

**2016-2017
Colorguard
Handbook**

Welcome to the 2016-2017 Fall/Marching season of the LNHS Guard

What is Fall guard?

The LNHS Colorguard exists to offer young ladies and men a quality educational and performance experience which in turn develops them into culturally enriched, caring, motivated, responsible, and goal oriented adults. Guard, a blending of the arts and athletics, is the medium through which these lessons are learned. It is known world wide as “The Sport of the Arts”.

Combine similar styles of flags, sabres, rifles, and dance at that is the base of Colorguard. This activity combines the beauty of dance, and the drama of theater to create a beautiful presentation.

Attitude

Those that have a positive, cooperative attitude, regardless of their individual skills, will always have a place in the organization.

Regardless of your ability, if your attitude is not a positive one (doing your best to improve and to see the group be successful), then you should not be a part of this organization. Even the best performers, if they do not care about the good of the group, do not belong here.

The most important aspect of competition is not the trophies, nor is it coming in first place. **Our goal is to discover the best in each of us.** By pushing ourselves as individuals and as a group, we hope to reach new levels of achievement. If this is our goal, if we each push ourselves to greater individual accomplishment, then scores, placements, and trophies will take care of themselves.

General Conduct

All rules in the Colorguard handbook are in force **at all rehearsals, performances, and trips.**

All members are expected to follow the instructions of the Band Director, Guard Instructor, Chaperones, and student leadership without question unless that instruction violates civil or moral law.

Members should not play on or with the instruments, equipment, or uniforms of others unless given permission by instructors or student leadership. Equipment includes both guard and non-guard items. Unfamiliarity leads to potential damage and a general lack of

respect for other people's property. Politely remind the person if you see him/her picking up someone else's instrument or equipment.

Members are expected to move from place to place in groups whenever on site at a performance or on an overnight trip. Do NOT go by yourself.

Members should leave cell phones with their personal belongings. Using a cell phone during rehearsal without the Instructor's permission is prohibited. Failure to follow this rule will result in confiscation of the phone until the end of practice.

During practices no one other than members are allowed to be in the practice area. Boyfriends, friends, and siblings are not allowed to be hanging around. Members are also not allowed to be wondering the hallways during practice.

There will be no smoking or drinking of alcoholic beverages by any member at any band activity, function, or trip. Anyone in possession of, use of, or distribution of controlled substances or alcohol will be disciplined according to the Iredell-Statesville Schools District Drug/Alcohol policy. This discipline will also result in dismissal from Colorguard for this and subsequent seasons.

Penalties for Violating General Conduct Rules

The Guard Instructor, Band Director, and/or High School Principal will deal with students who refuse to follow the rules. Failure to abide by the rules could result in: suspension or removal from the program, suspension, and/or expulsion from school.

If a situation arises that warrants the removal of a student(s) from a performance event or overnight stay, the student(s) will be sent home at the expense of the parents.

Commitment

Attendance at all rehearsals and performances is **expected**. Guard members can call or email the guard Instructor if they are going to miss rehearsal on short notice, and then provide a note at a later rehearsal. Contact information is listed at the end of the handbook.

Jobs and school discipline (OSS) **are not accepted** as excuses for missing rehearsal or performances. If a member is at school then she/he should be at practice.

Members who wish to travel from a performance site to home with someone other than the designated drivers **MUST** present a note to the guard Instructor at least 24 hours in advance of the performance. Parents are expected to contact the Instructor prior to leaving with their child. Doing so will ensure: that the Instructor is aware of the student's absence on the return trip, and that the students have in fact been met and properly cared for.

Absences

All students must contact the guard instructor **only** if they are going to be late or absent from a practice. If a student is absent, we must go back and re-work on tasks that have already been completed by the other members. **All practices and camps are mandatory!**

While understanding that everyone gets sick and school can be burdensome, everyone one must follow the rules. Once the rules are broken for one then they must be broken for everyone. Everyone is expected to be at practices.

Each student is allowed to miss 3 unexcused absences. An unexcused absence is considered to be leaving on the bus after school and not going to practice, or not coming to practice because they did not feel like coming.

Each student is allowed to miss 9 excused absences. An excused absence is considered to be having a doctor's appointment, death in the family, or sick with a parent note. An excused absence requires a parent or doctor's note.

For example:

If a student has 2 unexcused absences and 2 excused absences, the student is right on the line of being excused from the program. If the student misses on more practice of any kind, the student will be asked to leave.

