



taking the stage Carrying the IBTF flag in front of 10,000 people during the official flag ceremony in Turin, Italy is sophomore **Cora Frans**. Frans stood on the stage with representatives from eight other countries all over the world. "It was so surreal to be chosen to represent our country while doing something I love," Frans said. Photo courtesy Cora Frans

picture perfect Posing for a modeling company in Omaha is sophomore **Cora Frans**. For this photo shoot, she wore her official USA baton twirling warm-up outfit while holding her batons. "It was so cool to take professional photos while wearing my usual outfit," Frans said. Photo courtesy Cora Frans

CORA FRANS

Sophomore Cora Frans talks about her experience preparing and competing in an international baton twirling competition



In Nebraska, football and volleyball are seen as sports royalty, but sometimes other sports take the crown. Over the summer, baton twirling took sophomore **Cora Frans** across the Atlantic and won her a gold medal.

Frans has dedicated her life since the age of 4 to qualifying for the International Baton Twirling Federation (IBTF) World Majorette Championship. Not only is she one of two baton twirlers at our school, but she also twirls for the Omaha Stepper-ettes baton twirling team.

Over the summer of 2025, **Frans** and her team of 40 other girls qualified to represent the United States in this competition. From July 31 to Aug. 2, **Frans'** work ethic pushed her team to become IBTF World Champion Gold Medalists in Inalpi Arena, an olympic arena in Turin, Italy.

"I have been training my entire life for this competition because I knew it was one of my biggest goals, even when I was just starting out," Frans said.

Along with **Frans** pushing her teammates and herself with how hard she works, her drive to become the best doesn't go unnoticed by her friends.

"Cora has a special work ethic that not many people have. She definitely works harder than most people, and never quits when she is challenged," sophomore Lilly Epstein said.

Her accomplishments didn't come easily. Hours of preparation go into her performances at school and on the Stepper-ettes.

"I practice four times a week, with each practice being around three hours. I also practice by myself outside or at the gym. I won't leave the gym until I perform to the best of my ability," **Frans** said.

On top of her physical preparation, **Frans** had to train to overcome the mental challenges when preparing for an international competition.

"Baton twirling is super mentally challenging because you have to completely trust yourself or else you can't perform to the best of your ability. I had to completely trust myself and make sure I am completely prepared by over practicing. I had to make sure I am very confident in all my tricks and skills especially since I have a lot of features in my routine," Frans said.

Her favorite memory from the IBTF World Majorette Championships was being chosen as a captain on her team.

"I also got chosen to be the leader of my winning team and hold the official International Baton Twirling Federation Flag along with all the other gold medalists from the winning countries in the closing ceremony. I was representing the USA in front of over 2,000 athletes from all over the globe holding the prestigious flag," **Frans** said.

Frans plans to continue twirling throughout high school, and hopes to twirl in college as well.

"I would love to continue my twirling career," **Frans** said, "My goal is to attend the University of Alabama as a Crimsonette and twirl in front of over 100,000 people."

Story by Jaylee Mollak