

Long-Term Development

The CBTF Long-Term Development (LTD) framework provides a clear pathway for athletes to grow in baton twirling from their first spin to lifelong participation.

Built on the *Sport for Life* model, the CBTF LTD outlines eight stages of athlete progression: Active Start, Fundamentals, Learn to Train, Train to Train, Learn to Compete, Train to Compete, Train to Win, and Active for Life. Each stage emphasizes age-appropriate skill development, physical literacy, and performance opportunities, ensuring athletes build strong foundations before advancing to higher levels of competition. The LTD framework also integrates artistry, discipline, and confidence-building, aligning baton twirling with national sport standards in Canada. By following this structured pathway, athletes are supported in reaching their full potential—whether their journey leads to recreational enjoyment, national championships, or representing Canada on the world stage.

For the complete CBTF Long-Term Development model: <https://www.cbtf.ca/article/cbtf-long-term-development-model> [1]

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