

CA BATON COUNCIL UPDATE

PATSY HAMILTON MEMORIAL TOURNAMENT

The Patsy Hamilton Memorial Competition is held every year in memory of Pasty who was a USTA Coach and Judge. She was a member of the first CA Baton Council and taught and judged all over the world.

Patsy was on the first professional baton twirling performers. She was featured on the Don Sherwood TV show on ABC in San Francisco. She was an accomplished

dancer, writer and baton twirlers. She was a member of the San Francisco 49er Majorettes and featured twirler with the National Champion Half Moon Bay Spanish Dons Drill Team.

She also owned own studio in Danville, CA and produced many champions including her daughters Cindy and Lori. Both girls were National Champions in Dance Twirl. Patsy also coached the Hayward

Twirlettes.

Her son is the director of a National Champion High School Band in Kansas.

We all miss Patsy's wonderful critique tapes.

Patsy was a wonderful writer. Our essay contest honors that love of writing. Congratulations to all who entered their essays. I know she would have loved them



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HAPPY MOTHERS DAY TO ALL

DATES FOR YOUR DIARY

USTA WESTERN REGIONALS

Deadline– May 22, 2015

Heritage High School– Brentwood.

USTA National Competition

Deadline– May 1, 2015

Beaumont Texas.

WBTF International Cup

Abbotsford British Columbia Canada August 5-9





PHMC SOLO WINNERS FREMONT



- PRIM– Elena
- JUV– Kayla
- JR– Amelia
- SR– Emily



PHMC STRUT WINNERS FREMONT



- Prim– Juliana
- JUV– Mackenzie
- JR– Amelia
- SR -Hannah





COMPETITION DAY PREP *BY Betty J. Wentz*

Planning for the Competition

day: By now you will probably have some ideas of what your stress profile is, when to much or too little stress is activated, what or who “triggers” the stress, and how it affects you (physical and mental).

Once you know the cues that interfere with your performance, you can plan a program of psychological and physical techniques to help

reach a better performance level.

Attached is a list of activities that may help you reduce too much tension or help you “activate” yourself a little more if you are feeling flat, unresponsive or down. Be sure to add the use of psychological techniques in your daily training program.. It is like any new skill-it requires lots of practice before you can use it effectively under pressure.

Also, be sure to keep a log of the things that help you on the day (s) of competition. Plan for the night before competition:

You may wish to use mental rehearsal techniques, but do not use them immediately before sleep. This is an activation activity, not a relaxation for

sleep

Day of Competition: Allow extra time for traffic and know your schedule. (allowing to much time can also be a problem for some). List time needed and a schedule you plan to follow.

Every 45 minutes to 1 hour check yourself for signs of stress and take a minute or so to do a body inventory and

use stress management/self-regulation techniques that work for you. List the signs of stress and the specific techniques you plan to use to reduce stress.

If tension is too great for self-control or self-regulation, who can help you? How? Example: help you check your breathing, muscle check, quietly repeating relaxation phrases, placing hands gently on your shoulders to help lower them to a more relaxing level, help move away from distracting noises or scenes by moving to a quieter place etc.

Internal Muscle Check: Review each muscle group (standing, sitting or lying down).

Breathing Check; Inhale and

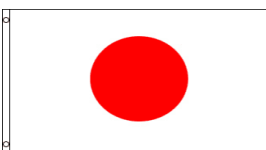
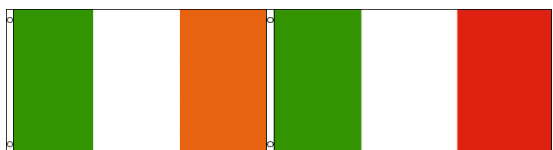
feel slight tension, exhale and relax from tip of head to knees and toes. Feel the relaxation down the body. Periodically inhale deeply, hold your breath and feel tension throughout your body, then relax your jaw, exhale and feel the contrast of relaxation as it rolls down your body.

Quickly “scan” your muscles and release only tension you

feel. Notice if your breathing is deep or shallow. Deepen it each time so that you almost feel the air “tickle your belly button.” Relax each time your exhale.

Immediately prior to an event: For a second or so visualize your complete event as you would actually perform: see it happen, make this vivid visualization include the way body is to feel as it performs. Use an inner frame of reference-you are doing in the scene m, not watching yourself do it: and clear your mind after you have programmed your body by visualization.

Now let your body take off and do it job at the start of your program.





USTA



We are on the web
Cabatoncouncil.com

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Editor– Barbara Dockter Photos– Yolanda Stone

GO USA ATHLETES AT THE WBTF INTERNATIONAL CUP COMPETITION IN CANADA GO USA!

CA INTERNATIONAL CUP TEAM ATHLETES REPRESENTING THE USA

Lianne Aramaki

Sophia Barden

Amelia DePaola

Cadence Dooms

Emily Dooms

Kurtis Hubbell

Maiti King

Lauren Klokkevold

Hannah Mc Cabe

Emily Mc Crone

Jade Mc Vay

Kinsey Prestia-Young

Courtney Suh

Brianne Turnbull

Kaitlyn Turnbull

Emily Vang

Kelsey Beehler

Jessica Massey

Teresa Wang

Revolution Team

Mc Vay /Di Paola– Pairs

Turnbull/Turnbull– Pairs

Beehler/Prestia-Young– Pairs

Mc Crone/Massey– Pairs

Armaki/Wang-Pairs

Kurtis Hubbell will represent us in Men's Solo and Two Baton at the Grand Prix competition Abbotsford.

Best wishes and Good Luck to our CA Athletes as they represent the United States at the

