



2017 Twirler Summer Day Camp Handbook

July 26-28

OUR MISSION

We want to share our love of twirling with our community and help others improve their abilities and learn new skills. We will offer classes in twirling fundamentals, dance twirl, twirling tricks, two and three baton, body work classes, and twirling auxiliaries.

DAILY SCHEDULE INFORMATION

8:30-9:00 a.m.	Arrive and Check-In
9:00-9:30 a.m.	Group warm up and stretch
9:30-9:45 a.m.	Split into groups and move to the area of your first class
9:45-10:30 a.m.	Fundamentals (all groups)
10:30-10:40 a.m.	Switch groups
10:40-11:30 a.m.	Dance twirl (all groups)
11:30 a.m.-12:30 p.m.	Lunch
12:30-1:15 p.m.	Group lessons (each will be working on something different)
1:15-1:25 p.m.	Switch groups
1:25-1:55 p.m.	Group lesson (each will be working on something different)
1:55-2:05 p.m.	Switch Groups
2:05-2:35 p.m.	Group Lessons (each will be working on something different)
2:35-2:40 p.m.	Break in to dance twirl groups
2:40-3:00 p.m.	Dance Twirl Review
3:00 p.m.	Dismissed

WHAT TO BRING TO CAMP

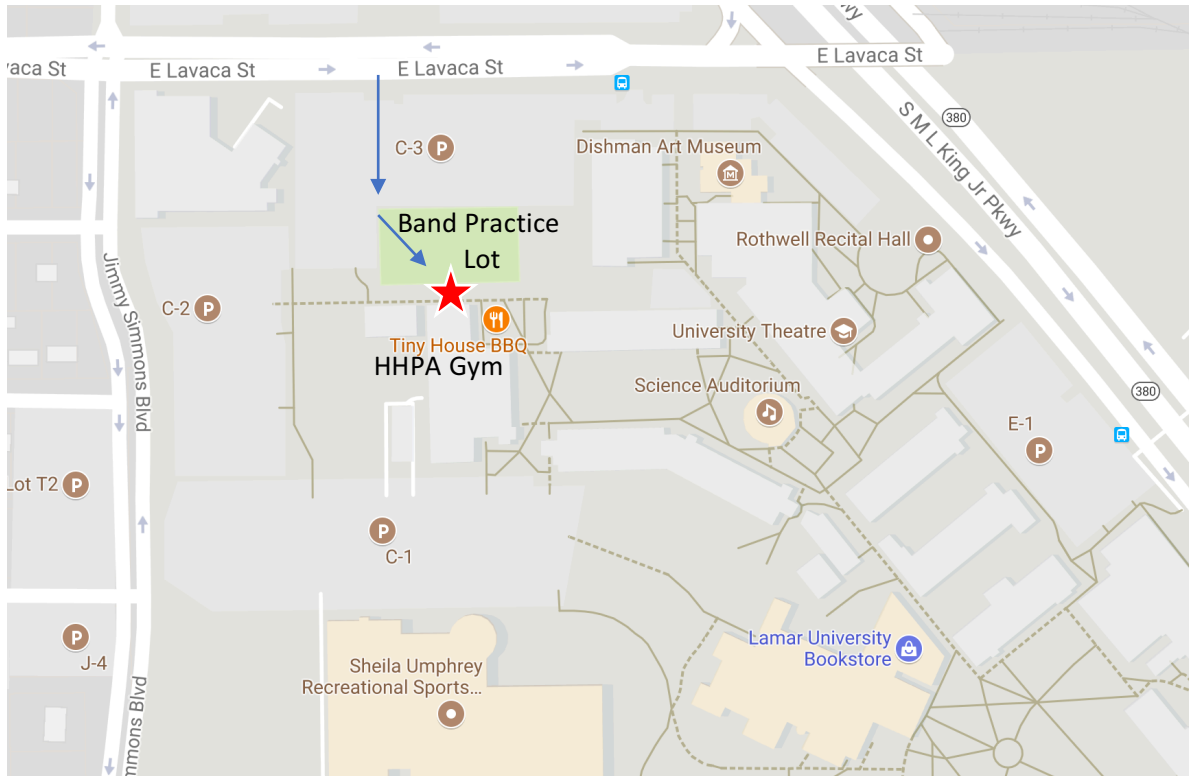
- A. Batons, 1-3 depending on your ability level. If you do not own a baton please indicate this on your entry form so that we may provide one. A limited number of batons will be available.
- B. Baton bag or some sort of bag that is easy to carry to help keep your equipment together.
- C. Twirling shoes are preferred, jazz shoes can be worn but you must bring shoes to wear outside, tennis shoes can be worn if you do not have either of the other types of shoes. Shoes must be worn at all times.
- D. Clothing should be fitted. If shorts do not have built in bloomers please wear spandex dance shorts underneath them. Tank tops or shirts with fitted cap sleeves are best for twirling but if you do not have those types of shirts t-shirts are expectable.
- E. Water bottle or other drink to keep you hydrated. No soda.
- F. Ponytail holders, students' hair should be properly secured out of their faces at all times with a ponytail, bun or braids. If not they will be asked to step out of the class and fix it.

CHECK-IN PROCEDURE

Check-in will begin at **8:30 a.m.** Wednesday, July 26, in the HHPA Gymnasium on the Lamar University Campus. Drop-off location is the Band Practice Lot, just South of Lavaca Street (see map below).

Each student must have the following items with them when checking in:

1. Health Form
2. Media Release Form
3. Have already filled out the Registration Form Online and already paid in full via the Online Marketplace.



FOR STUDENTS OF DRIVING AGE

Participants who will drive themselves to the Camp will need to get a Temporary Parking Permit at Check-In. This will need to be displayed on the rear-view-mirror at all times during the camp. Parking for these students will be the Band Practice Lot. **Students who drive themselves to camp are not allowed to leave without parental notification and approval.** Students who do so will be dismissed from the camp with no refund.

ILLNESS/ACCIDENT PROCEDURES

Every effort is made to maintain a safe camp. At times, however, students may become ill or have an accident while attending camp. In the event of illness, parents will be notified and will have two options:

1. Pick up the child (if the medical problem is resolved, the student may return to camp).
2. Advise the camp staff to take the child to a local health clinic or hospital. If you do not want the camp staff to follow these procedures, please provide a written statement to the Camp Coordinator ahead of the camp indicating your desires in the event of an emergency illness or accident.

CAMP REGULATIONS

Please note: Failure to comply with the following rules could result in the camper being sent home.

1. The use of alcohol, tobacco, or drugs is strictly prohibited.
2. Campers are not allowed to leave campus without parent permission.
3. Campers are required to be present to all sessions. **ROLL WILL BE CHECKED.**
4. Wear shoes and proper clothing at ALL times.
5. Please use proper conduct at all times.
6. If you are sick or injured, please notify your instructor immediately.
7. Campers are required to attend all planned activities throughout the duration of the camp.

SAFEGUARD PERSONAL BELONGINGS

Lamar University is not responsible for the loss or theft of your personal belongings.

Campers are reminded to safeguard all twirling equipment including batons, bags, water bottles, clothing, shoes, phones, etc. All bags or personal belongings should be labeled clearly with the camper's name, home address, and phone number.

Each student will be given a name badge upon check-in. **YOUR NAME BADGE IS YOUR IDENTIFICATION DURING THE CAMP. PLEASE WEAR IT ALL TIMES.**

Facebook Page:

Please find us and LIKE our page at [facebook.com/lutwirlers](https://www.facebook.com/lutwirlers).

Please spread the word about our camp!

CONTACT

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