**TUMB Lesson Plans**

**Color Guard Spin Clinic #2**

Date: Sunday July 9, 2023 @10:00am

**Check In Location**:

Towson University, Center for the Arts, Kaplan Concert Hall

7700 Osler Drive, Towson, Maryland 21204

**Morning/Rain Location:**

Towson University, Center for the Arts, Kaplan Concert Hall

7700 Osler Drive, Towson, Maryland 21204

**Afternoon/Rehearsal Location**:

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

**Parking:**

* Lot 3 (CFA Lot) or Lot 4 (Johnny Unitas Stadium) or Union Garage
* 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)**
* Flags are provided and optional to bring
* Water for the day, Lunch, & Snacks **(You will only have 1hr 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 (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

***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** |
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| **9:15a**  **9:30** | SMAC CALL TIME!  Check In at Kaplan Concert Hall | | |  |
| **10:00** | Introductions; Staff/SMAC Expectations; Goal Review | | | **Name and Pronouns, Year, Favorite Equipment, Your favorite movie with a one sentence plot.** |
| **10:15** | Stretch w/ SMAC | | |  |
| **10:20** | Physical Training/Health Warm Up | | | **Phoebe & Emily Led** |
| **10:30** | MOVEMENT CLASS  Breathe Control (Greg)  Center Floor (Core, Elongation, Performance) (Greg/Jalen)  Across the Floors (SMAC)  Be prepared to do some of this with equipment later… | | | **w/ GREG Leading. All other Supporting**  **Focusing on correct technique and then consistency!**  **SMAC are supporting** |
| **12:30p** | LUNCH (Transition to Lot 5 after Lunch) | | |  |
| **1:30** | Game/Icebreaker | | | **SMAC Led** |
| **1:50** | Teach PURE Flag Warm Up | | | **w/ JALEN on LOT 5** |
|  | **FLAG** | | **WEAPONS** | **FLAGS w/ JALEN**  **WEAPONS w/ GREG** |
| **2:30** | Basics Review  Intermediate Tricks  Random Choreography | | Basics Review  Tosses  Random Choreography |  |
| **5:20** | SHOW & TELL | | |  |
| **5:50** | Debrief & Clean | | |  |
| **3:55** | DISMISSAL | | |  |