

Accelerate Training Camp



***Success is where
preparation and
opportunity meet***

-Bobby Unser

Sanction no. ON-19-3002

Open to athletes ages 9 and up, in level BN or higher

Accelerate is a training camp for athletes who wish to learn from a variety of coaches, and strive for technical excellence in the sport of baton twirling. The prerequisite for this style of training requires an athlete to be nine years of age or older, and have previous competitive experience. Athletes are motivated when training with others, while at the same time enjoying the camaraderie of a new social group sharing similar goals. This program will concentrate on mastering the mechanics of important tools athletes use in their competitive performances that support success. Understanding placement, the importance of precision and timing and exchange work, are all critical skills needed to enhance athletes' competitive success.

Join today!

**Only 25
spots
available**

Clinicians

- Ron Kopas
- Kevan Latrace
- (Third clinician TBD)

Special Guests

- Dale White
- Karissa Wimberley
- Jackie Stewart
- Chelsea (Russell) Potter
- Catherine Lemyre

Dates

**Session will run 1 pm – 4 pm
on:**

September 14th & 28th

October 12th & 26th

November 16th & 30th

December 7th & 21st

January 4th & 18th

February 15th & 28th

Location:

Haber Recreation Centre
3040 Tim Dobbie Dr.
Burlington, ON

(off of Dundas St., between
Appleby and Walkers Line)

ACCELERATE TRAINING CAMP - REGISTRATION

NAME _____ CBTF # _____

EMAIL _____ BIRTHDATE ____/____/____

CLUB _____ COACH _____

CBTF STATUS LEVEL _____

ONLY 25 SPOTS AVAILABLE – A deposit of \$50 is required to secure your enrollment. The balance owing is due by no later than September 1st, 2019

OPTION 1 – one, **non-guest**, session **per** month (6 sessions) **\$210**

OPTION 2 – two sessions per month (12 session) **\$450**

ADD-ON – 1-hour compulsory session

Circle one:

6 sessions

\$60

12 sessions

\$120

Total Fee Owing: _____

Less \$50 deposit: **(\$50)**

Total Amount Remaining (due by September 1st, 2019): _____

Registration forms to be returned to Kim Genton, at kimgenton@gmail.com

Payments to be made by e-transfer to Susan Turner at:
turnersusan1952@gmail.com Password: accelerate