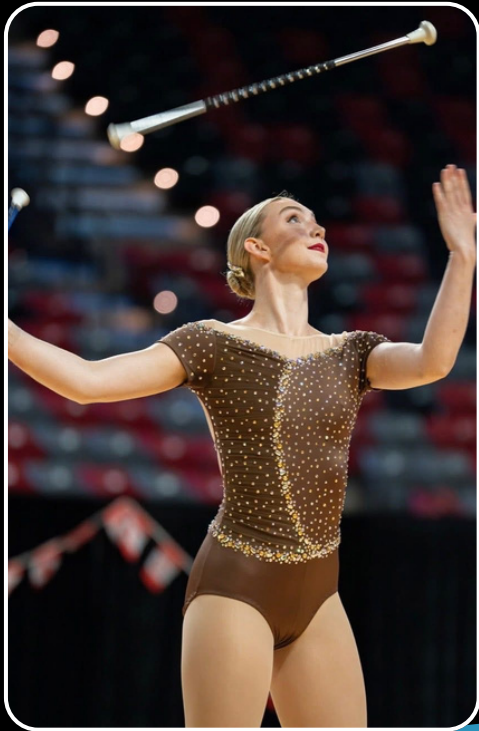


2026 ABTA FALL TRAINING WORKSHOP

OCTOBER 2-4, 2026

TRI LEISURE CENTRE – SPRUCE GROVE, AB

FEATURED INSTRUCTORS



BRIANNA MIDDLETON



CAROLYN DAY



DANIELLE SKINNER

WORKSHOP INFORMATION:

Sanctioned by:

ABTA: AB-26-952 CBTF- Applied For

Workshop Directors:

Shari Foster Dmytruk: albertabaton@gmail.com

Jenna Jemieff: abtatechnicalchair@gmail.com

Workshop Location:

TransAlta Tri Leisure Centre - 221 Jennifer Heil Way, Spruce Grove, AB, T7X 4J5

** Camp will take place in the Southwest Field

Meals:

All athletes registered for the workshop will be required to bring their own lunch on Saturday October 3 & Sunday October 4. Snacks will be provided on Saturday and Sunday, but if your child will need more to eat throughout the day, please pack extra food for them.

First Aid:

Qualified personnel will be on site to administer first aid should the need arise.

Private Lessons:

Private Lessons will be available upon request and subject to availability. Only athletes registered in the workshop are able to request private lessons. No exceptions. Private lessons will only be scheduled once workshop payment has been received. Send your request along with your registration form to the ABTA Office. Private lessons will be scheduled throughout the weekend. A gym fee of \$25.00 will be charged for each hour of private lessons booked to cover the cost of the gym rental, in addition to the instructor fee for the lesson(s).

Registration Deadline:

Registrations AND payment must be RECEIVED by Friday September 25, 2026

Late registration will be subject to a \$20.00 late fee. NSF payments will be assessed a \$25.00 processing fee.

What to bring:

Baton(s), water bottle, lunch, snacks, note pad, pen, body suits, tights, warm up suits, baton and/or dance shoes

*** Loaner Batons will be available to borrow for 2-Baton and 3-Baton classes

WORKSHOP FEES:

Alberta Athletes:

Full Workshop (Level C,B,A) - \$175.00 - includes ticket to the Athlete Celebration Dinner on Saturday night

1 Day Workshop (Recreational & Pre Comp) - \$100.00 (Saturday Only)

Out-of-Province Athletes:

Full Workshop (Level C,B,A) - \$210.00 - includes ticket to the Athlete Celebration Dinner on Saturday night

1 Day Workshop (Recreational & Pre Comp) - \$110.00 (Saturday Only)

HOTEL SUGGESTIONS:

This is not a Stay-to-Play event. Participants are welcome to arrange their own accommodations.

