Skills Development Program

The Skills Development Program (SDP) is a comprehensive, progressional model for the sport of baton twirling with the focus of equal development in all three modes of twirling as well as body technique elements following the CBTF Long-Term Development strategy. The SDP strives to be a national program that builds a strong technical foundation with a consistent approach to development, terminology, and training of baton twirling and body technique skills for every twirler across Canada.

The SDP's key objective are:

1. To develop the physical literacy skills necessary to progress in the sport of baton twirling - Balance, coordination, posture, strength, flexibility, ambidexterity, speed, control, and endurance
2. To develop to social skills necessary to be successful - Self-confidence, discipline, concentration, memorization, commitment, and dedication

Each badge is divided in two parts: Baton Skills and Body Work. In order, the Program consists of the: Active Start I (White Ribbon), Active Start II (Red Ribbon), Yellow Badge, Orange Badge, Red Badge, Maroon Badge, Bronze Pin, Bronze Rolls, Bronze 2-Baton, Grey Badge, Green Badge, Turquoise Badge, Pink Badge, Silver Pin, Silver Rolls, Silver 2-Baton, Purple Badge, Blue Badge, Gold Pin, Gold Rolls, Gold 2-Baton, Copper Badge, Diamond Pin, Black Badge, and Maple Leaf Pin.

The Skills Development Program is supported by a comprehensive online technical resource, available by subscription within the CBTF CanTwirl App. The Skills Development Program within CanTwirl includes written descriptions and video demonstrations for all skills in the program (over 300). CanTwirl is available as a free download on the Apple App Store [1] for iOS devices, and also in Google Play [2] for Android devices.

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