

# ANNOUNCING:

## Lancer Marching Band Movement Training

**When: Thursdays  
6:30-7:30pm  
Starting Jan. 28 –  
April ?**



**Where: Upstairs  
Dance Studio in  
West Campus Field  
House**

Objective:

Start movement training for the 2010 Marching Band Season. We will be reviewing technique previously learned, learning new skills, and working on core strengthening & conditioning.

**This is voluntary, but participation is highly encouraged.**

Dress Attire: Dance pants/sweat pants/shorts/ etc (no jeans) and t-shirt (no baggy clothing)