

Baton Twirling Association Cymru

Newyddion BTAC



MESSAGE FROM THE PRESIDENT

Hello members,

Welcome to the first edition of the Newyddion BTAC!

I know you will receive this newsletter following one of the most challenging times we have ever experienced. I want to pass on my thanks to you all for engaging in the online training and zoom sessions, it will take time to adjust but will always be a useful way of communicating. We are in the process of creating a series of online workshops for all welsh athletes to attend, further information will be available very soon. We shall continue to develop our digital resources, so they are useful when Lockdown is a distant memory.



Although Lockdown has been challenging it has also presented us with the most incredible opportunities to make friends and take part in training with coaches from around the world. Jessica Whitbourn tells us all about her new app on page 3.

This newsletter is packed full of information and news on the things that are going on in the world of BTAC.

As the national body for Baton Twirling in Wales, we shall issue advice to our members, how and when training can resume. But until then it is important to look forward to the future and keep planning and training, we never get a chance to pause our lives, so please, make it count!

We have 5 new teams starting when lockdown finishes, which will include new Baton Twirling Teams, Pom Dance teams and Acro Dance. It is an exciting time to be a Baton Twirler or pom dancer in Wales.

Hopefully I shall see you all soon, when it is safe to do so.

Stay Safe, Jess X



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'One-STOP' Shop for all Twirling Dance and Majorette Supplies

Meet the Team



President

Jessica Shore

Twirling is a huge part of my life, I have 35 years twirling experience, 15 years of running my own teams and coaching.

I am passionate about developing the foundations we have built into a successful national sporting organisation.



Business Manager

Steve Shore

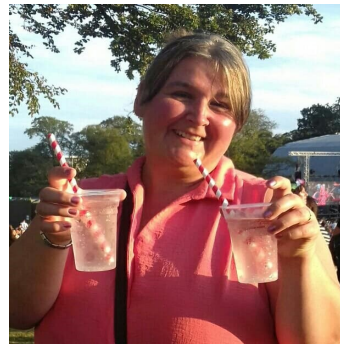
Having spent 30 years in industry and running my own company, I was fortunate enough to retire at 50. I have followed my daughters progression in Baton Twirling taking great pride in her achievements. I was delighted when Jess asked me to take an active role in BTAC where my aim is to develop the association from an 'interested parents group' to a truly successful international organisation.



Grants, Fundraising & New Business Director

Kelly Bennett

I am studying Business at University and am a twirling parent. I am looking forward to using my new skills to benefit the welsh athletes.



Risk and Diversity

Director

Tina Rees-Williams

I am passionate about our sport being inclusive to all children and young people regardless of ability or background.



Head of Technical

Faye Wright

I have been twirling since 1992 and coaching for the past 15 years. I have run my own teams in the past and am now looking forward to developing our sport in Wales to encompass our new unified status.



Pom Dance Associate

Sam Morley

Sam is a professionally qualified teacher and adjudicator with UKA dance. Qualified in many styles including Cheerdance, Freestyle, Hip-Hop & Street and Latin American.

Sam is founder and principal of DNL

Dancelicious in South Wales, starting with just a small group of dancers in 2008, the dance school has grown from strength to strength. DNL have won many Champion titles throughout the UK. One of her many accolades is that Dancelicious were selected to dance and entertain HRH The Queen and the Royal Guards at the Millennium Stadium, a very proud moment. Sam has led the movement for cheerdance in South Wales and in 2018 Sam set up an events Company called Pure Dance! Pure Dance Events run Cheerdance and Hip-Hop competitions in Wales and is a great platform for local dancers! Sam was selected to lead, train and choreograph the Welsh Squad for the Pom section at Worlds 2020.

Sam says: I am honoured to be introduced as the Pom Dance Associate for BTAC and look forward to working with Jess and the team more! Jess and I have already formed a strong bond through our passion for the sport and we both very much believe in giving our members the very best opportunities. I am excited to start this new chapter together. XxX

Vacancies on our Friends of BTAC Group

All volunteer posts:

1. Fundraising Assistant
2. Competition day assistant
3. Marketing Support Officer
4. Events Assistant
5. Diversity Support Officer

Role Specifications available on request.

Please send an expression of interest explaining which post you are interested in and detailing your experience to

sshore.btac@yahoo.com

For more information please email: sshore.btac@yahoo.com

JESSICA WHITBORN HAS REVOLUTIONALISED THE WAY WE TRAIN

Since Lockdown started, we have been given the most amazing opportunities to train with the worlds finest Athletes. This is all down to Jessica Whitbourn, we hear from her now.

“

Hiya! My name is Jessica Whitbourn and I am from England. I have been lucky enough to work with some of the NBTA Wales athletes during lockdown, and what a pleasure that has been so I can't wait to share with you my baton twirling story and my lockdown life. I am currently studying my Master in Law and my Legal Practise Course. I have my Acrobatic Arts Business and as it stands I have my own baton twirling team called Twirl-Versity Baton Twirlers which has only been going for just over a year, but I have gained over 20 athletes.

