



Colour Guard Instructor Training Programme

Q3 Academy, Wilderness Lane, Birmingham B43 7SD

Programme

- 09.00 – 10.00 Arrive
- 10.00 – 10.30 **Teaching a physical warm-up** Ashleigh Shearsby and Nicole Cook
Learn how to warm up your guard correctly to avoid injury
- 10.30 – 11.30 **Dance Basics** Ashleigh Shearsby
Learn how to teach basic dance exercises and moves, and how to spot and correct common mistakes
- 11.30 – 11.45 Break
- 11.45 – 12.45 **Flag Basics** Tony Lees
Learn how to teach basic flag work including exercises and moves, with simple tips and tricks to ensure uniformity
- 12.45 – 13.15 Lunch
- 13.15 – 14.15 Choose one of:
- a) **Further Dance** Ashleigh Shearsby
Take your dance teaching a step further with these more advanced moves and techniques
 - b) **Further Flags** Tony Lees
Take your flag teaching a step further with these more advanced moves and techniques
 - c) **Weapons Basics** Nicole Cook
Learn how to teach basic weapons (rifles and sabres) including exercises and moves, with simple tips and tools
- 14.15 – 14.30 Break and transfer to next class
- 14.30 – 15.30 Choose one of:
- a) **Further Dance (repeat)** Ashleigh Shearsby
 - b) **Further Flags (repeat)** Tony Lees
 - c) **Further Weapons** Nicole Cook
- 15.30 – 15.45 **Teaching a physical warm down** Ashleigh Shearsby and Nicole Cook
Learn how to warm down your guard correctly to avoid injury

Ashleigh Shearsby

Ashleigh started on colour guard aged just six with Warwick Corps of Drums. Since then she has performed with Harmony, NAPA, Oracle and Mayflower winterguards, and has marched summer



Moore's University.

season with The Company every year since 2012. She has a degree in dance from Liverpool John

Nicole Cook



three with Guardsmen, has taught with Cadence and has performed with Black Knights, The Company and Kidsgrove Scouts. In 2016 and 2017 she marched DCI with Crossmen.

Since 2015, Nicole has been an instructor with Oracle winterguard and Beeches colour guard. She started her colour guard career aged

Tony Lees

Tony started his colour guard career in 1991 with Anchormen. He has performed with Concord, Mayflower and NAPA winterguards and taught Magic/Storm, Forgemen, Avengers, NAPA and Winter Festival. Since 2007 he has been back teaching at Anchormen. He is a colour guard judge for BYBA, DCE, CGN and WGUUK.



To assure the safety of the participants we require instructors to provide a copy of a DBS check

Information

Who should I bring?

You have two options:

1. Bring your **instructors**, in which case they will be taught by our trainers and their assistants. All instructors should have some experience in dance and flag work but no teaching experience is necessary.
2. Bring your **whole guard**, in which case our trainers will teach your instructors who will then teach your guard members, receiving feedback on their approach from our trainers. All instructors should have some experience in dance and flag work but no teaching experience is necessary. Guard members need no experience, but should understand that the training is primarily for their instructors, not for them.



An adult member of staff must accompany the instructors; they will be responsible for their own band or guard members on the day.

How much does it cost?

The event is **free of charge** for BYBA member bands and corps. For non-members the charge is £5 per person, payable in advance by Golden Giving, bank transfer or cheque, or on the day in cash or by cheque.



How do I book?

Just send an email to training@byba.org.uk stating your name, email address and phone number, the name of your band or guard and approximately how many people you expect to be attending. Nearer the date you will be asked to complete a detailed booking form with the names and ages of those attending.

What do I need to bring?

Everyone will need to bring a flag and a rifle/sabre if taking the weapons class. Participants should wear loose clothing suitable for dance and jazz shoes, if available. Bring water, lunch and snacks.



Who should I contact for more information?

Contact Barbara Leach, BYBA Training Co-ordinator, on 07810 334056 or training@byba.org.uk.

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