

“What do I practice over summer?!”

ASHT's Summer 2026 Pre-Comp Practice List

Baton

- Forward and Reverse figure 8s (all ways/front & side)
- Two hand twirls
- Thumb Rolls and Thumb Flips
- Backhand flips
- Thumb Tosses
- Arm Rolls, Elbow Rolls, and double
- Handrolls
- Layouts
- Flat spins and palm spins
- Flat tosses
- Neckwraps
- Finger Twirls
- Flat Over Unders
- Flourishes
- Badge/Ribbon skills

Body

- Skipping
- Marching (& with arms swinging)
- Chasses (& in opposition)
- Up Up Downs (& turned out/faster)
- Piroettes
- Spins (End of Medley, both ways)
- Leaps, Jumps, Hops
- Kicks (all 3 ways)
- Cartwheels (if you've learned one safely)
- Chaine Turns
- Lunges (side & front)

Stretch & Strength

- Splits (EVERDAY!!)
- Bridges, cobra
- Shoulder stretches
- Wrist Stretches
- Ankle Stretches/Rises
- Plank
- Superman
- V-sit
- Wall-sit
- Table Top

What else?

- Don't forget your individual routines (Forward Motion, Medley, Basic March, Solo, 2-baton)
- If you want to learn the next version, or a new routine (Solo/2-baton) you can watch them on YouTube (CBTF Baton Twirling)!
- Some coaches are available for private lessons over summer (routines, new tricks, badges!)
- Cheer us on in Regina for Nationals – there may be live streams but there will be social media posts!
- Checkout the livestream for Worlds in Paris and cheer on Team Canada!
- Watch YouTube videos of twirlers and dancers for inspiration

