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

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

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URL: <https://www.cbtf.ca/content/baton-twirling-teaches-skills-confidence-girls-frederick-news-post?mini=2026-01>

Links

[1] https://www.fredericknewspost.com/news/arts_and_entertainment/baton-twirling-teaches-skills-confidence-to-girls/article_2dd2f32b-3d1f-565c-b3e3-980c7c048e4d.html