



**November  
4 & 5  
Omaha, NE**

**Deadline:  
October 5**

Hosted by Sue's Stepper-ettes  
Contest Director: Sue Foehlinger  
November 4: Competition at Ralston High School  
November 5: All-Star Clinic at the Steppe Center

**CONTEST DIVIDED INTO 3 SESSIONS**  
8:00-11:00am Ages 0-6, 7-9, 10-12  
11:15am Teams  
12:45pm Check in for 13-15 and 16+

**\*Entries received first will perform last**

#### **SHINING STAR PAGEANT**

- Open to all Novice, Beginner, Intermediate and Advanced twirlers
- Trophies awarded to 1st-3rd place, Beg-Adv
- 1st-3rd Novice contestants receive special "Star" plaques
- Beg-Adv: Costume Model with interview, X-Strut, Solo
- Nov: Costume Model no interview, Basic Square, Solo

#### **RISING STAR QUEEN**

- Modeling in costume & interview- Open to **ADVANCED** modeling contestants.
- First-third place winners will receive a trophy and first place winners will receive a crown!

#### **RISING STAR PRINCESS**

- Open to **NOVICE** and **BEGINNER** modeling contestants.
- Model in costume & interview.
- 1st-3rd place will receive a trophy and first place winners will receive a crown!

#### **HIGH POINT AWARDS**

Details included on the information page.

#### **ALL-STAR CLINIC**

A fun filled clinic will be held on Sunday, November 5th at the Steppe Center. Beneficial for all levels! Enjoy our amazing all-star staff from across the USA!

#### **TEAMS-SCHEDULED FOR APPROXIMATELY 11:15am ON SATURDAY, NOVEMBER 4th**

Open to all Dance Twirl, Twirl Teams, Halftime Shows, and Corps. Team directors will receive team trophies. "Star" awards will be presented to each individual team member. \$10.00 per member per routine.

#### **DUET'S**

Please only one member send entry fee.  
Cost is \$20.00 per duet

#### **PROTECTIVE FIRST**

This rule will be used by judges. It is in place to help give contestants more time before they move up.

#### **FIRST SOLO**

For Contestants who have not yet won first place in Novice Solo. 1st-3rd awards.

#### **SHOW TWIRLS**

Show Twirls will compete on Saturday, November 4th. See schedule.

#### **CONTEST FACEBOOK PAGE**

Please find our event on Facebook under "Reach for the Stars Twirling Competition and Clinic". Updates will be posted there. Please also be sure to give us an updated email address that you check frequently.

# Reach for the Stars 2023

**Entry Deadline: Entries must be received by Thursday, October 5, 2023. NO EXCEPTIONS!**  
**The award count will be determined immediately following the deadline. Please make a copy of this for your records before mailing in. You can even snap a picture with your phone.**

NAME \_\_\_\_\_ CONTEST AGE \_\_\_\_\_ \* BIRTHDAY \_\_\_\_\_  
STREET \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_  
AREA CODE + PHONE # \_\_\_\_\_ INSTRUCTOR(S) \_\_\_\_\_ EMAIL ADDRESS (please print clearly) \_\_\_\_\_

\*contest age is the age of competitor on Sept. 1, 2023

Please mark events wishing to enter- to avoid confusion, it is very helpful to also **highlight** events.

