

Seminar Outlines for Officer, Line, Private, and Junior Camps

The following is a basic outline for you to follow and use at each camp you attend. You may or may not teach a seminar, but always be prepared to have to teach any of the following. They are divided into specific areas (i.e. Officer, line, private, and junior) because we discuss different things at different types of camps.

OFFICER CAMP SEMINARS:

"Teaching Proper Dance Technique"

This workshop should cover how the officers should work with their team on simple dance technique to teach when they have selected their new team; polishing routines during and after they are taught; implementing the personal dance style in each routine/step as they are learned. (See officer and director handbooks for references). This seminar should combine a brief introductory lecture followed by breaking them into small groups and learning by application.

"Leadership Skills & Time Management"

This workshop should be to assist the officers on their duties and responsibilities and how to manage their time wisely. Points should be made on methodology of teaching, personal relationships, respect of teams members and being a personal role model. Instructor should make sure to include interaction from the officers as well as feedback from them. (Refer to officer handbook for support material)

"Creating Visual Choreography"

This is a practicing workshop where the students should be taught or create a 32ct or 64ct comb. They should each take the combination & add level changes, direction changes, formation changes, & parts. This workshop should guide them to making their routines interesting, flow with the music & interpret the musical phrasing. This workshop should be an active participation seminar.

"Teaching Proper Kick Technique"

This is also a practicing workshop where the officers will go through the methods of stretching for kicks, kicking down the floor, & problem solving with kick technique in the line. Instructor should have the officers work in small groups to learn by application.

"Fun Warm up Routine"

This should be an actual warm up routine taught to music with notes to pass out to the students. This routine should give a 15 minute overall good warm-up.

"Problem Solving"

Divide groups in to small teams, large teams, junior teams. This seminar will allow the officers to address the problems they have already encountered, problems from the past and new directions for their team for the coming year. Perhaps officers could write down and submit 'situation problems' to the instructor to be addressed to the entire group. Small groups could be organized to think of 2 or 3 important goals for the officers to reach and 2 or 3 goals for the team to reach for the coming year.

"Music Structure" (choreography assignment)

This should be a class to chart music and learn how to hear phrases. Each student should have a pen and paper to write the phrasing down as they listen to several pieces of music. Have them check as you replay the music and say the counts. Make sure that everyone understands A/B phrasing and other elements. (See officer handbook for references)

"Basic Tap Dance"

This seminar will be geared toward tappers with experience, as well as with no experience. Invite directors to attend and teach these directors and drill team members how to teach non-tappers how to tap! Even teach a short combination that could be adapted to any kind of music and used for spring show!

"Polishing Routines for Performance"

This seminar should teach officers how to perfect a routine for a performance -football, basketball, contest, etc. They need to learn how to assign yard lines inside so the team will be prepared when they go outside. They need to know how many steps to take to get to their next formation. They need to know how to modify steps so they look good and make things visual as well as difficult.

"Building Team Enthusiasm" (Motivation)

Try to make this an active seminar-sing songs, do jumping jacks spelling out team name, do high kicks spelling out team name, give motivational quotes that the officers can take back to their team and post in locker rooms and practice areas, make a list of team goals and work towards them (make a future box and put goals in there, open at the end of the year to see what was accomplished), etc.!!

"Special 'Tricks' for Routines"

This seminar will demonstrate stunts as well as tricks that can make routines look more difficult, but with the greatest of ease!

Line Camp Seminars: (These seminars will take place at the same time as the guest choreographer spot)

Dance Technique Workshop

This workshop should be geared towards the ability level of the girls attending. You may want to divide into 2 or 3 small groups and work on different things (beginner moves (chasses, 3 step turns, pivots, etc.), intermediate (single turns, cat leaps, layouts, etc.), and advanced moves (double/triples turns, grand jetes, "y" scales, switch leaps, axles, etc.)

Kick Technique Workshop

Do kicks across the floor; maybe teach some new and innovative kick sequences, work on basic kick technique.

PRIVATE CAMP SEMINARS:

Stretch Routine

This routine should be taught by the Staff Assistant or Ribbon Manager as one of the options for student seminars at camp. This should be a specific warm-up routine to music that is on the 1994 Stretch Music Tape. Notes should be prepared to hand out at the end of class.

Stand Routine (two taught in 45 minutes)

Staff Assistants should know at least 3 stand routines and be prepared to teach them as a student workshop at camp. Instructor should teach as much as time allows.

"Team Goal Setting"

Students should gather with pen and paper and the introduction should be on how to stay personally motivated through goal setting. Have students write down short-term goals (for camp), goals by football season, and goals by the end of the year. Have some of them share their goals. Make sure that there is student interaction and involvement.

"Formations & Patterns"

This should be an activity workshop where the students will physically learn how to get into various

formations and patterns. This is to orient the team members to better understand how the formations are put together so that it will save rehearsal time when they go back home. (See handbooks for reference)

"Dance & Kick Technique"

This could be divided into two different workshops as well as divided into Beginner & Intermediate to Advanced. Basic elements of technique should be covered in general classes with technical moves covered in more advanced classes. (See director/officer handbooks for reference)

"Adaptive Choreography" (officers)

At line camp, gather the officers together for this class. By this time, the officers have attended an officer camp as well as being at line camp and have had exposure to over 40 routines. It is important that they know how to make the best use of the material they have learned and to know that this 'professional choreography' will be the quality level of what they would pay an instructor to do for them. If the music is not a piece their band will play, the prop not one they would use, etc., it does not mean that the routine should be tossed. Alternate music, costumes and props can be substituted for what is there that can add additional life to the routines they have learned. This seminar should go over methods to adapt choreography and props. (See officer handbook for references).

"Motivation"

This is a good time to talk about motivational activities for the team. If they do not have a team song or motto, this could be a time to create one. If they have not had a chance to start other special traditions, ideas could be shared at this time. Also, take the time for the team members to share what makes them feel proud, special and excited to be a drill team member.

JUNIOR CAMP SEMINARS:

At junior camps, we usually have a "Word of the Day" at the end of each day to talk about a subject important to dance/drill team. After the word of the day is mentioned, students may input what this word means to them and how it plays an important role in their drill team experience. After the discussion, 'goodies' that represent the "Word of the Day" will be passed out to each student.

Here are some words of the day:

* **"PROJECTION"** --(give out smiley face rings, pencils, or other item to portray a smile) This word means: smile on your face and energy in your body.

* **"Friendship"** --(give out friendship bracelets or rings) This word means: to share, be a good team member, respect others, be courteous and thoughtful, etc.

* **"ERASE BAD ATTITUDES"** --(give out erasures, or pencils with special shapes, etc.) This word means: always be positive/ not negative, be respectful to your directors/teachers, be a good team member.

* **"YOU ARE A STAR "** --(give out star erasure or star item, or ribbon) This means that everyone has to work hard to be a star and for your team to look its best. There are five points to a star: 1. Hard work, 2. Good attitude, 3. Big smile, 4. Personal dedication, 5. T-ogether E-everyone A-chieves M-iracles Teamwork! !

* **"KEY TO SUCCESS "**: -- (key chains) -Emphasize that when your team is successful you will be successful too!