



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 ATHLETE 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

White 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

Posture

Flexibility

Basic baton skills

Baton safety

Musicality & rhythm

Ambidexterity

Concentration

Memorization

Self-confidence

Performance qualities

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 7-13

Male 7-14

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, Silver Pin, Silver Rolls, Silver 2-Baton

Abilities to be Developed

Strength

Posture

Flexibility

Balance

Coordination

Ambidexterity

Rhythm

Concentration

Problem solving

Building on baton skills

Teamwork

Dedication

Commitment

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 Compulsories, 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 8-14

Male 8-15

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

Turquoise, Pink, 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
Flexibility & strength
Creativity & expression
Decision making
Sportsmanship
Injury prevention
Concentration
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

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

ANADIAN BATON TWIRLING
CHAMPIONSHIP

CHAMPIONNATS CANADIEN
DE BATON SPORTIF

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, International Cup – Level B/A

Skills Development Program

Diamond 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

B Freestyle, B Pair/Artistic Pair, B 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 WBTF 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

International Cup – Level A/Elite

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

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

International Cup – Elite, Grand Prix

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, A Pair/Artistic Pair, A Compulsories/

Short Program, A Medley, A Solo, A Solo

Dance/Artistic Twirl, A 2-Baton, A 3-Baton, A

Duet, A WBTF 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