For your convenience, here are a few hotel options located within a short drive of the camp facility:

Holiday Inn Express & Suites Spruce Grove - Stony Plain by IHG

201 Jennifer Heil Way, Spruce Grove, AB T7X 0T3

[Hotel link](#)

Best Western Sunrise Inn & Suites

3101 43rd Avenue, Stony Plain, Alberta T7Z 1L1

[Hotel link](#)

REGISTRATION DEADLINE: FRIDAY SEPTEMBER 25, 2026

ATHLETE WORKSHOP SCHEDULE:

Friday October 2, 2026

4:00pm – 9:00pm – Private Lessons

Saturday October 3, 2026

8:30am – 9:00am – Registration

9:00am – 12:00pm – Class Instruction

12:00pm – 12:30pm – Lunch Break

12:30pm – 4:00pm – Class Instruction

4:00pm – 6:00pm – Private Lessons

5:30pm – 8:30pm – Athlete Banquet

Sunday October 4, 2026

9:00am – 12:00pm – Class Instruction

12:00pm – 12:30pm – Lunch Break

12:30pm – 4:00pm – Class Instruction

4:00pm – 6:00pm – Private Lessons

ATHLETE SESSIONS: BATON/DANCE/ACRO

Baton Classes

- * Technique
- * Multiple Baton
- * Rolls
- * Contact Material
- * Baton & Dance

Dance Classes

Acro Classes

Mental Training for Athletes

Yoga

Pilates

Stretch & Strength

Pom Pom

PARENT SESSION: SUPPORTING THE ATHLETE MINDSET

Sunday October 4, 2026 – 2:45pm–3:45pm

Handling mistakes and disappointing results

Managing comparison

Supporting long-term enjoyment

SIGN UP FOR THE PARENT SESSION: <https://form.jotform.com/262465328767267>

ATHLETE REGISTRATION:

REGISTER ONLINE: www.albertabaton.com

OR

Use scan the QR code to register:



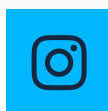
PAYMENT:

PAYMENT:

E-transfer to ABTA: abta@telusplanet.net



@batontwirlingalberta



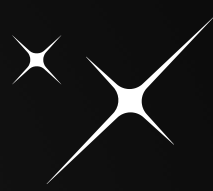
[instagram.com/AlbertaBaton](https://www.instagram.com/AlbertaBaton)



www.albertabaton.com



ATHLETE CELEBRATION *Dinner*



All athletes and coaches are welcome to attend. The evening will include a meal, awards presentation, games, and time to celebrate together.



Saturday
3 OCTOBER, 2026



Start at
5:30PM – 8:30PM

Tri Leisure Centre – Multipurpose Room

Tickets:

- 2-Day Camp Athletes: Banquet ticket included with camp registration
 - 1-Day Camp Athletes: \$35 per person
 - Coaches: \$35 per person (coach ticket is free if they have 5 or more athletes attending the camp)
- 



NEW THIS SEASON

ABTA ALL-STAR CHALLENGE

MEET • CONNECT • CREATE

Athletes asked for more opportunities to connect with athletes from other clubs
— and we listened!

Athletes from across Alberta will be placed on small teams with athletes from different clubs, ages and competitive levels. Teams will stay together throughout the season, completing fun challenges and earning points along the way!

WHAT THE CHALLENGE IS ALL ABOUT

CONNECT

Meet athletes from other clubs and make new friends.

CREATE

Build a team name, colour, mascot or logo — together!

CHALLENGE

Earn points through fun activities at ABTA events.

YOUR TEAM. YOUR IDENTITY. YOUR SEASON.

LAUNCHING AT FALL CAMP

Athletes attending Fall Camp will get the first opportunity to meet and work with their teammates. Not attending camp? You can still participate! Your teammates will make sure you are included and connected afterward.

OPEN TO ALL
Clubs • Ages
Competitive Levels

You don't have to be the most advanced twirler or the loudest person in the room.
There will be a place for everyone on their team!

READY TO JOIN THE CHALLENGE?

Sign up through the ABTA All-Star Challenge registration form.

Let's build new friendships — one challenge at a time!