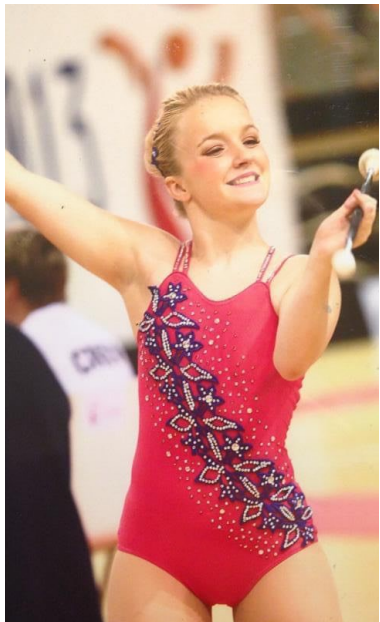
I am a BBTSA qualified judge, coach and now a WBTF judge and worlds recognised judge. I have managed to do a lot in baton twirling both as an athlete and now as a professional. I have won any national and British titles. I have competed internationally for England in all events since 2010.

I have been super lucky and travelled all around the world.

Due to my connections around the world from my past baton twirling career as an athlete I have managed to develop my own baton twirling app called '**Twirl-Versity App**' which I have over 20 international athletes on sharing their tutorials. This is a huge accomplishment for me and I can't stress to you how much amazing content is on there. It will help you massively through this lockdown period. I understand times are

hard, not having a coach with you daily and not having the motivation and drive you would somewhat have in the sports hall but this app helps athletes around the world daily.

Also, I have established an Online Class timetable. I am organising Online Classes via Zoom for athletes worldwide to learn and progress their skills with athletes and coaches around the world including Savannah Miller, Karrissa Wimberley and Laney Puhalla. These have been super popular and I can't thank everyone enough for their support. Please do get involved it helps keep the baton twirling love in the air. If your struggling to keep the motivation, just look to the future. **Ask yourself what do you want for the future?** That is exactly what I asked myself. I want my team to have more experience and knowledge when they return to the sports hall, I want my athletes to show me their new skills and most importantly I want my athletes to love twirling.



My best advice for you all is to use the resources around you. You do not need to have endless amounts of money to come to Online Classes, the App is free.

A message to your friends, to facetime and twirl together is free. Keep up the twirling, keep the love in the air and simply look to the future we are all in this together regardless as to the time it may take to physically be back together but I can promise you we really are all in this together. If you ever need a chat, some advice or someone to simply look over a skill please do not hesitate to send me a message on Facebook or Instagram (jess_whitbourn). I am super busy but I will get 3 back to you all!

Please all stay safe and keep twirling!

For more information please email: sshore.btac@yahoo.com

2020 AND BEYOND

It is not yet clear what the remainder of the competition year will look like, but we are doing our best to be ready when we are allowed. We shall also be hosting some online competitions .

Information on selections for the 2021 international season will be available soon.

2021

WBTF European Cup—Blanes, Spain
6th-11th July 2021

WFBTA World Championships—
Eindhoven, Netherlands

12th-15th August 2021

NBTA Europe European Majorette
Europeans

Karlovy Vary, Czech Republic
Date Oct 2021

2022

IBTF World Championships
Liverpool, England.

August 2022

Acro Dance Classes coming to a club near you soon!

Acro is an important element of twirling, particular with regards to WBTF.

BTAC shall be sending our first National Coaches on the ACRO Dance Coaches Course shortly. Following this we anticipate new classes starting and events added to our competition line-up.

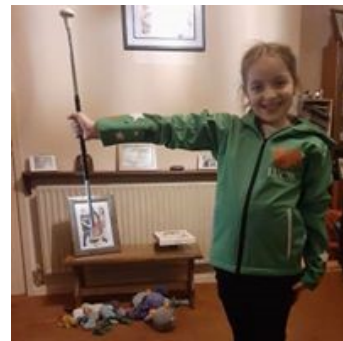


#APARTBUTTOGETHER

As soon as Lockdown was declared international competitions from around the world were cancelled, including WFBTA Worlds, SBTA Invitational, WBTF European cup and the NBTA Europe Majorette Europeans.

Athletes from around the world were sharing in their disappointment and started to share pictures of themselves holding their baton out.

Welsh athletes joined in and here are some of our photos which are being shared throughout the world.



NEW POM EVENT

We are very proud to announce that we shall be launching a new series of Pom events at our competitions. The events have been created by BTAC's Dance Associate Sam Morley. Each club will be sent the rules and explanatory videos in due course.

The events include a set pom individual routine and also pom freestyle duo.



