**United States Twirling Association**

**Maine Baton Twirling Council**

**Let’s Get Back to Twirling Clinic**

# ***Sponsored by: Maine Baton Twirling Council***

When: Saturday, April 29, 2023

Where: Saco Middle School

Time: Doors Open 8:30 AM

 Clinic begins 9:00AM – 11:30AM

Cost: $30

What will be covered:

* Warm up starts at 9AM
* Participants will then rotate through 3 different events:
* C Compulsories and C Movement – these are the basic twirls and moves for beginner twirlers
* Marching – participants will learn the basic marching event
* Presentation – participants will learn a short routine performed to music using the basic twirls and movements
* Each event will last 40 minutes with a 5-minute break between each event
* All participants will be entered into the contest to be evaluated on the skills they learned.
* Participants should wear T-shirt, leggings or athletic pants, sneakers or dance shoes. Long hair should be secured in a ponytail, braid or any style that doesn’t cover the face.
* Participants can bring snacks, water bottle and lunch if he/she plans to stay and watch or compete in the contest which starts no sooner than noon.

|  |  |
| --- | --- |
| Name  |  |
| Mailing Address |  |
| City/State/Zip |  |
| Email |  |
| Phone |  |
| Coaches |  |
| Conflicts |  |
| Make checks payable to: Maine Baton Twirling Council |
| Mail entry to: Karen Cassidy 31 Merrill Lane Durham, ME 04222 |