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## Pre-Competitive Program

The CBTF Pre-Competitive Program is designed as the entry point into competition, giving athletes a supportive and structured way to transition from recreational twirling to competitive sport.

This program introduces athletes to set routines that emphasize proper baton and body technique, musical timing, and performance confidence. Both individual and group routines are part of the program. By focusing on simplicity and progression, the Pre-Competitive Program ensures athletes build strong fundamentals before advancing to higher levels. Evaluations are based on the CBTF's national grading system, providing consistency across the country. Coaches recognize that pre-competitive disciplines support athletes to refine skills, gain confidence, and develop stage presence. Ultimately, the Pre-Competitive Program nurtures discipline, artistry, and readiness, laying the foundation for future success in provincial, national, and international competition.

The Pre-Competitive Program Handbook: <https://www.cbtf.ca/article/cbtf-pre-competitive-program-handbook> [1]

The Pre-Competitive Program Role Model Video: <https://www.cbtf.ca/article/cbtf-pre-competitive-role-model-video> [2]

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### Links

[1] <https://www.cbtf.ca/article/cbtf-pre-competitive-program-handbook> [2] <https://www.cbtf.ca/article/cbtf-pre-competitive-role-model-video>