

**CA BATON
COUNCIL**

CA COUNCIL UPDATE

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The Buckeye Cuties were started over forty years ago by Irene Mazzini. They march in six local parades a year in the Redding Area.

The group also performs in many local events including Kool April Nites (a huge care show in Redding), the opening of the Shasta County Fair and a Disneyland performance.

This year marks the 12th time the Parade of Tournaments has been in Redding.

The State Competition has also been held in the Redding area.

In 2014 the Buckeye Cuties attended the USTA Nationals in Stockton. They were awarded the following:

Juv Trio—1st

Juv Small Twirl— 1st

Juv Small Dance/Twirl— 3rd

Primary Small Dance Twirl 2nd.

Congratulations for representing California so well.

Thanks to the Buckeye Cuties and their parents for hosting our tournament today.



DATES FOR YOUR DIARY

**FEB 21– K&K
Newark**

Deadline Feb 2

**MARCH 14-
REVOLUTION
SACRAMENTO**

Deadline Feb 23

**MARCH 21–
2015 NAT HS &
COLLEGE COM-
PETION**

KANSAS

See our web site

**For more infor-
mation**

Deadline Feb 27

**More info on com-
pletion schedule
on our website**



PHMC SOLO WINNERS- DECEMBER



Prim- Jaida J.
Juv- Ava C.
Jr- Sophia B
Sr- Brianne T.



PHMC STRUT WINNERS-DECEMBER



Prim- Jaida J.
Juv- Julia S,
Jr- Sophia B
Sr- Brianne T



U S PRE TRIALS- CALIFORNIA WINNERS

AA SENIOR FREESTYLE

Cameo Humphrey 4th

AAA JUNIOR FREESTYLE

Kaitlyn Turnbull 5th

AAA SENIOR FREESTYLE

Brianne Turnbull- 3rd

ELITE JR FREESTYLE

Angelina Stone-1st

Amelia DiPaola- 2nd

Sophia Barden-3rd

EILITE SENIOR FREE- STYLE

Jenny Lee- 5th

AA SR PAIRS

Prestia Young/Beehler- 4th

AAA SR PAIRS

Turnbull/Turnbull- 1st

AA TEAMS

Revolution Edge- 2nd

Coaches and athletes check the new age changes effective for the 2014-2015 season:

Juvenile- 9-12

Junior- 13-17

Senior- 18-21

Adult- 22 & over.

U. S Pre Trials handbook will be available soon.

COMPETITOR SCHOLARSHIPS

The Positive Coaching Alliance's Triple Impact Competitor Scholarship Program by Deloitte is accepting applications now through May 31. Any high school junior (class of 2016) student-athlete playing for a school or club team in the United States may apply.

Scholarships are awarded based on applicants' essays explaining how they meet the Triple-Impact Competitor criteria of improving themselves, teammates and the sport as a whole.

For more information on

the Triple-Impact Competitor criteria and more about the Positive Coaching Alliance which is a national non-profit organization working to improve youth and high school sports experience.

Check out their web site.

2015 HIGH SCHOOL SENIOR 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 our website for more information.

**Deadline is
March 15th,
2015**



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Editor– Barbara Dockter Photos– Tina Allman

MENTAL SKILLS FOR ACHIEVING OPTIMUM PERFORMANCE

Editors Note– From the United States Tennis Assn., but also applies to baton twirling.

One benefit of sports psychology training is that it enhances performance in competition. Winning is one of the main objectives in many sports including baton twirling, but winning requires consistent performance at a high level. Mental proficiency helps ensure this consistency, guarding against fluctuations in performance. A full investment in sports psychology may spell the difference between high achievement and mediocrity for athletes.

For years sports psychologists

have examined how psychological skills training including mental skills training, helps athletes improve performance. **Mental skills** are procedures that help athletes control their minds efficiently and consistently as they execute sport-related goals. This not only involves developing skills such as concentration and stress control, but it also includes efforts to influence personal characteristics such as self-esteem and sportsmanship.

Psychological skills techniques help athletes make adjustments to their actions, thoughts, feelings, and physical sensations that will improve their performance. Players can use these techniques

To

- help build self-confidence
- set goals
- manage their stress
- use imagery and visualization
- focus concentration and attention.

Sports psychology also can help athletes with problems out of competition that may effect their performance.

More next month on this important topic for all athletes and coaches. This information taken or adapted from the High Performance Coaching Study Guide