

TX Academy Star Steppers

281-354-6521

www.txacademy.com

Baton Twirling Program

Learn to twirl while incorporating dance & gymnastic moves. Baton twirling offers a **fun, healthy** form of **exercise** while making **friends**. Our group class offers beginner-advanced levels separated by ability for ages 5-18! *Twirling is included in combination dance classes as well.* We have monthly payment plans for tuition and costumes.

Team Tuition: \$75.00 a month for a 1 hour class. A \$10 monthly discount will be given if automatic tuition payment is set up. (Credit Card or Post-Dated Checks) Additional discounts are available for multiple classes.

Class Attire: Shorts or comfortable clothes: Hair up, no jewelry and a balanced baton. (See Team Practice wear handouts if on a team) Consists of Black jazz shoes, team leotard or shirt, and black jazz pants or skort

Performances: Students will perform in one or two local parades and the end of the year review in June. If selected students will compete in one or two competitions and community events. (See Team Handout)

Fund-raising: **We encourage the Students to fund-raise** and meet the minimum requirement. This supports the Booster Club who pays for Christmas T-shirts, end of the year trophies, school rentals, scenery, and more. Those opting out of fund-raising may pay the opt out fee of \$125 at the beginning of the fall season. Teams will have a slightly higher goal because of competition fees. TBA

Costumes and Practice Wear: Twirlers will need one costume. The costume budget will be \$95.00 due in Feb !
Parents will be responsible for accessories.

Baton Twirling teaches character traits to last a lifetime. This lesson plan teaches the following:

Confidence	Aids Physical Fitness	Leadership	Teaches New Tricks
Sportsmanship	Poise	Positive Thinking	Timing
Discipline	Dance Steps	Positive Self Image	Aids Ambidexterity

Class Goals: To teach Respect, Responsibility, and Reaching for Goals, and much more.

Our class is as follows: A curriculum will be handed out on the first class!

1. Warm-ups - A choreographed warm-up is done in an efficient and timely manner and allows the student instructor to lead the routine while the Instructor observes the student and reinforces proper stretching. Students need to be on time. The warm-up is very important to proceed with the class.

2. Roll Call - Please call the studio when you are absent. Absences hold up the progress of class.

3. Review tricks and fundamentals - This is one on one with the student.

4. Dance twirl using fundamentals and tricks - the routine is practiced, perfected, and made harder as the student progresses.

5. Trick contests - At the end of each class the students strive to complete each trick with a friendly competition among their fellow athletes.

Routines taught are: one dance twirl, one basic strut, and one parade routine.

We thank-you for putting your trust in us to teach your child.