## SPECIAL EVENTS BEAUTIFUL AWARDS WILL BE PRESENTED!

☐ Shining Star Pageant \$55.00

- ☐ Nov  
☐ Beg  
☐ Int  
☐ Adv  
☐ College



☐ Rising Star Princess Model \$25.00

☐ Rising Star Queen Model \$25.00

☐ Show Twirl \$35.00

\* TEAM ENTRIES MUST BE SENT BY INSTRUCTOR \$10 per twirler, per routine

## OTHER OPEN EVENTS ★ ★ ★ ENTRY FEE FOR THE FOLLOWING EVENTS IS \$15.00 PER EVENT

- |  |   |  |   |
|--|---|--|---|
| <input type="checkbox"/> Nov. Best Appearing | <input type="checkbox"/> Nov. Visitor X Strut | <input type="checkbox"/> Int. Visitor Solo     | <input type="checkbox"/> First Solo         |
| <input type="checkbox"/> Beg. Best Appearing | <input type="checkbox"/> Beg. Visitor X Strut | <input type="checkbox"/> Adv. Visitor Solo     | <input type="checkbox"/> Divisional X-Strut |
| <input type="checkbox"/> Adv. Best Appearing | <input type="checkbox"/> Int. Visitor X Strut | <input type="checkbox"/> Boys Solo Level _____ | <input type="checkbox"/> Divisional Solo    |
| <input type="checkbox"/> Nov. Basic Square   | <input type="checkbox"/> Adv. Visitor X Strut | <input type="checkbox"/> Nov. 2-Baton          | Duet (\$20)                                 |
| <input type="checkbox"/> Beg. Basic Square   | <input type="checkbox"/> Nov. Solo            | <input type="checkbox"/> Beg. 2-Baton          | <input type="checkbox"/> Nov Duet           |
| <input type="checkbox"/> Adv. Basic Square   | <input type="checkbox"/> Beg. Solo            | <input type="checkbox"/> Int. 2-Baton          | <input type="checkbox"/> Beg Duet           |
| <input type="checkbox"/> Nov. X-Strut        | <input type="checkbox"/> Int. Solo            | <input type="checkbox"/> Adv. 2-Baton          | <input type="checkbox"/> Int Duet           |
| <input type="checkbox"/> Beg. X-Strut        | <input type="checkbox"/> Adv. Solo            | <input type="checkbox"/> Beg 3-Baton           | <input type="checkbox"/> Adv Duet           |
| <input type="checkbox"/> Int. X-Strut        | <input type="checkbox"/> Nov. Visitor Solo    | <input type="checkbox"/> Adv 3-Baton           | Duet age _____                              |
| <input type="checkbox"/> Adv. X-Strut        | <input type="checkbox"/> Beg. Visitor Solo    |  | Partner Name _____                          |

CONTEST ENTRY + \$25 PER FAMILY GYM FEE = \_\_\_\_\_  
ALL-STAR CLINIC \$60 per student (see discounts) \_\_\_\_\_  
\*class sizes will be limited

PARENT/COACH SEMINAR with Dr. Twirlz at Clinic \$30.00 \_\_\_\_\_

**TOTAL =** \_\_\_\_\_

**CHECK #** \_\_\_\_\_

**MAKE CHECKS PAYABLE TO: MID-AMERICA**

**SEND ENTRIES TO: SUE FOEHLINGER, 10254 Z STREET OMAHA, NE 68127**

Be sure to fill  
out your clinic  
form!  
Enter Now!



**Sunday,  
November 5th**

**The Steppe Center  
11730 Peel Circle  
LaVista, NE 68128**

**The clinic will be held at the Steppe Center, a state-of-the-art training facility!**



**STUDENT NAME** \_\_\_\_\_

**AGE** \_\_\_\_\_

**\*Please place ONE check mark in each of the class categories below to indicate which class you desire.**

<p align="center"><b><u>Session 1:</u></b> <b><u>Learn a New Solo Section</u></b></p> <p><input type="checkbox"/> Basic Skills/Technique</p> <p><input type="checkbox"/> Novice</p> <p><input type="checkbox"/> Beginner</p> <p><input type="checkbox"/> Intermediate</p> <p><input type="checkbox"/> Advanced</p>	<p align="center"><b><u>Session 2:</u></b> <b><u>Strut Technique/Bodywork</u></b></p> <p><input type="checkbox"/> Basic Skills/bodywork</p> <p><input type="checkbox"/> Novice</p> <p><input type="checkbox"/> Beginner</p> <p><input type="checkbox"/> Intermediate</p> <p><input type="checkbox"/> Advanced</p>	<p align="center"><b><u>Session 3:</u></b> <b><u>Rolls</u></b></p> <p><input type="checkbox"/> Basic Skills</p> <p><input type="checkbox"/> Novice</p> <p><input type="checkbox"/> Beginner</p> <p><input type="checkbox"/> Intermediate</p> <p><input type="checkbox"/> Advanced</p>	
<p align="center"><b><u>Session 4:</u></b> <b><u>Multiple Batons</u></b></p> <p><input type="checkbox"/> Novice                      <input type="checkbox"/> Field Twirling</p> <p><input type="checkbox"/> Beg/Int 2-baton</p> <p><input type="checkbox"/> Adv. 2 and 3 Baton</p>		<p align="center"><b><u>Session 5: Novelty/Fun Tricks</u></b></p> <p><input type="checkbox"/> Novice</p> <p><input type="checkbox"/> Beginner</p> <p><input type="checkbox"/> Intermediate</p> <p><input type="checkbox"/> Advanced</p>	<p align="center"><b><u>Coach/Parent Session</u></b> <b><u>hosted by "Dr. Twirlz"</u></b> <b><u>Correct bodywork to avoid injury</u></b></p> <p><input type="checkbox"/> 10:45-11:30 or</p> <p><input type="checkbox"/> 12:15-1:00pm</p>

