
Learning 3-Baton Essentials with Jennifer Marcus Schwartz

[1]

Being the “3-Baton Diva of the World” Jen breaks down the essentials that all coaches and athletes should know: Pendulums, Crescents, Vertical Boxes, Horizontal Showers, and Bowling Pins... all staples of the 3-Baton discipline.

Tags: [TwirlNations-On-Demand](#) [2]

By admin at Sun, 07/19/2020 - 09:00

Source URL: <https://www.cbtf.ca/content/learning-3-baton-essentials-jennifer-marcus-schwartz>

Links

[1] <https://www.cbtf.ca/content/learning-3-baton-essentials-jennifer-marcus-schwartz> [2]

<https://www.cbtf.ca/tags/twirlnations-demand>