



ACTIVE FOR LIFE
TRAIN TO WIN
TRAIN TO COMPETE
LEARN TO COMPETE
TRAIN TO TRAIN
LEARN TO TRAIN
FUNDAMENTALS
ACTIVE START

CANADIAN BATON TWIRLING FEDERATION
LONG TERM DEVELOPMENT



ACTIVE START

Ages

Female 3-6
Male 3-6

Concepts

Starting children off right
Making physical activity a fun part of daily life

Characteristics

Development of basic movement skills

Activities

Show and tell at the end of class
Special theme days/classes
Mini displays/performances

Time Commitment

30-45 minutes, once per week
3-8 months of the year
Children should also participate in other, non-structured play

Skills Development Program

Active Start I (White Ribbon)
Active Start II (Red Ribbon)

Abilities to be Developed

Gross motor skills
Balance
Coordination
Body awareness
Creative movement
Exposure to music and dance
Learning to control the baton, baton safety
Social skills

Role of the Parent

Introduce participants to activities
Provide encouragement
Participate in activities (parent days/classes)
Transport participants to activities
Pay for activities



FUNDAMENTALS

Ages

Female 6-10
Male 6-11

Concepts

Fun, Fitness & FUNDamental movement patterns

Characteristics

Improving movement competency
Free use of fundamental movement skills
Decision making

Activities

In-class demonstrations
Performances for parents
Public demonstrations & performances
Holiday shows
Year-end recital

Time Commitment

1 class per week for 1-1.5 hours
6-8 months of the year
Children should participate in 3-4 other activities
on a regular basis

Skills Development Program

Yellow, Orange, Red, Maroon, Bronze Pin, Bronze
Rolls, Bronze 2-Baton

Abilities to be Developed

Strength	Ambidexterity
Posture	Concentration
Flexibility	Memorization
Basic baton skills	Self-confidence
Baton safety	Performance qualities
Musicality & rhythm	

Role of the Parent

Introduce participants to activities
Provide encouragement
Show interest in sport & physical activity
Ensure school, other sport, and non-sport
activities are balanced
Transport participants to activities
Pay for activities

Baton Specific Events

CBTF Pre-Competitive Level I & II:
Basic March, Forward Motion, Medley, Solo, Solo
Dance, 2-Baton, Twirl Team, Dance Twirl Team

LEARN TO TRAIN



Ages

Female 8-13
Male 8-14

Concepts

Building the skills

Characteristics

Capable of acquiring refined skills
Increasing capacity to understand rules
Emergence of competent movement patterns

Activities

In-class demonstrations
Performances for parents
Public demonstrations & performances
Holiday shows
Year-end recital
Local pre-competitive events

Time Commitment

1-2 classes per week for 1-3 hours per class
8-10 months of the year
Children should participate in other activities on a regular basis

Skills Development Program

Grey, Green, Turquoise, Pink

Abilities to be Developed

Strength	Concentration
Posture	Problem solving
Flexibility	Building on baton skills
Balance	Teamwork
Coordination	Dedication
Ambidexterity	Commitment
Rhythm	Building on musicality

Role of the Parent

Introduce participants to activities
Provide encouragement
Show interest in sport & physical activity
Listen to participant to identify sport preferences
Ensure school, other sport, and non-sport activities are balanced
Transport participant to activities
Pay for activities, training, equipment, costumes, competitions

Baton Specific Events

C/BN Medley, C/BN Solo, C Solo Dance, C 2-Baton, C Duet, C Twirl Team, C Dance Twirl Team



TRAIN TO TRAIN

Ages

Female 9-15
Male 9-16

Concepts

Specialization – Baton is their primary activity
Focus during competition is applying what they've learned during training, not on winning at all costs

Characteristics

Developing the capabilities to progress on the excellence pathway

Activities

Graded Events for Primary & Juvenile (not driven by rankings), begin to travel for competitions, begin to assist with classes (later stage)

Time Commitment

3-4 classes per week for 3-4 hours per class
8-10 months of the year

Competitions

Local Open, Provincial Open & Winner, Inter-Provincial Opens, Canadian Winner Events (ages 12 & up)

Skills Development Program

Silver Pin, Silver Rolls, Silver 2-Baton, Purple, Blue, Gold Pin, Gold Rolls, Gold 2-Baton

Abilities to be Developed

More complex baton skills	
Dance and gymnastics skills	
Competition planning – goal setting, imagery	
Increase twirling speed	Sportsmanship
Flexibility & strength	Injury prevention
Creativity & expression	Concentration
Decision making	Commitment

