Good Luck at Nationals

Canadian Baton Twirling Federation
June 27th – July 3rd

CNBTA

Canadian National Baton Association
July 3rd – 5th, 2015

Twirling Unlimited
July 10th – 12th, 2015

USTA
July 13th – 18th, 2015

World Twirling Association
July 13th – 18th, 2015

DMA
July 18th–22nd, 2015

America’s Youth on Parade
July 21st–25th, 2015

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February 12-15, 2016

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Two Baton- ERIENNE HAY 🇺🇸
Rhythmic-ALAINA RONGIONE 🇺🇸
X-Strut- GIULIA PIROLI 🇮🇹
Duets- KRAWCZEL & RONGIONE 🇺🇸 🇺🇸

Pre-Teen
Solo- DELANEY PUHALLA 🇺🇸
Two Baton- KYLIE CATES 🇺🇸
Rhythmic- KYLIE CATES 🇺🇸
X-Strut- DELANEY PUHALLA 🇺🇸
Duets-DOHERTY & DOHERTY 🇨🇦

Junior
Solo- ALEXIS DUDA 🇺🇸
Two Baton- ALEXIS DUDA 🇺🇸
Rhythmic- ALEXIS DUDA 🇺🇸
X-Strut- STEFFANY LIEN 🇺🇸
Duets-CUBA & OUDSHOORN 🇳🇱

Senior
Solo- SAVANNAH MILLER 🇺🇸
Two Baton- SAVANNAH MILLER 🇺🇸
Rhythmic- SAVANNAH MILLER 🇺🇸
X-Strut- REBECCA LANTZ 🇺🇸
Duets- CHAUTARD & HABANIS 🇫🇷
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4 Ways to Get Dancer Legs

Dancer legs. They’re not just long and lean. They’re strong. They’re flexible. And they don’t necessarily come easy. We Rockettes keep our stems in shape through specific dance exercises that strengthen and lengthen. Here are four target moves from top to bottom (or should we say bottom to ankle) to get iconic dancer legs. Trust us, we’re experts.

1. Glutes and Hamstrings: Marching Hip Raise with Feet on a Swiss Ball
Who knew a simple dance exercise could get a toned dancer-derriere?! Having strong dancer glutes not only helps you move faster and more powerfully, but helps prevent knee and low back injuries, too.

2. Inner Thighs: Standing Plié Squats
Deborah Horton, dancer, personal trainer and group fitness instructor, tells Dance Spirit Magazine, “The inner thigh, like any upper leg area, helps stabilize the knee joint.” And when it comes to turning out, many dancers try to work from their knees. Strong inner thighs, thanks to this dance exercise, help you turn out at the hip where it counts the most.

3. Hamstrings and Calves: Standing Leg Curl
Strong hamstrings let you pivot quicker, leap higher and move with powerful bursts of speed. This move gets you there, and all you need is a rolled-up yoga mat or towel, and a chair for balance if you need it.

4. Calves and Ankles: Ballet Calf Raises
For some, this dance exercise might seem like old hat, but we see it as classic. Ballet calf raises strengthen both parts of the calf—the gastrocnemius (that toned muscle you actually see on the back of your legs), as well as the soleus (beneath it). The next time you’re balancing on the balls of your feet, whether in the dance studio or reaching for something in the grocery store, thank your strong calves.
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Bridget Siltzer
Amber Milner
Rebecca Lantz
Maya Weissman
Rita Hart Ridgeway
Page Mackenzie
Haley Haverfield
Emma Convey
Kaycie Landis
Chase Dorn
Lindsey McConnick
Rachel Huber
If you will be twirling for your college this upcoming fall please send us your Name, School, and Photo so we can acknowledge you in our next Newsbag! Send photos and information to Twirlmania@aol.com
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Canadian Baton Twirling Federation Nationals
June 27th – July 3rd

