



## Suburban-ettes Baton Studio and Twirl Team

**Weekly Class (mandatory)** Students will meet for 45 minutes each week to work on skills and learn at least two routines over the course of the year. Students will be grouped by age and ability levels according to the judgment of the coach. When the coach feels that the team is ready, they will compete in two or more competitions per year (MA & NH States). Students are invited to march in parades with the Twirl Team. All classes will perform at our recital in June.

**Suburban-ettes Twirl Team** The Twirl Team is our “travel team” for students who are in grade 5 and above (or unless invited otherwise). The students will meet for one hour each week to perfect many routines which we will take to competitions, march in parades, and perform shows for our community and for when we travel. The students will also be involved in community service. You must have had at least 1 year experience of baton twirling. The following performances are mandatory for all Twirl Team members: Festival of Lights Parade, Lowell: Saturday after Thanksgiving; Two competitions (MA & NH States); Apple Blossom Parade, Westford; Memorial Day Parade, Chelmsford; Chelmsford Common Performance, July 3<sup>rd</sup>; Fourth of July Parade, Chelmsford: \*We may add other performances as invitations come in.

**Advanced Competition Class** Our advanced competition class will meet once a week for 45 minutes and compete in at least 4/5 competitions over the year. Specific tricks will be asked to perform along with a routine. Students may be any age, but must meet the ability to perform the tricks with proper technique, showmanship, sportsmanship, and attitude. Students are expected to attend all practices, give 100%, practice at home, and have a good attitude. Students may be cut from the team anytime if not showing effort. Tricks to practice are listed below, but are not limited to. This can be enrolled as one class or an add on.

**Twirl Mania Class (students who are traveling to Twirl Mania 2024)** Class only for students who are traveling to compete at Twirl Mania International Championships at Walt Disney World, Florida in February. Class is 2 hours a week along with additional practices scheduled. The 2 hours may be broken into 2 nights. The class will also attend local competitions. Students are expected to attend all practices, give 100%, practice at home, and have a good attitude.

**Strength &Stretching Class:** Flexibility plays a huge role in baton twirling. Learn splits, perfect illusions, flat leaps, and so much more! Students will learn strengthening techniques for proper body work and flexibility routines to follow throughout the year to supplement their training. Classes will meet once a week for 30 minutes.

**Skills Class \*NEW THIS YEAR:** Skills and technique will be practiced and introduced including multiple spins, high toss illusions, rolls, 2/3 baton juggles, different catch variations, leaps, turns, etc. Classes will meet once a week for 30 minutes.

**Private Lesson/Duets/Trios** Private lessons, duets, and trios will learn new tricks, skills, and have a lesson geared towards their individual needs. The students will learn a routine they will compete with at competition. Soloists and duets are expected to compete in at least 2 competitions a year, but are encouraged to attend more. The students will perform in the recital in June. If students master their solo/duet, they may go on to try modeling, basic march, military march, X strut, 2 baton, 3 baton, flag baton, hoop, show twirl, etc. Lessons are 30 minutes.

**6 Week Trial Class** This is a class for new twirlers who are interested in trying out the sport of baton twirling. Students will learn basic twirls and are invited to march in a parade with the team. Students who are interested in continuing lessons once the trial class is over, they will be placed in a class based on level of skill and/or age. Lessons are 45 minutes.

## Studio Policies

Twirlers should be on time for class, dressed and ready to go by class time. All team members must stretch before class. We may stretch as a team when class starts, but soloists are encouraged to stretch before their class time.

We are not responsible for lost or stolen items. Please leave your valuables at home!

### **Snow Policy:**

Please check your email by 2:45. If class is canceled due to weather, a message will be sent to your email address. Even though school may have been canceled for the day, the studio may be opened if the weather and roads have been cleared. We do not offer refunds due to weather cancellation. If your solo is canceled due to weather, you may contact your coach to schedule a make-up on their availability.

### **Holidays and Vacations:**

No classes are held on holidays and MA school vacations.

### **Classroom Conduct:**

Please show respect for your teachers and fellow twirlers. No gum chewing will be allowed while twirling on the floor. Regular attendance and prompt arrival is appreciated.

### **Parent Conduct:**

Please be a good role model and keep it positive! Negative or inappropriate language and/or behavior will not be tolerated and may result in dismissal of both parent and/or student from Suburban-ettes Baton Studio. Please communicate concerns sooner rather than later by contacting the studio.. Every effort will be made to address your concerns in a timely manner.

### **Student and Parent Use of Social Media:**

Use of Facebook, Twitter, Instagram, LinkedIn, blogging and other social media outlets is commonplace. This policy is intended to provide Suburban-ettes Twirl Team parents and students guidelines for the use of social media.

- You do not have permission to share personal information about the staff, students and/or their families or any proprietary and/or confidential information is strictly prohibited.
- Parents and students should never post negative comments about other schools, teachers, or events, including competitions, conventions and performances.
- Please be cautious when posting pictures, you are representing the studio when pictures are posted.

### **Dropped Classes:**

If a student drops a class, you are still responsible for that month's tuition. To officially drop a class a parent must notify the studio the prior month and expected to be in the routine already finished for competitions and/or performances if needed.

### **Fundraising Funds:**

All funds raised by an individual team member will go directly into their Suburbanettes account. It is only to be used for Suburbanettes funds while on the team. Once graduated or leaving the team, all funds go directly into the team's general fund.

### **Studio Liability:**

Suburban-ettes Baton Studio and its instructors are not liable for personal injuries occurring during class time, competitions and/or performances on or off the premises. Students and/or parents are individually responsible to inform the instructor or the studio of any physical limitations which may prevent full participation in studio activities. If a twirler cannot physically twirl due to injury, they are expected to come to practice and watch to learn placements, routine, etc. visually.