**Clinic Staff**

Kaitlyn Boyer- Maryland  
Alysha Busza- Pennsylvania  
Rachel Foehtlinger-Nebraska  
Trenton Haltom- Texas  
Cindy Law- California  
Kimberly Law-Vander Woude- Nebraska  
Diana McClain- Kansas  
Jacinda Miller- Minnesota  
Anna Spiers-Wisconsin  
Bailey Walke-Kansas  
Brooke Weesner  
Grace Wood- Iowa



**CLINIC SCHEDULE**

8:30am	Check In
8:45-9:00	Group Stretch
9:00-9:30	Session 1
9:30-10:00	Session 2
10:00-10:30	Session 3
10:30-10:45	Break
10:45-11:15	Session 4
11:15-11:45	Session 5
11:45	Exhibitions
Noon	Clinic Concludes

**CLINIC FEE:**

INDIVIDUAL	\$60 PRE-REGISTRATION, \$60 DAY OF C
FAMILY DISCOUNT	\$55 FOR SECOND MEMBER
GROUP MEMBER	\$50- MUST HAVE 8 MEMBERS IN YOUR G
COACH/PARENT SESSION	\$15.00

**HOST HOTEL**  
**HAMPTON INN AND SUITES**

**402-895-2900**

**12331 Southport Parkway**  
**La Vista, NE 68128**

**Features:**

- ★ Hot Breakfast
- ★ Pool
- ★ Easy Interstate Access
- ★ Flat screen TV's in every Room
- ★ Dining options nearby



**\*IMPORTANT Mention Reach for the Stars Twirling Competition for the following discounted rate.**

**Rate: Queen Double Room \$124, King Rooms \$119**

**RESERVATIONS MUST BE MADE BY OCTOBER 4th**

**SHOW TWIRL SCHEDULE**

Show twirls will be held at Ralston High School in the Auxiliary Gym on Saturday, November 4<sup>th</sup>.

10:00am Age groups 13-15 and 16+

1:30pm 0-6, 7-9 and 10-12

**GENERAL CONTEST INFORMATION**

- \*Check contestant registration for events offered.
- \*LATE ENTRIES will not be accepted
- \*ALL entry fees must be paid in full by October 5th
- \*Results will be posted for all open events
- \*Mid-America x-strut and solo winners will be announced
- \*2023 NBTA rules and judges will be used
- \*Judges decisions are final
- \*Neither the school nor contest directors are responsible for accidents or lost/stolen articles
- \*No partial payments will be accepted
- \*No outside food can be brought into the school
- \*Concessions will be available
- \*NO REFUNDS
- \*For additional information, call Sue Foehlinger at 402-592-2304



**Exciting Announcement!**

We are thrilled to welcome Kaitlyn Boyer also known as “Dr. Twirlz” to this year’s contest and clinic. Dr. Boyer is an expert in preventing twirling based injuries and teaching correct stretching and bodywork techniques.



**REACH FOR THE STARS HIGH POINT AWARDS**

This year we have a fun “game” planned for contestants!

Contestants will pick up a card when they arrive at the competition. Points will be recorded on this card. For 1<sup>st</sup> place in an OPEN event, a contestant receives 5 points, 2<sup>nd</sup> place 3 points, 3<sup>rd</sup> place 2 points.

Large high point trophies will be awarded to 0-6, 7-9, 10-12 and 16+ winners.

The more OPEN events entered, the more chances to win!

