



CARTERVILLE HIGH SCHOOL PRIDE OF THE LIONS COLOR GUARD HANDBOOK 2018 - 2019

Mission Statement

The Carterville High School Color Guard Program provides an opportunity for students to participate in representing their school, to grow as individuals and team members, to teach performance skills, and to build self-confidence and self-esteem.

Vision Statement

During the 2018 - 2019 season, the Carterville High School Color Guard will create and perform a program level that rewards students for their training and development of performance qualities.

Most importantly, membership in the color guard is a privilege not a right!

Rules

1. Practice like a champion to perform like a champion.
2. There is no "I can't." There is always "I will try."
3. Breathe.
4. Treat each person with respect!

General Etiquette Rules

1. We maintain a positive environment. Unkind words, harsh words, curse words, and Profanities of any kind are not allowed at any time including outside of rehearsal.
2. At all times, and especially when you ARE WEARING CARTERVILLE COLOR GUARD Gear, you are considered a representative of Carterville High School and Carterville HS Color Guard. Act appropriately.
3. You must be on your best behavior while at rehearsal and in performance venues. Making negative comments about other students, staff, parents, volunteers, or performing groups is not permitted.

4. Be dependable.
5. Be your BEST.
6. No member shall ever correct or comment negatively on another member or sections performance. Specifically, approaching someone to give him or her constructive or negative unsolicited feedback is strictly prohibited. If you to help someone, but are unsure of how to approach them ask the staff for some pointers.
7. Do your color guard duties without being asked.

Forms

Students are required to submit:

1. Emergency contact form
2. Roster/Conflict form
3. Agreement form
4. Physicals (must be completed and filed with the School, Band Director and Guard Instructors)

Attendance Policy

Each member plays an integral role in the color guard program. All other activities and appointments must be scheduled around rehearsal and performance dates and times. Social plans, dental/doctor/optometry appointments, jobs, group project meetings, homework, and other appointments or commitments of this nature cannot interfere with rehearsals or performances.

1. Attendance at every rehearsal and performance is **MANDATORY**. Attendance means arriving 10 minutes early.
2. Any absence may cause the student to not perform.
3. Communication is key. You must notify the Band Director for all absences.
4. Excused Absence policy
 - a. Absences will be discussed on a case-by-case basis. If a student accumulates more than two excused absences, a discussion may be held between the instructor and student that assess the absences.

- b. An absence is excused if **both** of the following criteria are met:
 - i. The member's parent or guardian notifies an instructor or the director one week in advance of the absence, or the member's parent or guardian notifies the instructor or director of a sudden, serious family emergency.
 - ii. The absence is **not** related to any of the following events or activities: Social plans, dental/doctor/optometry appointments, jobs, studying, and other appointments or commitments of this nature. **Generally, if it can be scheduled in advance, you must schedule around rehearsals and competitions.**
- c. Illness is an excused absence.
 - i. If you attend school, you must attend rehearsal unless you are contagious or too ill to observe rehearsal. We cannot stress enough how important it is for you to attend rehearsal, even if you are not able to participate.
 - ii. If you do not attend school, you may not come to practice. However, you are still required to notify the staff and director of your absence from school and rehearsal. We will worry about you if you are a no-show.
 - iii. The staff understands that extended absences due to illness may occur. If this is the case the staff may choose to count your extended absence as one (1) absence, as long as you are not attending school during your illness.

5. Unexcused Absences

- a. All other absences not addressed in the Excused Absences Policy are unexcused.
- b. **One (1) unexcused absence** will result in an email or phone call to the member's parents/guardians to discuss the reason for the unexcused absence and to give notice that the member has been put on probation.
- c. Should a member on probation incur an additional unexcused absence, **totaling two (2) unexcused absences**, the member's ability to remain in the color guard will be at the discretion of the staff and director.

6. Partial Attendance

- a. If a member has an unavoidable conflict with either a rehearsal or performance, it is highly encouraged that the member makes every effort to attend a portion of rehearsal, either before or after the conflicting activity.

- b. Attending part of rehearsal will allow the member to avoid having an absence altogether, provided that the member is able to attend a significant portion of the scheduled rehearsal, as determined by the staff and director.

