**TUMB Lesson Plans**

**Color Guard Spin Clinic #3**

Date: Sunday July 30, 2023 @10:00am

**Check In/Rehearsal Location**:

Towson University, Towson Center, Court C

7537 Auburn Dr, Towson, Maryland 21204

**Parking:**

* Lot 8 (Outside of Towson Center)
* Parking is free on weekends. <https://www.towson.edu/maps/>

**What to Bring:**

* Gloves (Optional)
* Athletic Wear
* Sunscreen
* Sneakers
* Rifles & Sabre
  + Flags will be provided. Weapons will be given out on a first come first serve basis.
* Flags are provided and optional to bring
* Water for the day, Lunch, & Snacks **(You will only have 45 mins for Lunch!)**
* Payment for Registration Fees
  + **(NOT APPLICABLE THIS WEEKEND. BE PREPPED FOR MOVE INS)**
  + $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”. Cash is accepted.

**Spin Session Prep (CURRENTLY UPDATING):**

* 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:**

* Establish new forms of technique on Body & Equipment
* Reinforce movement technique through breathe, tension, and range of motion
* Further develop equipment strength and confidence
* Experiment with show concept/choreography
* Measure students for uniforms

\*\*We have a lot to get through so we must try to stay on schedule\*\*

***SCHEDULE***

***\*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/Location** |
| --- | --- | --- | --- | --- |
| **9:20a**  **9:30a** | SMAC CALL TIME!  Check In at Towson Center/Individual Stretch Warm Up | | |  |
| **10:00** | Introductions; Staff/SMAC Expectations; Goal Review | | | **Name and Pronouns, Year, Favorite Equipment, The Best Part of Your Summer so far!** |
| **10:10** | Stretch w/ SMAC | | |  |
| **10:15**  **11:00**  **11:45 - BREAK**  **12:00p** | MOVEMENT CLASS  Center Floor (Jessica)  Across the Floors (Staff)  Be prepared to do some of this with equipment later…  ATF Combo (Greg/Jessica) | | | **STAFF Led w/ all others doing individual support** |
| **12:30p** | LUNCH | | |  |
| **1:15** | Game/Icebreaker | | | **SMAC Led** |
| **1:30**  **2:00**  **2:30** | Basics Review  Toss Block  Golden Hour Choreography Workshop | | | **LAYNE - BASICS**  **EVERYONE - TOSSES**  **JALEN - CHOREO** |
| **3:00** | **FLAG** | | **WEAPONS** | **FLAGS w/ JALEN**  **WEAPONS w/ GREG & LAYNE** |
|  | -Basics Review  -Intermediate Tricks  -Golden Hour Choreography Workshop  -Umbrella/SITR Choreography Workshop | | -Basics Review  -Toss Block  -Rock Lobster Choreography Workshop 1  -Rock Lobster Choreography Workshop |  |
| **5:30** | SHOW & TELL | | |  |
| **5:50** | Debrief & Clean | | |  |
| **6:00** | DISMISSAL | | |  |