

# **2018 Grizzly Color Guard Camp**

## **Schedule**

	<u><b>MONDAY</b></u>	<u><b>TUESDAY</b></u>	<u><b>WEDNESDAY</b></u>	<u><b>THURSDAY</b></u>	<u><b>FRIDAY</b></u>
<b>9:00am</b>	Registration & Opening Activities	Team Building Activity			Warm-up & Stretch Together
<b>10:00am</b>	Dance Technique				Individual Group Review
<b>11:00am</b>	Flag Technique (beginner/intermediate/advanced)				Full Group Review
<b>12:00pm</b>	Lunch				Camp Performance
<b>1:00pm</b>	Beginner/Intermediate/Advanced Group Routines				Camp Cookout!
<b>2:00pm</b>	Full Group Routine				
<b>3:00pm</b>					

What to wear: Athletic clothes and dance/tennis-shoes...no sandals! And remember, it will be HOT and we'll be moving a lot! On **FRIDAY** we will wear black bottoms and our guard shirts!

What to bring: WATER, extra snacks, sunscreen, sunglasses, weight lifting gloves (optional), hair ties, etc.