TWIRLING SKILLS TWIRL 3-4 AND LARGE TEAM	MON	TUES	WED	THURS	FRI	SAT	SUN
50 TIME TOSSES							
20 THUMB TOSSES							
50 Side to Side Thumb Tosses							
3 Elbows Plus							
Double Elbow Roll Catch Blind Double Elbow Roll Catch Behind Back							
Angel Roll Front Angel Roll Back							
Fishtails Left Hand Fishtails Right Hand							
Lucero Roll – Vertical							
Multiple Spins Catch Backhand Catch Blind Catch Left							
High Toss Illusion Spin Illusion Illusion 1 Spin							
High Toss Cartwheel High Toss Aerial							