Canadian National Baton Association Nationals
July 3rd – 5th, 2015

Twirling Unlimited
July 10th – 12th, 2015

USTA Nationals
July 13th – 18th, 2015

World Twirling Association Nationals
July 13th – 18th, 2015

DMA Nationals
July 18th–22nd, 2015

America’s Youth on Parade
July 21st–25th, 2015

Great Britain Baton Twirling Association
October 2nd-5th
MORE UPCOMING EVENTS...Camps & Clinics

All Star Camp—Destin, FL—June 29—July 2, 2015
Contact Robyn McDowell Coley

SuperStarz Baton Twirling Camp July 6-8, 2015—Conway, AZ
Contact: jjtwrldnc@aol.com

Precision Auxiliary Camp
Contact: Tanetta Carter—678-643-4942

Contact: twirlcamppinnacle@gmail.com

Northeast United Baton Twirling Camp—Taunton, Ma
August 17—18, 2015
Contact: neubtc.homestead.com

If you are holding a competition, camp or clinic this year and would like to be included, please send us your information so we can acknowledge you in our next Newsbag! Send information to: Twirlmania@aol.com & lhoovertm@gmail.com
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ANNOUNCEMENTS

Megan DeWitt with Trey Tapley
Tonight I said yes!! I cannot believe that I am engaged to my best friend! He planned the perfect engagement for me at one of my favorite places! I knew from the moment that I met him that this was the man that I would fall in love with and marry one day. I am now his fiancé and I could not be any happier!

MerrieBeth Cox and Brad Carlson
When I was walking off the plane for Brad to pick me up I thought nothing of it...was shocked beyond belief! I'm so excited to be engaged to the greatest most loving man I know!

Send your announcements to lhoovertm@gmail.com
Congratulations

Kellie and Zachary Guinn

Congratulations to Kellie Trouten now Kellie Guinn on her marriage to Zachary Guinn! It was a beautiful Vegas Wedding!! We are so happy for you!

Kerri Ann Lynch & Phillip Unger

Congratulations on your up and coming marriage! We are sure that it will be an amazing day and we wish you a lifetime of happiness!!

Karrissa Wimberley & Jacob Fahrenkrug

Congratulations on your engagement!! We were so lucky that you shared the moment with all of us at the Twirl Mania 20th Anniversary Awards Extravaganza. If you missed it check out this video!!

Brooke Mitchell & Holly Blanchard

These young ladies will be representing the sport of Baton Twirling at this years Miss America Pageant. They will be representing Delaware and New Hampshire respectively. Good Luck Ladies!! We can not wait to see if any other baton twirlers make it to the big event!

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WITH OUR CONDOLENCES

Mr. Jack Crum
Saturday May 16, 2015 - The twirling world is mourning the loss and honoring the life of Jack Crum. Jack was inducted into USTA's Hall of Fame in 1998. He served USTA as President, Executive Director, Board member and Chair of Judge's Association. He was the first U.S. Representative to the World Baton Twirling Federation. He coached many state, regional, and national champions. Jack was President of Star Line Baton Company and a generous philanthropist. The Crum Family is in our thoughts and prayers.

Major Eugene Shea
Tuesday March 31, 2015 – The twirling world lost Major Eugene 'Gene' Shea - top baton twirler, teacher, and innovator. Before World War II, baton twirling was dominated by men and Gene Shea was one of the best. He was a wonderful coach and mentor for so many people, he’s unbelievable.
After serving in the Army during the Korean War, Major Shea helped develop rules for the National Baton Twirling Association.
“He invented many tricks. He was really good at body wraps, wrapping around the body and neck. He also invented the hoop baton, which is just what it sounds like — a hoop with a baton in the middle” said his friend, Carolyn “Cookie” Thompson - 1967 Miss Majorette of America. After moving to Florida, Mr. Shea continued to give lessons and judge contests.
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After decades after her introduction to the sport at the age of 12, Joyce Ormshaw has announced she will be retiring from coaching baton twirling later this year. Ormshaw is considered a grassroots legend in the sport—whether it be as a coach, official or administrator—and she will leave behind some big shoes to fill. She has coached athletes at all levels, including elite. Among her countless honours in the sport are a Lifetime Achievement Award from the Canadian Baton Twirling Federation (CBTF) in 1997 (the recipient must have served the CBTF for a minimum of 25 years) and a Volunteer of the Year Award from the CBTF in 2002. Ormshaw has also served on the board of this national organization, as well that of the Manitoba Baton Twirling Sportive Association (MBTSA). She received the Queen Elizabeth II Diamond Jubilee Medal in 2012. "I'm extremely proud of former students who have continued in the sport to rate among some of Manitoba's top coaches. I support their enthusiasm and dedication. It takes a special, dedicated person to pass this love of the sport on to future baton twirlers. If you have a passion for what you love, you will succeed in what you love."

