

---

## **Baton twirling teaches skills, confidence to girls - Frederick News Post**

[Baton twirling teaches skills, confidence to girls](#) [1] Frederick News Post

EMMITSBURG — If you want to do fijimi rolls, finger twirls and tosses, you will need a baton and lots of practice.

By Admin at Fri, 11/01/2013 - 03:00

---

### **Source**

**URL:**<https://www.cbtf.ca/content/baton-twirling-teaches-skills-confidence-girls-frederick-news-post?mini=2025-09&page=146>

### **Links**

[1] [https://www.fredericknewspost.com/news/arts\\_and\\_entertainment/baton-twirling-teaches-skills-confidence-to-girls/article\\_2dd2f32b-3d1f-565c-b3e3-980c7c048e4d.html](https://www.fredericknewspost.com/news/arts_and_entertainment/baton-twirling-teaches-skills-confidence-to-girls/article_2dd2f32b-3d1f-565c-b3e3-980c7c048e4d.html)