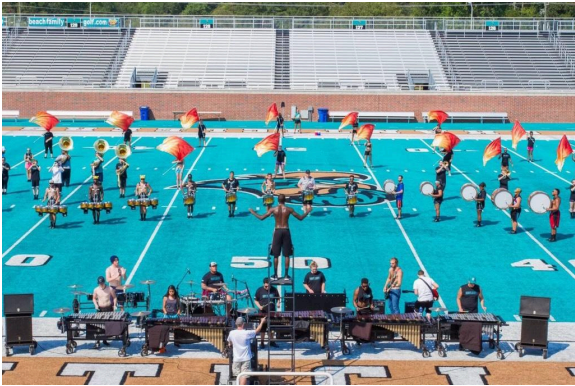


# One More Time: Getting Minds and Bodies ready for the physical, mental, and emotional challenges of the Marching Season.

“How we are getting ourselves ready to be able to do one more rep, or one more run of the show, or one more set of drill, one more performance. All of that. Just making sure we are always able and ready to do everything just one more time”- Clinton Patton



*This camp is intended to get your body ready for Marching Band Season. Too often we come to marching band camp without having actually prepared our minds and bodies for the stressful and intense activity that is Marching Band Season.*

## ***Who am I?: Clinton Patton's History***

### **Marching Arts for 10 years including**

#### *Sumter High School Marching Band*

- Low Brass Section Leader
- Drum Major
- Featured Soloist

#### *Sumter High Indoor Percussion*

- Dayton WGI Championships

#### *Chanticleer Regiment (Coastal Carolina University)*

- Low Brass Section Leader
- Hype Man (Motivation Leader)
- Drum Major 2017

#### *Coastal Surge Drum Corps*

### **Instructor/Clinician with Several Marching Programs including:**

- Sumter High School
- St. James High School (Marching Band, Indoor Percussion)
- Carolina Forest High School
- Green Sea Floyd High School
- Buford High School
- North Myrtle Beach High School
- Waccamaw High School
- Socastee High School
- Many others!

### **Training History:**

- NASM Certified Trainer
- Youth Athletics Speed & Agility/ 6 years
- Youth Strength & Conditioning/4 years
- Mobility & Plyometrics for 4 years
- DEKA Fit Athlete
- Youth Basketball, Soccer, and Football Coach 10 years
- Inspirational/Motivational Coach 3 years for youth, 2 for all ages

### ***What?***

This clinic/coaching course is designed to introduce young men and women of the marching arts to what they will need to be ready for the physical and mental stresses of the Marching Season.

### ***Who?***

This clinic is for ALL experience levels, instruments, and grades and is open to anyone looking to prepare their bodies for the marching band season. Whether a freshman in highschool or in college, this is an excellent opportunity. For a rookie it can prepare their body for the changes it's going to go through, or serve as a reminder for a veteran who plans to continue marching band throughout their college career.

### ***When?***

4 days: The first three days will be three hours. The third day will be four hours so students may participate in competition-style events.

June 26-28

Start time: 10 am

### ***Where?***

***TBD: Location will occur within Horry County***

### ***Cost?***

Each level below contains a different add on to help one throughout their marching season. As you read through you will see what each add on contains and what it can do for you. To secure a spot there will be a \$30 deposit that is nonrefundable.

#### **One step at a time: \$75**

Includes participation in the camp- 4 days

(Average cost of Personal/Fitness Trainer: \$50-\$95 per hour. Cost of Entire 3 day/10 hours "One More Time" Camp: \$75)

#### **Body First : \$75+\$25**

Includes participation in the camp and personalized workout plan

#### **Ready, set, lead: \$75+\$45**

Includes participation in the camp and seminar/coaching session

#### **Taking control of the mind and body: \$75+\$25+\$45**

Includes participation in the camp, personalized workout plan and seminar/coaching session

#### ***Personalized Workout Plan***

This will be for those who want to include a personalized workout plan created for you to use after the clinic and throughout the season.

***I Can Too: A look at how we can build better marching leaders both within and outside your leadership team***

June 29 11:00am-2:00pm

This will be for those who wish to attend the “I Can Too: A look at how we can build better marching leaders both within and outside your leadership team” clinic. This 2-hour seminar/coaching session will be geared towards helping members understand the challenges and strategies to not only becoming a strong leader in their ensemble, but also to helping strengthen the leader within themselves.

***During the four days we will be working:***

- Upper & Lower Body Mobility and Function
- Conditioning (suited towards Marching Season)
- Strength Building (For Holding Instruments/Flags/Sabres/etc.)
- Plyometrics (For injury prevention)
- Lateral movement and flow (For direction changes)
- Meditation (to prepare ourselves mentally)
- Motivational/Awareness Discussions (to touch on the potential struggles and worries that we may have before the marching season begins)
- Dealing with potential heat related issues during the season
- Final Day w/Instruments to simulate what all of this works in the body.

**INTERESTED? Let's get in contact**  
**Scan the QR to sign up!**

