Hair Product
Game
Author
Food Gift Card
Sports Team
Chocolate Bar
Gum or Mints
Holiday
Bath and Body Works Scents
Starbucks or Tim Horton's or Both?
What are your SIZES?                      T-Shirt                      Shoes
I like to collect
One thing I would like from Sweden is:
I do not need any more of these things, thanks:

Helsingborg is known for troll and mythical creature figurines. Is this something you would like to receive?

**DO NOT TELL ANYONE WHO YOUR SECRET PAL IS**

**HAVE FUN!**