

CA COUNCIL UPDATE

Inside this issue:

PHMC Winners	2
WOW Twirler	3
H.S. Scholar-	3
Building Self-	4



K & K TWIRLERS

In 1976 the Krull Family opened a dance and baton studio in Fremont CA. The K&K Twirlers competed in their first competition on May 1, 1976.

Through the years the members of the K&K twirlers have earned state, regional national and international recognition. In 2006 Kathleen Frost, the founder of the group, retired and moved to Costa Rico with her husband Bob and Harriet, Karla & Kathleen's mother, passed away in 2011

In addition to baton twirling Karla works as a special education assistant. In February

2013 K&K Twirlers began offering baton classes for a non-profit organization called Boldly Me. At Boldly me, we help people build their self-esteem through counseling, programs, training, and recreation centers that help individuals learn to love themselves, their friends, and their families after a physical trauma caused by disease, injury, medical treatment, or physical condition. Check it out at www.boldlyme.org. In her time off she enjoys cooking and watching Netflix. In September, Karla began attending CA

State East Bay to finish her BA and go on to achieve a special education teaching credential.

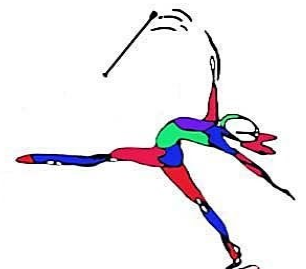
Kurtis has won many awards of the years including several National Championship titles and three gold medals in 3 baton at the WBTF International Cup competitions. He is also a USTA Level 2 judge. He continues his studies in American Sign Language to become a deaf interpreter at Ohlone College in Fremont and works at Mc Donalds.

Congratulations K&K as you celebrate 38 years.

DATES FOR YOUR DIARY

**MARCH 14-
REVOLUTION SAC-
RAMENTO**
Deadline Feb 23

**MARCH 21- 2015
NAT HS & COLLEGE
COMPETION
KANSAS**
See our web site for
more information



PHMC SOLO WINNERS JANUARY



Kansas C-Prim
Josie- Juv
Megan-Sr



PHMC STRUT WINNERS JANUARY



Kansas- Prim
Olivia- Juv
Cheyene- Jr
Megan- SR

WOW TWIRLER

Who is a WOW Twirler? A WOW twirler is a twirler who displays an act of sportsmanship, kindness and or helpfulness at a tournament in 2014-2015.

It can be an athlete at any level-1st contest, novice, beginning, intermediate, advance, elite, group, team or trio athlete. If you would like to nominate an athlete, you go to the mem-

bership table and pick up a CBC WOW Card. Fill out the name of the WOW twirler, the date and describe the act of sportsmanship, kindness, or helpfulness and include their name. If you do not now the name of the athlete, you can ask any coach or judge for help. Deposit the WOW card in the box at the mem-

bership table.

WOW twirlers will be honored at the CA State Baton Twirling Championships in May,



2015 HIGH SCHOOL SCHOLARSHIP

The California Baton Council offers financial support to a full range of athletes competing at any level. Any graduating senior in good standing with their High School or equivalent is

eligible to apply for this scholarship. The athlete must be a USTA member and a CBC member at any level. Check out our website for more information.

**Deadline is
March 15th,
2015**





eexpa

CA BATON COUNCIL OFFICERS

PRESIDENT- KRISTINE RODRIGUES

VICE PRESIDENT- KELLIE DONOVAN PERELMAN

SECRETARY- JULIA MC CRONE

TREASURER- TINA ALLMAN

BOARD MEMBERS

ARYN BIGLER

FRANCES BIGLER

CYNTHIA BARDEN

PAIGE CAMPBELL

JEANNIE DIPAOLA

BARBARA DOCKTER

Editor- Barbara Dockter Photos- Berta Lane



BUILDING SELF CONFIDENCE

Building self confidence has been defined as an athletes realistic expectations about achieving success, and has been stated that self – confidence is not what athletes “hope “to accomplish but rather what they realistically “expect “ to accomplish. Confidence has been described as “ an umbrella term describing all the thoughts, feeling, actions, and sensations reflecting self-belief and expectations of success. To foster self-confidence in athletes, you should act confident yourself to set a good

Example, help athletes improve their skills, and competencies, use frequent rewarding statements, and encourage positive self-talk. You should also de-emphasize outcomes and help players to focus primarily on performance improvements and excellence.

One key challenge is to help athletes to stay confident and positive despite drawbacks. Athletes often lose confidence and become intimidated in times of difficulty, giving rise to negative

thoughts and low expectations. Encouraging athletes to maintain high expectations and positive thoughts regardless of the core helps. Overconfidence can also be a problem, leading to reduced effort and intensity that lower performance.

More next month.