It cannot be stressed enough, that students must attend practices and competitions. If a student exceeds the over the absence the student will be thanked for their time, and then removed from the program. Everyone makes the same commitment. Please know this is not a punishment but commitment is key to a strong and success program. Everyone is replaceable and everyone is important.

Schedule

All rehearsals/guard camps /competitions are mandatory. The LNHS Guard has created a facebook page allowing students and parents to communicate. We also have an Instragram which will also have information posted on there as well. There will be practice reminders on the facebook page along with a schedule that will be sent home or through email. All guard members should attend all activities except when prevented from doing so by significant personal illness or true family emergency only.

All members are required to attend practices during the week and camps on the weekends. Every practice is important.

While understanding that homework is very important, guard members must learn to budget their time in order to complete their homework and still make rehearsal obligations. Budgeting time may require starting homework earlier or finishing later than is typical. Homework is not an acceptable excuse for missing rehearsal; rehearsal is not an acceptable excuse for not doing homework.

Punctuality is a necessity. Have all equipment and attire ready at the start of practice. Ensure that all equipment is taped, hair pulled back, and proper clothes are worn.

Have all equipment ready at the beginning of practice. Equipment includes flags, weapons, gloves, and any other gear to be used in practice.

Meet in the LNHS Commons at the beginning of practice unless otherwise directed. Since school resources are scarce, we may move between the band room, gym, and cafeteria during practice. Be flexible.

Any Wednesday that is considered an “Early Release”, there will be no practices.

Our practices are every Tuesday and Thursday. The only exception is when Fall guard and Colorguard intermingle. We also have camp days on the weekends. This involves us having to paint the tarp, get basic training in, and complete portions of the show.

Everyone is important! Our goal of excellence in performance can only be achieved if each member sees rehearsal as a means to that end. Missing a rehearsal not only prevents the member from improving, but it also diminishes the other members’ efforts.

Dress Code

Members are expected to dress appropriately for all rehearsals.

- **Hair needs to be pulled back and out of the face.** Keep an extra hair tie on your wrist in case one breaks.
- Avoid wearing rings, necklaces, or bracelets to rehearsal. **No Jewelry.**
- Wear appropriate undergarments.
- Shorts must be an appropriate length. If they are too short, wear leggings or compression shorts under them.
- Come to practice wearing socks, but know that we perform barefoot. Socks help to save your feet, and tennis shoes may become necessary for outside activities and practice.

Our guard prides themselves on always looking professional. We strive to keep this appearance both at rehearsals and at performances.

Uniforms

Colorguard members will be responsible for payment and care of their own uniform. Uniforms will be purchased through the guard program. Uniform problems should be reported to the Instructor as soon as possible.

Uniforms run in the price range of \$50-\$75. In the guard world that is on the cheaper end. Normal Colorguard uniforms run anywhere from \$100-\$150. As an instructor, I strive to make sure our uniforms are top quality as well as being affordable.

Guard Hair and make-up is always kept as cheap as possible. It normally runs around \$10-\$15.

Competitions

This year is the first time the Lake Norman Colorguard is going to be competitive. We are striving to make the best of them.

Competitions
TBA

In order to attend competitions we are going to need some help with transportation to and from the competitions. We have been giving permission to use the trailers. This allows us to transport our tarp, cart, flags and rifles, and props. We will be needing a driver to help tow this trailer. More information to come.

Fee Breakdown

Required:
Colorguard fee: \$100
Uniform: \$
Jacket: \$

Only if weapon:
Rifle: \$36
Gloves: \$15

Any checks must be payable to LNHS Band Boosters.

Have any questions? Contact us!

The guard has a Facebook page. So like us! We also have an instagram.

lake_norman_guard
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Please sign and return this sheet.

I have read and understood all the policies set forth by the guard Handbook regarding attendance, general rules, required materials and uniforms, dress code, fees, and competitions. I will do everything in my power to uphold the standards set forth in this handbook so that I might garner all the benefits of being in an outstanding guard program. I understand that this is a performance-based activity and I will be evaluated as such. Failure to comply with the policies set forth in this handbook may result in dismissal from the guard program.

Student Name (please print)

Student Signature

I have read and understood all the policies set forth by the guard Handbook regarding procedures I must follow pertaining to attendance, general rules, travel, required materials and uniforms, dress code, fees, and competitions. As a parent of a student in the LNHS guard, I will do everything in my power to aid my child in successful participation in the program. I understand that this activity is performance based. If my child fails to comply with the policies set forth in the handbook he/she may be dismissed from the program.

Parent Signature

Date