Rehearsal Policies & Procedures

1. Arriving at rehearsal "on-time" means at least 10 minutes early. Use this time to get your equipment, change, and warm-up, transport equipment to rehearsal space, review technique and choreography, and generally prepare for the rehearsal.
2. Appropriate rehearsal attire is required. You must be in rehearsal attire before practice. "Appropriate rehearsal attire" includes:
 - a. Comfortable workout attire.
 - b. Stretch pants, athletic shorts, tank tops, t-shirts, sports bras, appropriate undergarments. No loose or baggy clothing. Ankles must be visible.
 - c. Gym/tennis shoes with socks.
 - d. Hair must be completely pulled back off the face and neck and secure. Loose hair that falls into the students face can cause an unsafe situation when we are learning new skills. The staff recommends a tight ponytail for practice.
 - e. No jewelry should be worn at rehearsal or performances. Stud earrings are acceptable.
 - f. You must bring a water bottle.
 - g. School clothing attire policies will apply at all times.
3. No chewing gum is allowed at any time during rehearsal.
4. Cell phones must be on vibrate or mute during rehearsal. You are not permitted to check your phone unless we are on a break. If you are expecting an important phone call, you may leave your phone with a staff member. If it rings, a staff member will give it to you.
5. All members must come to every practice. Exceptions are made only for those who are sick or have sudden or serious family concerns. See the Attendance Policy for further information.
6. If you are struggling, you will enlist someone to help you outside of practice.
7. Do not spin while staff is giving whole-group instruction.

8. Do not move or talk at the repetition until you are told to "relax," performance is a quality improved through practice.
9. If the staff is working with another group that does not involve you, you should be working silently on parts of your show while paying attention in case the staff needs you.
10. There is a difference between being given time for water and being given a "break" time for water is short and mandatory. Breaks may be a bit longer and are optional.
11. In general, you should not take water or a break unless the entire group is permitted water or a break.
12. The staff is not the only source of information when you are at rehearsal. Please be sure to address your questions to your fellow guard members before you address them to the staff.

Performance Policies & Procedures

1. All black rehearsal attire, "blacks," is required on ALL show days, and may be required during some weekday rehearsals.
2. You may not leave the performance venue early unless you have it approved in advance with one of the staff members and director. The person picking you up has filled out the required form in advance.
3. You may not go anywhere alone while at a performance venue. You must always be with another guard member; we call this "two's." You must always be within a group of two.

Discipline

Color Guard is a sport of the arts, but still a sport, nonetheless. It may be necessary for the color guard instructors, band director, or other band staff to discipline a member of the guard, just like a coach would discipline members of his or her team. Examples of disciplinary action include spins, running laps, throwing tosses, arriving early or staying late at practice and assigning the member additional duties for the remainder of the season. In all situations where discipline is warranted, every attempt will be made to instill responsibility for His or her actions in the member and to use a form of punishment that will further enrich the member's overall color guard experience.

Technique

One of the most important aspects of color guard is having good technique. Technique is the application of methods to demonstrate skills. A color guard only has good technique if we all strive for, and achieve, the technique as a unit. The technique program used by each color guard is at the discretion of the color guard staff. How we spin in the CHSCG may be different than other schools or other instructor you have had in the past. Disagreeing with or questioning the technique of the instructor will not be tolerated. All of the instructor have spun with multiple color guards and thus have experience spinning within the guidelines o many different technique programs. We have pooled our experiences to create a technique program appropriate for the current level of the CHSCG.

Equipment and Maintenance

The maintenance and care of the Color Guard equipment is incredibly important. Equipment must be stored and cared for correctly. Equipment should never be lent out, left out, or unattended for any reason. It should be cleaned and handled with care per given instructions. Only color guard member are permitted to practice with the equipment. **No member should ever allow another person to spin his or her equipment, even if that person participated in color guard during another season.**

Academic & Physical Eligibility

All students must meet the Carterville High School requirements to be eligible for participation in a sport. All students must a current physical on file with the activities office, the band director, and the instructional staff.

All students must also complete:

1. Emergency medical contact form.
2. Medical.
3. Handbook Agreement Form.



I, _____, have read the CHS Pride of the Lions Color Guard Handbook. I understand the commitment and expectations for the upcoming season.

Student Signature

Date

Parent Signature

Date