COACHES COURSE

We shall be opening our first round of spaces for the BTAC Level 1 coaches course.

Anyone over the age of 13 can attend the course, although we shall only be certifying those over 18. The under 18's will receive a 'Junior Coach' status upon satisfactory completion of the course.

The course will have a number of modules to be completed, and shall include studying, activities and practical tests.

If you are interested in attending the course, please make your team leader aware and they shall put you forward.

WEBSITE

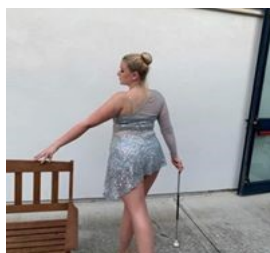
We have a new website for members being built as we speak, you will be able to renew membership, make and pay for competition entries and store score sheets etc.

Watch this space.....News coming soon!

2019 REVIEW

In 2019, we attended 2 international competitions. Both European championships in Baton Twirling and Majorettes. The Welsh Athletes has put an incredible amount of work into their preparations and the committee and technical board were delighted with their performances.

It was the first time abroad for many of those who attended, they were fantastic trips creating many memories for the athletes and families.



"Its not about being the best, its about being better than you were yesterday"

5 TOP TIPS FROM WORLD CHAMPION

MELODY MEIJER

Start every practice with a good warm-up routine. You can start with running to raise your heart rate. After that you start moving all body parts separately and building it up from some slow flow movements to a bit quicker movements. The best is to combine some power movements to build up to strength and some stretches to build up your flexibility. You can choose if you want to put some High Intensity work-out movement in it and also some stretches. Start a warming-up routine 10 minutes before your training starts. This is a smart thing to do because it gives you more time to spent practicing with your coach and you make a good use of the total amount of time you are paying for renting the hall. So it's a win-win situation; you're taking better care of your body, it will get you to better overall improvements and you are saving some money. It's good to repeat certain/new techniques, repetition is the strength of learning! It's normal that things don't work out immediately. Give it some time to improve and keep on practicing! The next time you'll be training the same technique or trick you will be getting faster results. If you want to be more flexible the best moment to do your stretches is in the end of your training or at the end of the day. There are two different ways to stretch: passive or active. I prefer a passive stretch as it is a totally relaxed way to stretch, try to relax the muscles and use your breathing to release tension in the body. As



you breath out you can go deeper in to the movements. Hold the end positions a couple of minutes, so your body has time to adapt. Always enjoy your training! Even when things aren't working out for you, maybe you don't feel that well, maybe your body feels sore, maybe your mindset isn't that focused, maybe you didn't catch that trick that day. Don't stress about this, but try to accept what it is. This is normal, every day is another day, so every training is different. Try to be consistent when you train and how you train. My tip is to enjoy every moment, enjoy twirling. Be grateful for every moment you learn something new and remember every step forward is one step closer to your goals.

Melody





1. WHAT ARE THE ENDS OF BATONS MADE OUT OF?
2. WHICH COUNTRY WON THE LAST WFNBT WOLRDS WITH POM?
3. WHICH END OF THE BATON IS THE TIP?
4. IS THE THICKER BATON SHAFT A 7/16 OR 3/8?
5. HOW MANY MARCHES DO YOU DO AT THE START OF EACH LEG OF XSTRUT?
6. BASIC STRUT LEOTARD MUST BE SKIRTED OR UNSKIRTED?
7. HOW LONG DO YOU HAVE IN SOLO SHOWTWIRL TO PLACE YOUR PROPS AND REMOVE THEM AT THE END OF YOUR ROUTINE?
8. HOW MANY TYPE OF POM HANDLE CAN YOU NAME?

COMPETITIONS AND PUZZLES

CROSSWORD

Fugimi
Handroll
Dance
Platter
Pom
Cutback
Elbow roll
Training hall
Figure of Eight
One Spin
Illusion
Fan kick
Arabesque
Baton
Grip
Family
Friends

| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| F | A | N | K | I | C | K | Z | V | L |
| B | N | P | M | F | U | G | I | M | I |
| L | V | O | W | I | L | Y | R | U | V |
| L | P | S | X | G | W | H | K | I | L |
| A | L | Q | D | U | L | I | G | C | P |
| H | A | N | D | R | O | L | L | K | N |
| G | T | F | F | E | N | L | I | Y | B |
| N | T | A | R | O | E | U | T | G | C |
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| A | S | Y | D | G | N | N | T | M | E |
| R | S | H | S | H | P | A | O | P | C |
| T | W | C | U | T | B | A | C | K | N |
| O | Q | W | X | S | D | P | O | P | A |
| E | L | B | O | W | R | O | L | L | D |

Design a Leotard

Colour, stick, glue and design your perfect leotard. Once complete send a photo of your design to sshore.btac@yahoo.com for a chance to win a goody bag.

