**TUMB Lesson Plans**

**Color Guard Spin Clinic #2**

Date: Sunday July 10, 2022 @10:00am

**Location**: Lot 5, Johnny Unitas Stadium, 7537 Auburn Dr, Towson, MD 21204

Afternoon/Rain Location:

Towson University Center for the Arts Chorus Room, 7700 Osler Drive, Towson, Maryland 21204

**Parking:**

* Lot 3 (CFA Lot) or Lot 4 (Johnny Unitas Stadium)
* Parking is free on weekends. <https://www.towson.edu/maps/>

**What to Bring:**

* Gloves (Optional)
* Athletic Wear
* Sunscreen
* Sneakers
* Rifles & Sabres **(Please bring your own if you have it)**
* Water for the day, Lunch, & Snacks
* Payment for Registration Fees
  + $45 uniform/technology fee, $42 Jazz Shoes, $15 gloves (optional)
  + Pre-Owned shoes must be black and approved by Interim Guard Director
  + Check is preferred and can be made out to the “TU Foundation”.

**Spin Session Prep:**

* Flag Technique: [Flag Technique](https://docs.google.com/document/d/1-jPWUkCCMgXBTTxOB2jRXMKhcYzkgm67rKIweVeh-U4/edit?usp=sharing)
* Weapon Technique: [Weapon Technique](https://docs.google.com/document/d/1owmoeDc6SKxT22goKqn5eC927ZsyqW_ptF0eNlOS-5I/edit?usp=sharing)
* Movement Technique: [Movement/Dance Technique](https://docs.google.com/document/d/1-WPsyKn3dpzS74RFB56dQ0GYVVNKKZBrQJU5ri_KrTg/edit?usp=sharing)

**Goals:**

* Teach Season Warm Ups Equipment
* Further develop equipment strength and confidence in Equipment
* Workshop Choreography
* Gain consistency in equipment

***\*Please consistently ask for water/brain breaks if you need it\****

*\*\*\*\*\*\*All times are a starting point and may be adjusted as the flow of the day dictates.\*\*\*\*\*\**

| **Time** | **Objective/Groupings** | | | **Logistics** |
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| **9:45AM** | Call Time; Lot 5 Opens; Personal Stretch; Individual Practice Time | | | **Please use this time to improve on your skills and ask staff and SMAC for assistance** |
| **10:00** | Introductions; Staff/SMAC Expectations; Goal Review; Stretch w/ SMAC | | |  |
| **10:15** | Flag Technique Block  -[Flag Technique](https://docs.google.com/document/d/1-jPWUkCCMgXBTTxOB2jRXMKhcYzkgm67rKIweVeh-U4/edit?usp=sharing)  -(Special focus on Thumb Flips. Pole Hits, Peggy Spins, and Tosses)  \*Students will be pulled out of block for uniform measurements\* | | | **Focusing on correct technique and then consistency!** |
|  | **FLAG** | | **WEAPONS** |  |
| **12:15** | Flag Warm Up  Intermediate Skills | | Weapon Technique Block  -[Weapon Technique](https://docs.google.com/document/d/1owmoeDc6SKxT22goKqn5eC927ZsyqW_ptF0eNlOS-5I/edit?usp=sharing) | **If you are interested in auditioning for the weapon line, please join this block.** |
| **2:00** | LUNCH | | |  |
| **3:00** | Icebreaker | | | **SMAC Led** |
|  | **FLAG** | | **WEAPONS** |  |
| **3:30** | Workshop Choreography | | Weapon Technique Block  -[Weapon Technique](https://docs.google.com/document/d/1owmoeDc6SKxT22goKqn5eC927ZsyqW_ptF0eNlOS-5I/edit?usp=sharing) | **Those who wish to be considered for feature flag should join this block!** |
| **5:30** | Showcase; Outro, Pack Up and leave | | |  |