



Maine Baton Twirling Council (MBTC)

presents the

2024 LET'S TWIRL CLINIC

We welcome Ginnette Groome, Emily Cooper, Jen Eby McDonough, Morgan Sanborn & others.

Come learn from some of the country's best clinicians! Get ready for a full day of learning, twirling, dancing, & fun!

ALL Skill levels, teams & organizations WELCOME! Ages 7 & up

Saturday, 16 March 2024

8:30 AM – 4:00 PM (doors open at 8:15 AM)

Sea Road School, 29 Sea Road, Kennebunk, ME 04043

Susan Plass kbunktwirl@roadrunner.com or (207) 423 3019

Register now by emailing for an entry form!

Ginnette Groome (Elite Coach, Master Judge) will be teaching with

Emily Cooper (recently retired twirling athlete & now respected coach/judge),

Jen Eby McDonough (well respected NBTA coach/judge)

& **Morgan Sanborn** (City Ballet of Boston member,

ABT certified) & other twirling / dance clinicians to be announced.

Costs:

Full Day Clinic: \$45 Event Critique(s): \$5 each Compulsory/ Movement Evaluation(s): \$10 each

Offering classes for different skill levels including:

Flips & Contact Material, Rolls, Stretching, Strengthening, Ballet technique, Compulsories, Movement, Travelling Tricks, 1/2/3 baton, routine critiques available, compulsory evaluations and more! Athletes will be divided by age/level and will be able to select the classes that best fit their skill level and twirling/dancing needs.

OPTIONAL: Compulsory evaluations & routine feedback available after the clinic Saturday (may also be available on Sunday).

What to bring? *Hand sanitizer/ wipes, water (fountain may not be available), healthy snacks, lunch, labeled batons, baton/ jazz shoes, hair in a bun, sweat towel, a notebook/ writing utensil, USTA CAS book (if applicable). No spectators in the gym during clinic.*

Recommended Hotel: *Hampton Inn, Kennebunk, ME rate – \$125/night*





MAINE BATON TWIRLING COUNCIL

SATURDAY 8:30AM-4:15PM



Contact Material, Rolls, Stretching, Strengthening, Ballet, Compulsories, Movement, Travelling Tricks, 1/2/3 baton, basics, new material, & critiques available.

Let's TWIRL! Clinic					
8:30 - 8:40 AM	Welcome & Introductions				
8:40 - 9:00 AM	Controlled Stretch				
9:00 - 9:15 AM	Dance to the Music Warm Up- Body				
9:15 - 9:35 AM	Warm Up - Baton (assess group level)				
	Novice (Corner 1)	Beginner (Corner 2)	Intermediate / Adv (Corner 3)	All Levels (Corner 4)	FLOATER
9:40 - 10:20 AM	Flat Twirl Series	Flat Twirl Combo	Releases & Receptions	Acro	
10:25 - 11:05 AM	USTA C Compulsories (Basic twirls)	USTA B &/or B1 Compulsories [depends on registrations]	USTA B2/A + Compulsories [depends on registrations]	Ballet Technique for turn out and Sous-sus	
11:10 - 11:50 AM	Novice Rolls	Beginner Rolls connecting basic rolls	Int Adv Continuous Rolls	Learn at home flexibility routine (working towards both side splits & needles/ scorpions) Learn at home strengthening routine (ankle & core strength)	
11:55 - 12:35 PM	USTA C &/or B Movement Technique	USTA B1 &/or B2 Movement Technique	USTA A + Movement [depends on registrations]	Interview	
12:35 - 1:00 PM	Lunch Break- bring your own lunch to eat at facility				
1:00 - 1:40 PM	Intro to 2-Baton	2-Baton tricks	2-Baton tricks	Leaps, lay backs, leg holds/ extensions & lunges for Artistic/ X-Strut	
1:45 - 2:25 PM	Vertical Twirl Series	Vertical Twirl Combo	Contact Material & Vertical Low Flips	Dance to the Music	
2:30 - 2:50 PM	Basic Strut (NBTA)	Spin Technique (1-3 spins)- work at your current level/ explore variety of catches / vertical & flat	Spin Technique (3-6 spins)- work at your current level/ explore variety of catches / vertical & flat	Increasing vertical & horizontal toss height	
2:50 - 3:10 PM	Military Strut (NBTA)	Review vertical/horizontal Finger Twirls- right & left. Learn a small finger series.	Toss Illusions (single/double/ 1 - spin double)	Perfecting Illusions (forward& reverse)	
3:15 - 3:55 PM	Perfecting the thumb roll, flip and/or toss	Aerial Tricks (toss leaps, toss cartwheels, toss walkovers, etc.)	3 - Baton tricks	Best Appearing	
3:55 -4:15 PM	Closing Fun and Remarks				
4:15- 4:45 PM	Departure for those not participating in evaluations and / or critiques				
TBD	Evaluations and Critiques Begin. Line up to be determined following receipt of registrations.				

Cost \$45 for day (compulsory evaluation and/or competition routine critique is extra \$).

For clinic, pack the following: hand sanitizer/ wipes, water (fountain may not be available), healthy snacks and a lunch (cannot have food out on floors), labeled batons, baton/jazz shoes, hair in a bun, sweat towel and a notebook/writing utensil. Please do NOT bring anything you do not need.



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ALL Skill levels welcome (for ages 7 and up)!

Saturday, 16 March 2024

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Contact: Susan Plass at kbunktwirl@roadrunner.com or (207) 423 3019

Offering: Contact Material, Rolls, Stretching, Strengthening, Ballet technique, Acro, Compulsories, Movement, Travelling Tricks, 1/2/3 baton, basic, modelling, interview, new material, critiques available, compulsory evaluations and more!

Full Name:

Street Address:

City, State, Zip code:

Athlete Phone #:

Date of Birth:

Current Age:

Email:

Emergency Contact:

Emergency Contact Phone #:

List any known allergy issues:

Coach:

Coach's Email:

Current Competitive Twirling Level: Please circle

NOV BEG INT ADV

Highest Level USTA Compulsories Passed: Please circle

C B B1 B2 A AA AAA ELITE N/A

Highest Level USTA Movement Passed: Please circle

C B B1 B2 A AA AAA ELITE N/A

Costs:

- Full Day Clinic: **\$45.00**

I would also like to participate in:

- **Event Critique(s):** 5.00 each Total # of critiques = ___ x \$5.00 = \$ _____
Please circle event(s) for judge's verbal critique:
Solo 2 Baton 3 Baton X-strut USTA strut Artistic Twirl Rhythmic Freestyle
- **USTA Compulsory Evaluation(s):** \$10.00 each Total # of evaluations = ___ x \$10.00 = \$ _____
Please circle level(s) for evaluation: C B B1 B2 A other:
USTA Membership #: _____
- **USTA Movement Evaluation(s):** \$10.00 each Total # of evaluations = ___ x \$10.00 = \$ _____
Please circle level(s) for evaluation: C B B1 B2 A other:
USTA Membership #: _____

▪ **Clinic Total:** \$ _____