## Baton twirling teaches skills, confidence to girls - Frederick News Post

Baton twirling teaches skills, confidence to girls [1] Frederick News Post EMMITSBURG — If you want to do fijimi rolls, finger twirls and tosses, you will need a baton and lots of practice.

By admin at Fri, 11/01/2013 - 03:00

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[1] https://www.fredericknewspost.com/news/arts\_and\_entertainment/baton-twirling-teaches-skills-confidence-to-girls/article\_2dd2f32b-3d1f-565c-b3e3-980c7c048e4d.html