

FRENSHIP ISD TWIRLER STANDARDS HIGH SCHOOL LEVEL

Individuals auditioning for Frenship High School twirler will be required to:

1. Demonstrate fundamentals in the areas listed below
2. Learn and perform a short line routine
3. Perform an individual routine – Routine needs to include at least five 2-baton tricks

The twirler needs to be able to demonstrate *proficiency* in the following areas:

VARSITY	JUNIOR VARSITY
<p><u>1-Baton:</u></p> <ul style="list-style-type: none"> • 1 turn backhand catch • 1 turn blind catch • Triple elbow roll • Fishtails w/carry • 2 spin (horizontal & vertical) • Toss illusion <p><u>2-Baton:</u></p> <ul style="list-style-type: none"> • Toss, pass over head, pass over arm • Horizontal box toss neck wrap • Horizontal/vertical toss • Vertical/vertical toss • Back hand/vertical toss 	<p><u>1-Baton:</u></p> <ul style="list-style-type: none"> • Finger Twirls • Backhand catch • Blind catch • Double elbow roll • Fishtails • 1 spin (horizontal & vertical) <p><u>2-Baton:</u></p> <ul style="list-style-type: none"> • Toss, pass over head, pass over arm • Toss, pass over head, flash • Horizontal box toss neck wrap • Vertical/vertical toss • Back hand/vertical toss

The twirler needs to be able to demonstrate *basic technique* in the following areas:

VARSITY	JUNIOR VARSITY
<ul style="list-style-type: none"> • Angel roll • 3 spin (vertical) • 3 baton (juggles & horizontal box tosses) 	<ul style="list-style-type: none"> • 2 spin (horizontal) • 2 spin (vertical) • Toss illusion



FRENSHIP ISD TWIRLER STANDARDS MIDDLE SCHOOL LEVEL

Individuals auditioning for twirler at a Frenship Middle School will be required to:

1. Demonstrate fundamentals in the areas listed below
2. Perform an individual routine

The twirler needs to be able to demonstrate *proficiency* in the following areas:

Fundamentals: (The twirler should be able to do the following tricks in both hands.)

- Side twirls
- Figure eights
- Horizontals
- Finger twirls (horizontal & vertical)
- Front-hand spins
- Wheel series
- Thumb toss
- Horizontal box toss
- Flash
- Elbow roll

Basic Technique:

- 1 spin (horizontal & vertical)
- Toss fankick
- Backhand catch
- Blind catch

The twirler will be given the opportunity to demonstrate *advanced technique* in the following areas:

- 2 spin (horizontal & vertical)
- Toss illusion
- Double elbow roll
- 2 baton