

“What do I practice over summer?!”

Miss Taelyr's Summer 2025 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)
- ★ Pirouettes
- ★ Spins (End of Medley, both ways)
- ★ Leaps, Jumps, Hops
- ★ Kicks (all 3 ways)
- ★ Cartwheels (if you've learned one safely)
- ★ Chainé 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)
- ★ 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 New Brunswick Nationals and in Italy for Nations Cup – there may be live streams but there will definitely be social media posts!
- ★ Watch YouTube videos of twirlers and dancers for inspiration

