

# MHS Drill Team – Fall Guard 2011

## Video Response

Video Title(s): 07-07-11 Drills; 07-07-11 Mvt1; 07-07-11 Mvt2

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*Answer each question with a short response. Use specific, not vague, examples such as “dropspins were too slow as a group during the \_\_\_\_\_ section,” instead of saying “dropspins were off.”*

**1. List 3 examples of sections that were “tight” (together) as a group.**

The Stir Drill was the best for articulation and precision (attack and placement). I was very pleased to see minimum hesitation!

The beginning of Movement 2 was exceptionally good until we faced back.

Most of the Angle Drill was tight :) We just need to HIT each position each time, there should be no slow movements. First two drills are coming along, now we can add #3!

**2. List 3 examples of sections that need attention as a group.**

The first toss of Movement 1. Not only is the toss itself not fully rotating, but the timing is off as well.

2ct dropspins in Movement 1 are executed with good technique, but poor timing. We need to listen to the drums to keep time and focus on checkpoints.

Karate toss needs to be practiced to get full rotation. We also need to address the lounge, up, lounge movement of the body.

**3. Do you feel that you improved since last week? If so, in what areas/sections?**

Yes. I have increased my memorization for all routines. I did not drop the rifle and only missed a couple left spins. (Hopefully you girls have more to talk about).

**4. List 3 examples of things you want to improve upon. How will you do this? (Practicing is too vague.)**

I tend to catch a sail before the first toss in Movement 1. I will need to figure out what is causing it and find a way to twist the pole or manipulate the flag.

Left spins on rifle are always tough because we don't use them as much and it is not in my dominant hand. I will need to focus on timing when I get tired so I don't grab early and drop.

I will most likely forget what we learned for Movement 2, so I will need to practice the routine before next rehearsal. Even looking at the routine and "air flagging" would help!