

## Skills Development Program

The CBTF Skills Development Program (SDP) is the national foundation for athlete growth in baton twirling, guiding participants through a structured pathway of ribbons, badges, and pins.

The SDP is a comprehensive, progressional model that emphasizes equal development across all three modes of twirling (contact, aerials, rolls) while also building strong body technique. Rooted in Canada's Long-Term Development strategy, the program ensures athletes gain both physical literacy skills (balance, coordination, posture, strength, flexibility, ambidexterity, speed, control, endurance) and social skills (confidence, discipline, concentration, memorization, commitment, dedication). Each level introduces baton skills alongside body elements, with athletes earning recognition through ribbons and badges as they advance. Higher achievements, such as the Gold Pin and Maple Leaf Pin, mark readiness for freestyle and national competition, making the SDP not only a developmental tool but also a gateway to elite performance. By offering consistent terminology, training standards, and evaluation across Canada, the CBTF SDP ensures every athlete has the opportunity to progress with confidence, artistry, and excellence.

The CBTF Skills Development Program is available in the CanTwirl app. CanTwirl is available as a free download on the Apple App Store for iPhone and iPad devices, and also in the GooglePlay store for Android devices.

The Skills Development Program is available by annual subscription within CanTwirl. The SDP subscription includes the entire Skills Development Program - all Badges, Pins, and Specialty Badges, including the new Blue Badge, Copper Badge, Black Badge, and Maple Leaf Pin!

The SDP features over 300 skills with video, written descriptions, and 'look fors' to help all coaches and adjudicators. This comprehensive program boasts clear, achievable progressions through the whole program. The renewed Skills Development Program has taken a holistic approach:

- The program includes more combination-style skills, which helps prepare the athlete for skill combinations in performance and competitive routines
- The SDP is aligned with CBTF's Long-Term Development program - covering all stages from Active Start, Fundamentals, Learn to Train, Train to Train, and Learn to Compete
- Each Badge and Pin is divided into Baton Skills and Body Work, which are then categorized into different modes - which continue to be developed and expanded as the student journeys from Active Start I through the Maple Leaf Pin.

Plus, there are many helpful aids in each Skill:

- Each Skill has a video clip to demonstrate that particular skill - no more scrubbing through long videos!
- The demonstrations include a metronome tone, for Body Work that is rhythm-based
- Some Body Work skills are performed "with support"
- Each Skill includes helpful 'Look Fors', which aid Coaches and Adjudicators alike in developing correct technique and building proficiency

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