



# *Bexley Baton Twirlers*

*Established 1961*

## WELCOME

The Bexley Baton Twirling Studio was established in 1961 and is the longest running baton twirling club in Australia. It is run by a team of experienced & qualified coaches.

We are dedicated to nurturing our athletes by developing their foundation skills and teaching them the importance of being part of a team.

We pride ourselves on creating a fun & relaxed environment in which to learn new skills & develop individual creativity.

The coaching team have over 30 years' coaching & judging experience, and have competed at numerous World Championship & International Cup competitions.

We have consistently produced athletes who have succeeded at all levels – state, national and international standard. Our dedication to baton twirling has seen many of our students go on to pursue their coaching, judging and acrobatic qualifications, enabling them to give back to the sport that they love.

At the Studio, we are one big family and many of our students have become lifelong friends even after retiring from the sport.

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## WHAT IS BATON TWIRLING?

**Baton Twirling** is a stunning, unique artistic sport combining the technical skill of twirling the baton with the grace of ballet, the passion of dance, and the strength & agility of gymnastics & acrobatics.

The aim is to simultaneously blend moving the baton with fluid body movements, so the baton becomes an extension of the twirler, rather than just an apparatus. Once this is achieved, baton twirling is exciting, creative and an amazing sight to behold.

Baton Twirling is performed in Teams or Groups, in pairs or as an individual twirling one, two or three batons.

Baton twirling is a great activity for participants of all ages. It's a wonderful way to meet new people and learn a fabulous new skill. At its core, baton twirling teaches discipline, teamwork & good sportsmanship in a fun and creative atmosphere.

There are many benefits to participating in the sport of baton twirling. It promotes healthy exercise while helping to develop an athlete's gross & fine motor skills, spatial awareness and hand eye coordination. Athletes also develop strength, flexibility and stamina, as well as poise and a positive body image as a result of participating in the sport of baton twirling.

## CLASSES

**Recreation classes** are designed to teach new students the basics of baton twirling in a fun and relaxed atmosphere. Novice Twirl classes are introduce the new students to baton twirling technique and body foundations. Beginner Twirl classes build on baton technique and introduce acrobatic body foundation skills.

All students will learn the basic skills and techniques of baton twirling combined with simple body work. Skills are learnt in a succession of building blocks, each one connects to the other until you have the essential framework to perform simple routines.

Students will also have the opportunity to participate in the national Twirling Achievement System badge program (TAS). The TAS badge program is a series of progressive skill levels which assists athletes in learning basic twirling technique in combination with basic dance and gymnastic movements. There are 8 levels and athletes progress at their own pace through each level. Students are awarded a badge to show they have passed each level.

Recreation classes are a great way to have fun with friends, meet new people and learn a fabulous new skill. Students will also have the opportunity to attend workshops or clinic and community performances.

**Competition classes** are for those students who are interested in taking their skills to the next level. Lesson focus is on routine choreography and perfecting more complex skills. Students have the opportunity to compete in individual events as well as becoming part of a competition team. Students are broken up into ability levels in these classes: beginner, intermediate & advanced.

Competition students are required to complete the TAS badge program as well as compete in local qualifying competitions throughout the year. Athletes may even qualify to compete at the State and National Championships. Competition classes also involve travel to competitions from local areas to interstate and for the more advanced athletes, overseas destinations.

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## WHAT TO WEAR

### Clothing

For ease of movement and comfort during class we request that clothing is non-restrictive and similar to something you would wear to the gym.

eg. tights / lycra leggings, running shorts, leotard, sports top, singlet or T-shirt.

Nothing to oversized please as batons get caught in sleeves and hems and it makes twirling difficult.

### Footwear

Jazz shoes or ballet shoes (eg. canvas ballet flats) are the preferred options. When students are first starting out sneakers are fine, but students will find that they do become difficult to work in.

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## WHAT TO BRING

Just yourself and a willingness to learn new things. A loan Baton will be arranged for new students. Unfortunately these are not always in the correct size. New batons are able to be ordered for those students wishing to purchase their own baton. Purchasing details will be provided on request. Cost of new baton is currently approx \$60.

## Food and Drink

Students are to bring a bottle of water with them for a quick drink break during class time.

As the class are 1 - 1.5 hrs, we do not allow for a snack break. However Students may like to bring a healthy snack with them to eat at the completion of the class. No food is to be consumed within the Studio.

Due to students with allergies, Bexley Baton Twirling Studio is a nut-free zone.

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## TIMETABLE

Our classes have been specially designed with your child in mind. We are dedicated to nurturing our athletes by developing their foundation twirling skills, strength, flexibility, creativity & confidence, but more importantly we make sure they are having fun while they are learning.

TIME	TUESDAY - Active Elite Performers Studio	SATURDAY - Active Elite Performers Studio
9.00 - 10.00am		Novice Twirl
9.00 - 10.30am		Beginner Twirl
9.00 - 11.00am		Inter / Adv Twirl
8.30 - 10.00pm	Senior Competition Team (invitation only)	

**Active Elite Performers Studio:**

**6/40 Waterview St, Carlton**

## Parent / Guardian Attendance

All classes are closed sessions and are not open for viewing. We find that students (especially younger ones) work better and are more attentive when their parent/guardian is not in sight.

There are a few cafes located in Carwar Ave, which is only short drive away if you wish to stay local. Viewing sessions will be held at the end of each term so that you can see your child's progress.

All parents/guardians/students are required to check/scan in on arrival for Covid19 tracing.

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## COST

All Classes are paid by the term and run in accordance with the NSW School terms.

Our recreation classes are as follows:

Novice Twirl - 1hr class: \$150 for 10 wk term.

Beginner Twirl - 1.5hr class: \$210 for 10 wk term.

Not all terms are 10 weeks and term costs will reflect the shorter or longer term when necessary.

A one off yearly membership fee of \$40 for Recreational Students and \$65 for Competition Students is payable at the commencement of the students enrolment. This membership fee covers all students with insurance during class time, and State & National registrations. Additional costs may arise throughout the year, including TAS grading fees, however these will be advised well ahead of time.

**Please don't hesitate to call:**

**Lieschen - 0403 914 141**

**if you would like more information about classes or if you have any further questions.**

***Bexley Baton Twirlers***



[www.bexleybatontwirling.com.au](http://www.bexleybatontwirling.com.au)