Future Twirling Instructor...

Gianna H., fifth grader, and Applause of Bel Air travel team twirler, is shown demonstrating her twirling skills to the K-prep and Kindergarten students at their morning assembly at school. She taught them some basic twirling skills, proper marching technique, and showed off the trophies and medals she won at the recent Mid-Atlantic Regional Twirling Championships. She finished by performing her two-baton routine, to the delight of her audience. Thank you, Gianna for being such a great ambassador for the sport of baton twirling!
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Congratulations from TWIRL MANIA to all the fantastic athletes that competed this year!

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Twirl Mania knew it wanted to be known as a UNIQUE EVENT that was ABSOLUTELY OUTRAGEOUS, bringing TWIRLING ATHLETES AND ORGANIZATIONS EVERYWHERE together for the first time in history and take the sport of baton OVER THE TOP to the next level with Fun, Exposure, Excitement in every aspect to promote the sport of baton twirling.

We created this "SPORTS IMAGE" with the Walt Disney World® Resort, & ESPN Wide World of Sports Complex.

TWIRL MANIA is "UNIQUE" in the sport of twirling. We are EXCITED and PROUD to see so many NEW EVENTS using the Twirl Mania International Championships concept of incorporating all organizations, athletes, judges and Anyone that has ever held or had connection with the MAGICAL SILVER STICK!

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In each edition, a topic related to twirling will be presented. We’d like YOU to “Weigh In” with your thoughts and opinions—pro or con. Comments can be sent to Editor, Lynne Hoover at lhoovertm@gmail.com. In the following edition, comments and views will be posted—pro and con. ALL comments and views will be kept confidential and listed anonymously.

Topic:
March Music vs. Dance/Pop Music for “Strut at contests?”
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### Marching Band Bingo!

<table>
<thead>
<tr>
<th>It Rains During Rehearsal.</th>
<th>The Staff Can't Figure Out Why the Metronome Won't Work.</th>
<th>A Brass Player's Mouthpiece Flies Out During Horns Down.</th>
<th>A Car Is Parked on the Rehearsal Field.</th>
<th>A Freshman Gets Called Out Three Times in a Row.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Band Director Yells at Band for Walking Back to Their Set.</td>
<td>Someone, Besides the Timpani Player, Sits Down During Rehearsal.</td>
<td>A Change Is Made to the Show. (Free Space)</td>
<td>A Flag Whacks a Brass Instrument.</td>
<td>A Student Wears Sandals To Rehearsal.</td>
</tr>
<tr>
<td>Goofing Around, Two Students Switch Instruments.</td>
<td>Someone Drives By and Yells That Band Is Gay.</td>
<td>Electronic Issues in the Pit.</td>
<td>Color Guard Staff Member Counts Off &quot;5...6... 5, 6, 7, 8&quot;.</td>
<td>A Uniform Mom Needs Someone to Try on Their Uniform.</td>
</tr>
<tr>
<td>Baritone Player Shakes From Holding Up His Instrument Too Long.</td>
<td>Staff Member Accidentally Curses.</td>
<td>Someone Claims They Can't See the Yard Lines.</td>
<td>Half the Band Is Talking While the Director Gives Instructions.</td>
<td>Someone Keeps Talking About How Awesome the Cavaliers Are.</td>
</tr>
</tbody>
</table>

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Please send in Arial font 11 with proper case.

Photos should be in a .jpg format and identified with name(s) of person in photo.

Information should be verified for authenticity.

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