

Lauren Cook has been in the Color Guard and Winter Guard world for almost 20 years! She has been a part of the FFCC Circuit and WGI Sport of the Arts as a performer for 9 years and 10 years as an advocate, educator and consultant for several groups in the area of Northeast Florida. Her experience as a performer began at Fletcher High School from 1999-2003 and was a cast member during the 2002 team that was a WGI Scholastic A medalist and won! In her excitement, she proceeded to march for one of North East Florida's Premier Independent groups known as Northeast Independent World (NEI) from 2005-2008 and returned for their final year in 2010. As a member, she had developed much experience in what it takes to be a 2008 WGI Independent World Class Bronze Medalist performer and has shared this experience with groups she has taught. Lauren has taught at Nease High School for 6 seasons resulting in the groups swift development and most from a Scholastic A Class guard to a Scholastic World Class guard in a single year! She later joined the Bartram Trail High School Guard Staff for the 2022 season and continues to this day to be an eye for details. Lauren is excited to be a part of rebuilding the Independent guard footprint in the Northeast Florida market as part of the 2023-2024 EPIC Guard Staff!

