

2023 CBTF Fall Conference

Report from CBTF Coaches' Representative

Quarterly Provincial Rep Meetings

Each of the National Representatives on the Technical Committee was asked to schedule quarterly meetings by Zoom with our provincial counterparts. These meetings are intended to improve communication nationally, and to share experiences across provinces.

Four meetings were scheduled with the provincial coaches' representatives, but attendance was very sparse:

- Fall 2022: 2 attending
- February 2023: 0 attending
- June 2023: 0 attending
- August 2023: 0 attending

Pre-Competitive Program

Nancy Lightheart and I prepared a video in February 2023 showing coaches how to take the Pre-Competitive Solo II routine and transition it into a Competitive Level C routine. This is a natural progression that is easy for the athlete and coach alike.

We used an actual athlete as an example in the webinar. At the beginning of the season, the athlete was 8 years old and had been twirling for 2 years.

Her 2022-23 season was her 3rd year of twirling

- She began the season at Pre-Competitive Solo Level I
- At this point of the season, she had completed the Bronze Pin
- Her project to begin the season was to learn Pre-Competitive Solo Level II
- She obtained a Red ribbon in Solo II at her first competition in the season
- At her next competition, she entered Level C Solo and obtained a BN score
- At the next competition, she entered Level BN Solo and obtained a BI score
- At the completion of the season, she had completed the Grey and Green badges, and the Pre-Competitive Level II Standard routines (with the exception of Solo DanceTwirl)

Between each competition, the routine was adjusted minimally, to increase the difficulty level with skills that were consistent with the athlete's progression in the Badge Program.

This progression is attainable for each and every twirler and coach that follows the CBTF Badge Program and Pre-Competitive program without skipping steps, and with good attention to the detail and proper technique.

Action: To schedule a Webinar to view the video and become familiar with the progressions from the Standard Pre-Competitive Solo II to a Level C Solo.

I would like to take this opportunity to thank Nancy and her athlete for their participation in this project.

Other

In addition, as CBTF Coaches' Rep, I participated regularly with the CBTF Education Committee.

Respectfully submitted,
Maureen Johnson
CBTF Coaches Rep