### **Absences:**

If a student is ill, or unable to attend class, please notify the studio/instructor. Credits will not be issued and no make up lessons. Lessons are only made up if the coach needs to cancel.

**Returned Checks:** All returned checks will have a charge of a \$30 fee.

**Visitors:** Although we love visitors at the studio, we do ask that only twirlers are present at classes to have a non distractible lesson. Twirlers will be called into the studio when it is their class time and dismissed when their class is over.

## Suburban-ettes Baton Studio 2023-2024 Registration

Monthly Tuition: Due at the first lesson of each month. Tuition is based on an average of four classes per month. Depending on how the calendar falls, students could have 3, 4, or 5 lessons in a particular month. If tuition is not received by the first two-week mark of the month, there will be a \$10 late fee added. A non-refundable registration fee of \$35 is due with registration.

Please check off which classes your child is interested in taking.

_____	Weekly Class (mandatory) – 45 min		\$55/mo
_____	Suburban-ettes Twirl Team – 1 hr (For students in 5 <sup>th</sup> grade and above/or unless invited otherwise)		\$25/mo
_____	Second Class – 45 min		\$25/mo
_____	Advanced Competition Class- 45 min		\$55/mo or \$15/mo (add on)
_____	Twirl Mania Class (students who are traveling to Twirl Mania 2024) – 2 hrs		\$50/mo
_____	Strength & Stretching Class- 30 min		\$25/mo
_____	Skills Class- 30 min		\$25/mo
_____	Private Lesson – 30 min		\$60/mo
_____	Duet – 30 min	Per student	\$30/mo
_____	Trio - 30 min	Per student	\$30/mo
_____	6 Week Trial Class - 45 min		\$60 for 6 weeks
_____	Registration Fee		\$35

Student Name: \_\_\_\_\_

Birthday: \_\_\_\_\_ Age as of Sept. 1<sup>st</sup>: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Parent/Guardian Email: \_\_\_\_\_

Student Email and Cell Phone (if applicable) \_\_\_\_\_

Allergies: \_\_\_\_\_

Grade: \_\_\_\_\_

Lessons will resume the week of September 11<sup>th</sup>

Tshirt Size\_\_\_\_\_

Tank Top Size\_\_\_\_\_

Studio is located at:

9 Academy Street

Chelmsford, MA

Please mail registration form, September tuition, registration fee, and signed waiver by August 21 to:

Kristina Reppucci Shifres

19 Nevada Road

Tyngsborough, MA

01879

Class schedules will be sent out the week of August 28.

Checks are payable to Suburbanettes Baton Studio.

Contact Information

Kristina Reppucci Shifres

KRTwirl@aol.com

978-512-1658

Coaches:

Kristina Reppucci - Owner/Director/Coach

Amy Melanson- Coach

Alanna Grondine- Coach

# The Suburban-ettes Baton Studio and Twirl Team Liability Waiver and Acknowledgment of Risk:

## READ AND SIGN BELOW

I understand and agree that in participating in any baton class, workshop, competition, fundraiser, rehearsal, recital, performance or anything related under the Suburban-ettes Baton Studio and Twirl Team, there is a possibility of physical injury or death. I voluntarily agree, therefore, to assume all risks and responsibility for any such injury or accident, which might occur to me or my child during any of the Suburban-ettes Baton Studio and Twirl Team classes, rehearsals, performances, or activities. I also exempt, release, and indemnify the Suburban-ettes Baton Studio and Twirl Team, its owners, volunteers, assistants, independent contractors, employees, faculty members, and/or students from any and all liability claims, demands, or causes of action whatsoever from any damage, loss, injury, or death to me, my children, or property which may arise out of or in connection with participation in any classes or activities conducted by the Suburban-ettes Baton Studio and Twirl Team. I further hereby voluntarily agree to waive my rights and that of my heirs and assigns to hold the Suburban-ettes Baton Studio and Twirl Team, its owners, volunteers, assistants, independent contractors, employees, faculty members, and/or students liable for such damage, loss, injury, or death. I understand that I should be aware of my physical limitations and agree not to exceed them. If I am signing this waiver for my children, I certify that I am the parent or legal guardian and have the right to waive these rights.

Permission is granted the Suburban-ettes Baton Studio and Twirl Team to use photographs of students for publicity purposes.

**I have read, understood and agree to be bound by the above statement (please print your name, sign & date):**

**PRINTED:** \_\_\_\_\_

**SIGNED:** \_\_\_\_\_

If under 18, parents or legal guardian must sign

**FOR:** \_\_\_\_\_

Name of Student

**DATED:** \_\_\_\_\_

## **Advanced Competition Team Skills**

- Toss illusion (vertical and flat)
- Toss cross over illusion (vertical and flat)
- 2 spin (vertical and flat)
- 3 spin (vertical and flat)
- Vertical 2 spin with different styles of catches (catch left, behind back, backhand, blind, catch under the leg, etc.)
- Rolls (angel roll, 3-5 elbow rolls, elbow pops, back of the neck rolls, back of the neck angel roll)
- Work on multiple baton juggles

Want to stand out?

- Work on an illusion turn and turn cross over illusion

### **Technique Work**

- Hands tight on spins (wrapped and tight down in front)
- Throwing on pattern
- Free hands out during twirling
- Feet together when tossing
- Pointed toes
- Straight legs on illusions
- Hands tight and strong by ears when pulling up
- Baton tucked under arms and not sticking out when pulling up
- Work on your flexibility and work on your splits

