



Sherando High School Winter Guard 2024

The Sherando High School Color Guard program has been active since 1993. The program has continued to grow throughout the years. The 2023 Winter Guard program placed in the top 5 at each competition they attended. They were able to get promoted into the next class and place 2nd at championships.

Attendance

[Absence Form](#)

WG 2024 Absence Form



Evening and weekend rehearsals are required by all members. These rehearsals are used for an ensemble perspective such as learning movement and equipment technique, new choreography, and editing any show design concepts. Any absences from a rehearsal will require a written excuse from a parent or doctor including the reason for the absence. These can be written directly to Kayla within 24 hours of the absence. Work is not an excused absence. Please inform your employer of the rehearsal and performance schedule. **If a student has missed rehearsals/day camps, it may result in limited to no performance time.** If a student has missed a rehearsal, excused or unexcused, it is their responsibility to make up what was missed. Any absence/tardiness issues will be dealt with on an individual basis.

Attendance for performances are required. These include all competitions and local parades occurring in the winter season. Calendars are given in October to help prepare for the upcoming season. Below are a few other required events:

- ❖ Evening Rehearsals and Day Camps
- ❖ Contest Days (including Championships)
- ❖ Community Night
- ❖ Firefighter's & Apple Blossom Parade

Color Guard is a team sport. Our time together is valuable. We rely on one another and hold each other accountable. In order to grow as a team, we must all be present and attentive.

Rehearsals

Being on time is arriving 10 minutes early. Being on time is late. Being late is unacceptable. Please arrive at rehearsal and be ready to begin at the noted time. Our time together as a team is valuable. Tardiness can result in individual or group consequences such as running laps or push-ups.

A normal rehearsal consists of about 20 minutes of body warm-up and movement, 10-20 minutes of equipment technique, and the rest of the time will be working on show content. Day camps will be predominantly learning drill and choreography for the winter show and offer some leadership and group activities.

Etiquette

- ❖ Open mind & positive attitude
- ❖ Team Spirit
- ❖ Holding yourself accountable
 - o Punctual
 - o If you are struggling, make time outside of rehearsal to practice and ask for help if needed
 - o Taking care of equipment, uniforms, etc.
- ❖ Follow the appropriate dress code:
 - o Dark colored shorts, capris, or leggings (we need to see your ankles and feet)
 - NO jeans or short shorts
 - Dark colored shirts (long-sleeve, t-shirts, or tank tops)
 - Hair pulled back and out of face
 - o Tennis shoes must be worn to every rehearsal
- ❖ Minimal talking in rehearsals; excessive talking could result in laps or push-ups
- ❖ No spinning when someone is talking
- ❖ Show respect to fellow members, directors, parents, and band members
- ❖ Keep all non-guard related issues at the door. If a situation arises, please notify Kayla immediately.

Safety

Color Guard can be a dangerous sport. All instructional practices are created to encourage and strengthen our members mentally and physically. If you have a preexisting injury, please notify us along with documentation from your doctor. If you are hurt during a rehearsal, please notify a director immediately. We will take the necessary actions needed to ensure the member does not increase the injury.

If you are feeling sick or experienced a recent injury, it is up to YOU on how much you participate. This is based on you knowing your limits and how much you can handle. Like mentioned before, this is a team sport where everyone holds themselves accountable. There is a difference between being hurt or sick and just giving up because you're tired, bored, etc. If you need a moment, inform a director and take a few minutes.

Fees/Expenses/Fundraising

All members must have their \$120 band fee paid and will be required to complete at least 50% of a December calendar for Calendar Days. This can be completed by utilizing friends, family, teachers, co-workers, etc. to donate a day (i.e. Dec 12th= \$12). Collections will be due on January 15th, 2024. We also complete T-shirt sponsorships that can go towards a student's calendar that will be due on 1/15/24. More

details are given in the separate info sheet. **Payment plans are available!** **Non-payment will result in little to no performance time.** There are a few miscellaneous expenses such as personal make-up and SHS Color Guard Jacket that students will be responsible for.

Conduct and Expectations

We will be traveling to various competition sites in the winter season. All school rules and policies are in effect and are expected to be followed at all rehearsals and competitions. Any violation by students or parents will be disciplined according to the Frederick County Schools handbook. Not only are we representing the Sherando High School band program, we are representing Sherando H.S., Frederick County Schools, and our community. Represent them with integrity and pride.

Just for Parents

The Sherando Band Booster organization would not be as successful as we are without a group of amazing students **AND** parents. We need your help and support! There will be several volunteer opportunities throughout the year to help us. Here are a few examples:

- ❖ **Prop/tarp parents**
- ❖ **Vehicle driver for a 6'X12' single hitch trailer (to and from contest days)**
- ❖ **Bus chaperones**
- ❖ Volunteers for fundraisers
 - ❖ Contest Host Committee/Volunteers for contest _____

These opportunities will be presented through newsletters and Kayla's weekly emails.

Communication

Communication is a key to our success. Kayla will be sending out a weekly email to members and parents with upcoming rehearsals, events, and any other need-to-know information. The Sherando Band Boosters send out a Newsletter as well.

Band Booster website: www.sherandoband.org

Band Booster Facebook: www.facebook.com/SherandoBandboosters/

Sherando H.S. Website: <http://shs.frederick.k12.va.us>

Atlantic Indoor Association (winter guard): <http://atlanticindoor.org>

Staff Contact Info:

Kayla Wright-Color Guard Director; wrightk@fcpsk12.net; Cell-317-341-4073

Joel Cosner-Band Director; cosnerjo@fcpsk12.net