

# COLOR GUARD WEEKEND

## Saturday

0800-0830	Sign-In
0830-0900	Briefing
0900-0930	Mile Run
0930-1000	Introduction to Color Guard
1000-1200	Basic Color Guard Movements/Procedures
1200-1300	Lunch
1300-1400	Inspection Details
1400-1530	Standard Drill Details
1530-1700	Outdoor Practical Details
1700-1800	Dinner
1800-2000	Indoor Practical Details
2000-2030	Panel Quiz Details
2030-2100	Written Exam Details
2100-2230	Color Guard Videos
2230-2300	Personal Time
2300	Lights Out

## Sunday

0730-0800	Wake Up Call
0800-0805	Formation/Briefing
0805-0830	Mile Run
0830-0930	Breakfast
0930-1030	Inspection Practice
1030-1200	Standard Drill Practice
1200-1330	Outdoor Practical Practice
1330-1430	Lunch
1430-1630	Indoor Practical Practice
1630-1700	Written Exams
1700-1730	Panel Quiz
1730-1800	Clean Up
1800	Departure

## 1 Breakfast

Preplanned - cereal with milk and bagels with cream cheese/butter/jelly

## 2 Lunches

Preplanned – Possibly sandwiches or cookout if grill available

## 1 Dinner

Preplanned – Possibly pizza

\* Preplanned meaning that food will be discussed with the participants prior to the training weekend to get a general census of what everyone likes. Cadets will be asked to bring \$5 with them to help with food costs.