

Canadian Baton Twirling Federation La Fédération Canadienne De Báton Sportif

TWIRL TEAM

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BATON TECHNIQUE		Precision Skill Level Maintained	☐ Excellent ☐ Very Good ☐ Good ☐ Needs ☐ Improvement
BODY TECHNIQUE	Stretch/Co-ordination/Placement of: Arms Hands Feet	Parallel/Turn-out Balance/Weight Distribution Use of Demi Plié Use of Balls of Feet Spot of Head Turn out from the hip	Excellent Very Good Good Needs Improvement
PERFORMANCE SKILLS	Eye Contact/Focus Confidence Facial Expressions Enthusiasm Appearance: Grooming, Footwear, Baton Skill of Recoveries		Excellent Very Good Good Needs Improvement
MOVEMENT & FORMS	Positioning on Floor Spacing between Athletes Clarity of Forms / Transitions Opening Position / Closing Position		☐ Excellent ☐ Very Good ☐ Good ☐ Needs ☐ Improvement
TEAM WORK	Individual Responsibilities / Contributions to the Team Partnerwork / Exchanges Unison / Synchronic Twirling Precision – Baton and Body	Timing with Music: In Time Phasing – too fast, too slow Combination – in and out of time	☐ Excellent ☐ Very Good ☐ Good ☐ Needs ☐ Improvement
GENERAL MECHANICS	Variation from the Standard Routine / Misson Spin Technique – head position, posture, a		
Circled: Needs Atte Checked: Exceeds Drops Breaks/Slips Off Pattern Loss of Balance Out of Unison Unsportsmanlike Conduct		RIBBON GF RED BLUE WHITE GREEN —	LETTER GRADE A A B C D D