**TUMB Lesson Plans**

**Color Guard Spin Clinic #1**

Date: Sunday June 12, 2022 @9:00am

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

Afternoon/Rain Location:

Towson University Center for the Arts Band 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 **(You will only have 45 mins for Lunch!)**
* Payment for Registration Fees **(NOT APPLICABLE THIS WEEKEND)**
  + $40 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 on Body & Equipment
* Reinforce movement technique through breathe, tension, and range of motion
* Further develop equipment strength and confidence

***\*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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| **8:45** | 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** |
| **9:00** | Introductions; Staff/SMAC Expectations; Goal Review | | |  |
| **9:15** | Stretch w/ SMAC | | |  |
| **9:30** | Flag Technique Block  -[Flag Technique](https://docs.google.com/document/d/1-jPWUkCCMgXBTTxOB2jRXMKhcYzkgm67rKIweVeh-U4/edit?usp=sharing)  -(Special focus on Pole Hits, Peggy Spins, and Tosses) | | | **Focusing on correct technique and then consistency!** |
|  | **FLAG** | | **WEAPONS** |  |
| **10:45** | Teach Flag Warm Up  Workshop Choreography | | Weapon Technique Block  -[Weapon Technique](https://docs.google.com/document/d/1owmoeDc6SKxT22goKqn5eC927ZsyqW_ptF0eNlOS-5I/edit?usp=sharing) |  |
| **12:15** | LUNCH (Transition to Kaplan after Lunch) | | |  |
| **1:00** | Icebreaker | | | **SMAC Led** |
| **1:15** | Physical Training | | |  |
| **1:30** | Stretch/Flexibility/Center Floor | | |  |
| **2:00** | Across the Floors  -Be prepared to do some of this with equipment | | | **Jazz Walks, Runs, Battements, Chasse, Saute, Side Back Side Front, Chaine Turns, Air Tours** |
| **2:45** | JUMPS & TURNS | | |  |
| **3:15** | Improv/Interpretation | | |  |
| **3:50** | Outro, Pack Up and leave | | |  |