Dear Color Guard Campers,

It’s time for the 2019 Color Guard Camp! This year is going to be very exciting. Welcome back to those people returning and welcome to the newcomers!

Camp is a great place to learn new techniques and styles, to meet new friends from across the state, and to improve as a color guard member and performer. We will address leadership skills and problem solving techniques in different workshops throughout the week, and also begin basic design principles. We’ll also take some time to split up according to experience and level of technique so that each camper has the best opportunity to get the most out of the week!

Ours is a very active, athletic camp so preparation is vital. Participants should begin conditioning their bodies before the camp by stretching and doing other physical activities. Campers will be on their feet enduring the heat and weather for multiple hours at a time (of course with frequent hydration breaks); adequate preparation will help prevent fatigue and injuries.

This camp will test your physical and mental strength. If you’ve previously suffered an injury, it is important that you bring any brace, orthopedic or support mechanism that you’ve used to stabilize weakened joints and ligaments. I recommend that you follow all of your doctor’s directions and, in advance of camp, strengthen those previously weakened areas so you can participate fully for the duration of the camp.

Participants will need the following materials for the Color Guard camp:

1. Sunscreen – get some sun before the camp begins! Dermatologists recommend SPF 30 or greater and re-application throughout periods of long exposure (the majority of the camp is outdoors).
2. You will need light khaki shorts for the final performance, not white!
3. Insulated water bottle – available at most large department stores for approximately $10.
4. One (1) roll of white plastic (electrical) tape available at Home Depot, and other hardware stores. Guard members should always have a roll with them.
5. Dance wear – denim and baggy clothes of any kind will not work for you during rehearsal. Sports bras, tights, spandex, tank tops, or anything that is form fitting is acceptable. We will dance a lot so appropriate attire is necessary. Please, also consider what we’ll be doing (bending, flexing, leg extensions, and other shaping exercises) and select clothing that won’t make you self conscious (short shorts without tights underneath).
6. A good pair of athletic shoes and plenty of socks. Shoes must be able to fasten securely in someway (lace up or Velcro) and allow ankle free movement. Sandals, slip-ons, boots, platforms, and flip-flops are not appropriate attire while spinning or dancing and could lead to injury. You are expected to always have something on your feet to protect them while at camp, even when we are not rehearsing.
7. Some hair accessory to keep hair out of your face. Hats are a must to help shield the sun’s penetrating rays.
8. There will be optional sessions available for those who would like to learn more about spinning weapons. If you would like work on rifle and/or sabre, please bring your own!

We’re looking forward to seeing each of you on Sunday July 7th at CMU!

Sincerely,

John Demkowicz, Director
Joan Noble-Pruett, Assistant Director
CMU Color Guard Camp

University Bands + School of Music
169 Music Bldg + Mt Pleasant, MI 48858 + 989-774-3317 + www.music.cmich.edu/cmb