



Secret Pal Information Sheet 2023 Nations Cup – Liverpool, England

Canadian Baton Twirling Federation

La Fédération Canadienne de Baton Sportif

Canadian Nations Cup & World Championship Athletes will participate in the Team Canada Secret Pal Exchange! It will be your job to make sure that your Secret Pal receives little gifts, notes, cards, positive phrases, pictures etc. that will make them feel happy, motivated and part of the team.

DO NOT SPEND A LOT OF MONEY. Be creative and make your own gifts and cards but make sure your secret pal can't figure out who you are!

- ❖ Have someone else deliver your Secret Pal gifts.
- ❖ Be secretive, mysterious, sly and creative!
- ❖ Have fun, help support and motivate your teammates.

You will give your Secret Pal something on each day, from August 5 to August 8th inclusive. You will need 4 gifts in total.

You may spend \$5 - \$7 on the 3 daily gifts (**Aug 5 to Aug 7**). On the final day – **Tuesday, August 8** you will exchange your final gift (\$15 - \$20) and find out who your secret pal is.

Liverpool has five souvenirs that are unique to the area:

Beatles Memorabilia - There are plenty of Beatles souvenirs you can pick up to take home, even if you aren't a fan of Paul, John, Ringo and George, from records to books to wacky wig and glasses combos.

Road Signs - Road signs seem to be a popular Liverpool souvenir. Penny Lane, Strawberry Field, Anfield Road, Goodison Road — there are plenty of famous streets in this famous city.

Superlambanana – At one time the city was full of these sculptures which was intended to be a cross between a banana and a lamb. The superlambananas were made to warn against the dangers of genetic modification. They can be found in any souvenir shop.



Football Merchandise - Liverpool is football mad. The city is divided between red and blue. Souvenir shops sell all kinds of football merchandise from replica shirts to scarves.



Liver Birds - The mythical Liver bird is the symbol of the city, a legendary bird that can be seen all around the city in a variety of ways. Most souvenir shops will sell products with the bird tacked on in some form or another, as well as miniature sculptures.

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Name _____

Age _____ Birthdate _____ Zodiac Sign _____

What are your FAVOURITES...

Color
Flavoured Water
Hard Candy
Fruit or Vegetable
Jewelry
Animal
Hair Product
Game
Author
Food Gift Card
Sports Team
Chocolate Bar
Gum or Mints
Holiday
Bath and Body Works Scents
Starbucks or Tim Horton's or Both?
What are your SIZES? T-Shirt Shoes
I like to collect
One thing I would like from England is
I do not need any more of these things, thanks:

Would you like one of the Liverpool souvenirs listed on the previous page. If yes which one?

DO NOT TELL ANYONE WHO YOUR SECRET PAL IS

HAVE FUN!