Role of the Parent

Volunteer at activities & within club organization	
Spectator at events	
Ensure communication between parent-coach-athlete	
Trust the coach, intervene only when necessary	
Provide positive push rather than pressure	
Ensure school and non-sport activities are balanced	
Ensure athletes are properly nourished and rested	
Transport to activities	
Pay for equipment, costumes and increased cost of training and competition	

Baton Specific Events

BN Compulsories, BN/BI Medley, BN/BI Solo, BN Solo Dance, BN 2-Baton, C/BN 3-Baton, BN Duet, B Twirl Team, B Dance Twirl Team

LEARN TO COMPETE



Ages

Female 11-17 +/-
Male 12-18

Concepts

Becoming a consistent competitor
Committed to competing

Characteristics

Rapid increase in stature, physical capacity, sporting ability and commitment to being an athlete

Activities

Special invited performances and demonstrations, travel for competitions

Time Commitment

5-6 classes/training per week for 3-4 hours per session, 10-11 months of the year

Competitions

Provincial Winner, Inter-Provincial Opens, Canadian Winner Events, Pan Pacific Competition, Nations Cup – Level B/A

Skills Development Program

Copper, Diamond Pin, Black, Maple Leaf Pin

Abilities to be Developed

Advancing baton skills
Advancing gymnastics and dance skills
Flexibility & strength
Individual creativity & expression with music
Consistency in competition
Managing distractions
School-social life- training balance

Role of the Parent

Move into the background but still provide emotional and tangible support
Allow athlete to become more responsible for decision-making but be available when guidance is needed
Remain active as volunteers
Organize the athlete's schedule
Ensure balance between school-social life-family (may involve sacrifices within the family)
Driving several times per week to training and competitions
Pay for training, competitions, costumes, equipment and travel

Baton Specific Events

BI Freestyle Solo, BI Freestyle Pair, B Artistic Pair, BI Compulsories, BI Medley, BI Solo, BI Solo Dance/Artistic Twirl, BI 2-Baton, BN/BI 3-Baton, BI Duet, A Twirl Team, A Dance Twirl Team, B Freestyle Team, B/A Artistic Group

TRAIN TO COMPETE



Ages

Female 14-21 +/-
Male 15-23 +/-

Concepts

Winning at all levels

Characteristics

Representing Canada internationally
Challenging for national podium performances
Highly committed to achieve success
internationally

Activities

International travel
Training and preparation camps

Time Commitment

5-6 classes/training per week for 3-4 hours per session
10-11 months of the year

Competitions

Provincial Championships
Inter-Provincial Opens
Canadian Championships
Pan Pacific Competition
Nations Cup – Level A

Abilities to be Developed

Refine skills and performance intensity
Control of the baton and routine during competition
Maintain strength and flexibility
Knowledge of rules and judging expectations
Self-discipline
Media relations
International travel – coping skills

Role of the Parent

Primary support person to manage the athlete's schedule
Offer unconditional support
Pay for training, competitions, equipment, costumes, travel

Baton Specific Events

BA Freestyle Solo, BA Freestyle Pair, A Artistic Pair,
BA Short Program, A Medley, A Solo, A Solo
Dance/Artistic Twirl, A 2-Baton, A 3-Baton, A
Duet, A Dance Twirl Team, A Freestyle Team

TRAIN TO WIN



Ages

Female 16+
Male 17+

Concepts

International excellence
Podium performances
Only the very best and most dedicated reach this stage

Characteristics

Challenging for medals at senior international competitions

Activities

International travel
Training and preparation camps

Time Commitment

5-6 classes/training per week for 3-4 hours per session
11 months of the year

Competitions

Canadian Championships
Pan Pacific Competition
World Championships

Abilities to be Developed

Refine skills and performance intensity
Control of the baton and routine during competition
Maintain strength, flexibility, endurance
Mental preparation skills
Interviews and media events
International travel
Decision making and partnering with the coach
Life balance

Role of the Parent

Role in managing the athlete's schedule decreases as the athlete becomes more independent
Encourage the athlete to learn to drive
Offer unconditional support
Primary contribution is financial
Take an active role in assisting the athlete with decision making about university, scholarships and life after sport

Baton Specific Events

A Freestyle Solo, A Freestyle Pair/Artistic Pair, A Medley, A Solo, A Solo Dance/Artistic Twirl, A 2-Baton, A 3-Baton, A Duet, A Freestyle Team



ACTIVE FOR LIFE

Ages

Enter at any age

Concepts

Stay active

Characteristics

Desire to be physically active

Activities

Ongoing baton twirling

Coaching

Judging

Administration

Volunteering

Time Commitment

Will vary with age

Could be 1 time per week for 1 hour, up to 4 times per week

Skills Development Program

All badges and pins available, if not already achieved as an athlete